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Foundations of
Ketamine-Assisted
Psychotherapy

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Module 5
Foundations of Psychotherapy



Module 5

Lesson 5.3

Active Listening Skills

“A good listener is one who helps us
overhear ourselves.” - Yahia Lababidi

Good listening helps you understand
and helps them feel understood

Active Listening Skills

Pay attention!

Use attentive non-verbals

Affirming grunts

Reflections

The Power of Reflections

Summarizing what the client said

Shows you're paying attention

Communicates your level understanding

Reorients their focus back to their internal experience

The Art of Reflections

Pay attention to your paraverbals

Guiding reflection

Emotion focussed reflection

Exaggerated reflection

Thanks for listening!

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