

Introduction to Counselling Skills

Semester 2: Week 7

Establishing the Relationship

Chapter 5 Embedding Counselling and Communication Skills

SCHEDULE

Wednesday, 27th 9:30-12:30 Skills Sessions – NO THURSDAY SESSION 27TH MARCH

Tuesday, April 30th Practical Skills 9-12pm – Last formal class

Thursday, May 2nd Skills Assessment Day 9-5pm

Tuesday, 7th Reflective Commentary 23:59PM

AIMS

REVIEW

WORKING EMPATHATICALLY

FOCUSING – Eugene Gendlin
http://www.focusing.org/pdf/friedman_gendlin_annals.pdf

METAPHORS

GOALS

Working empathically

- How does this manifest itself within the therapeutic relationship?



Empathy and body language

- How can we convey our empathy towards the client?



'Felt sense'

- What is it that we, as helpers or counsellors are feeling?
- Is it appropriate to share this?
- Would it help the client to know about our felt experience in that moment?
- If it would be helpful and appropriate we might like to highlight this to the client.

Enabling the client to focus

- Sometimes clients can come to counselling with a range of different issues, sometimes so big and overwhelming that they don't know where to start.
- We can support our clients in helping them to decide which problem or issue they would like to start with.
- Sometimes questions can help to aid the client in focusing on one particular issue.

Focusing techniques

- Paraphrasing, reflecting and summarising
- Visually drawing or imagining the issue
- Writing a list

Use of metaphors or hunches

- We can also use metaphors and hunches to help the client to imagine and explore what one situation might look like.



Miracle Questions

- These can really help a client to focus.
- For example:
 - If you had a magic wand and waved it now, how would everything look?
 - If you woke up tomorrow morning and everything was different, what would that look like?
- What do you think you need to do in order to achieve this?

Goal Setting



Goal Setting with clients

- Once the client has decided which area they would like to develop, we can then support them in setting goals.
- The aim of goal setting is to explore and consider different strategies that enable the client to feel motivated and engaged with moving forward.

Developing Goals

Goal Setting

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The more defined the goals are the more likely they are to be achievable.

Clarifying goals

- When developing goals it is also important to consider why they are being set and the reason for choosing that particular goal.
- Considering our values is important when we are considering goals. We need to think about what is important to us.

Force Field Analysis

Force Field Analysis

Driving Forces

Goal

Restraining Forces

Video Examples

Metaphor
Force Field Analysis

Thursday Session

- Working with Metaphors
- Working with Goals
- Review ppt on Reflective Commentary

Gibbs Reflective Cycle

Description
What happened?

Feelings
What were you thinking and feeling?

Evaluation
What was good and bad about this experience?

Analysis
What were the main points of the situation?

Conclusion
What else could you have done?

Action Plan
If it were to happen again, what would you do?
