

**EDUC 705 Fall Internship in School Counseling
Solution-Focused Brief Counseling First Session Rubric**

Student's name: KALIE HALPIN Evaluator's name: KALIE HALPIN

Date: 11/27/18

Background of Recording: See attached Counseling Self-Evaluation Form

SFBC Skill	Demonstrated	Not Demonstrated
1. Informed Consent/Confidentiality Statement	✓	
2. Opening the session/explaining the SFBC process		✓
3. Goal question	✓	
4. Changing negative goal to a positive goal (if necessary)		
5. Establishing a positive goal - stated in positive terms as an observable behavioral action	✓	
6. Miracle question (repeat c-f as needed)		
a. What would you be doing differently after this miracle?	✓	
b. What else would be different after the miracle?	✓	
c. Who would notice the change in you?	✓	
d. What would they notice?	✓	
e. How would they respond to you?	✓	
f. How would you then respond to them?	✓	
7. Cheerleading (throughout session)	✓	
8. Identify exceptions (repeat as needed)		
a. Tell me about a time when this miracle (this exception) has already happened, even just a little bit?	✓	
b. Mindmapping. How were <i>you</i> able to make this happen? (Help student take ownership and then cheerlead?)	✓	
9. Scaling - On a scale of 0-10, with 0 being the worst and 10 being the best (with respect to your goal behavior), were you rate yourself today? (repeat a-b as needed)	✓	
a. How did you get to a ___ today?		✓
b. When you move up one number higher on the scale, what will you see yourself doing?	✓	
10. Flag the minefield	✓	
11. Message -compliments (3) about current successes, bridge to connect goal and task, task (vague/general actions or observations) student is to carry out.	✓	

Overall Recording (Please Circle One) Not Proficient Proficient Distinguished

Comments: lead her to take more ownership of the positives
more cheerleading