

FOCUS GROUP ASSESSMENT

<u>NAME</u>	<u>OVERARCHING QUESTION</u>	<u>THREE/FOUR QUESTIONS FOR YOUR FOCUS GROUP</u>
DANA	In what way can counselling address mental illnesses caused by television?	1. At what age do you think television starts to have an effect on a person's mental health? 2. With more television shows portraying mental health in a negative and positive light, how can this effect a person's mental health? 3. With television being viewed by millions each day, how can people of influence; celebrities, news reporters, government members, have an effect on mental health? 4. How can counselling address these issues?
EVE	How are students' lives affected by drug and alcohol addictions?	1. What causes students to take these substances? 2. How do addictions affect a student's academic ability? 3. In what way does peer pressure play a part in student addiction? 4. What help is available for student addiction?
CARLA	What is the relevance of counselling for eating disorders?	1. What might promote eating disorders? 2. What are the consequences of eating disorders? 3. How might counselling help?
REA	What are your thoughts regarding therapists' unconscious motivations for their choice of profession?	1. What were your motives for studying counselling skills?" 2. What subconscious motives surround a therapist's choice of profession?" 3. How do you think a client would be affected by a therapist not seeking personal therapy
KATIE	How effective is play therapy in addressing childhood trauma	1. How do children deal with/relate to childhood trauma? 2. In what way could play be used to help combat issues arising from trauma? 3. How does play therapy compare to other forms of treatment for childhood trauma?
NAOMI	The relevance of attachment theory: How does an insecure attachment figure in childhood contribute to adulthood?	1. What impact does an attachment figure in childhood have in adulthood? 2. How does insecure attachment impact upon romantic relationships in the future? 3. How can attachment theory be deemed as historical? 4. How can counselling buffer against negative effects gained in childhood?

RITA	Why do Bullies Bully?	1. What does bullying mean to you? 2. What are the main characterises of a bully? 3. How do the environment and genetic factors influence a bully's actions? 4. How could counselling encourage a bully to talk about their actions?
HELEN	Many clients are leaving a course of therapy treatment feeling worse rather than better. How effective is the current, maximum six-week course of therapy that is implemented by most government bodies and organisations?	1: What are your views on the current 6-week course of therapy that the NHS, Council and most bodies offer? 2: What are your thoughts on people being refused therapy as their needs were long term and there simply isn't the budget? 3: What should the counsellor do to prevent a client feeling worse after a six-week course of therapy than they did before they started? 4: What are your views on the counsellor or organisation's competence if the counselling course has ended with no follow up offered to the client especially if they do not appear ready to finish therapy?
EUGENE	What are the challenges faced by young carers?	1. What are the problems faced by young carers? 2. What the social and economic implications of being a young carer? 3. What do the government and charity organisations do to help young carers?
SAMANTHA	How important is the therapeutic relationship in relation to a successful counselling relationship?	1. Carl Rogers outlined 3 essential ingredients of a therapeutic relationship, UPR, Genuineness and Empathy. What would be your 4th essential ingredient? 2. Some approaches, eg CBT and EMDR, focus more on gaining results rather than the building of the therapeutic relationship. How effective do you believe these techniques are compared to relationship focused techniques eg PCT? 3. If you were a client, how would you like to be treated by your counsellor, what would be most important to you?

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