



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

BMHP4021 – Counselling, Communication and the Therapeutic Relationship

Student Name: Olabisi Obadare

Student Number: 1904923

Instructions to Students

You will observe a recorded role play twice.

- **During the first viewing, make notes and observe carefully.**
- **During the second viewing, you may begin writing your responses.**

You have 30 minutes to complete this paper after the second viewing.

Answer all questions in the spaces provided.

Write clearly and legibly. Use the additional pages provided if required.

Marks will be awarded for clear understanding, application of counselling theory, and the ability to link observation to counselling process skills.

1. How has the counsellor demonstrated attending skills, both verbal and non-verbal, within the role play?

Active listening, by listening carefully and
show empathy and emotions, body language
asking questions to get more themes
from the client. By not being judgemental
of the client concern. Showing
understanding and of what we be hearing
said in the conversation / session
Eye contact, sit forward her balancing.

2. Identify three counselling skills demonstrated within the role play.

Paraphrasing skills.
Active listening skills.
Summarising / questioning skills.

3. How does the client respond when the counsellor reflects empathy?

- Able to open more about how
- She felt in her situation.
- She felt been listening to and heard.
- She felt not been Judging about her concerns.
- She felt she at the right place and very respectful.

4. Name two feelings that the counsellor reflects back.

frustrating
feel overwhelming.

5. How did the use of the open question change the focus for the client?

Client was able to share more about her concerns and wanted to be able to achieve a better answer or outcome of how her health has affected her lifestyle and day to day activities.

6. What clarifying question did the counsellor use to help the client identify which foods she was struggling to change?

~~What do you mean everything has been taken away from you?~~

Do you mean you are struggling with how to manage your diet or you don't know how to cut down how you eat sugary things.

7. What probing question was used?

When you say everything is been taken away from you?

~~What~~ Can explain what you mean by everything has been taken away from you?

8. What impact did the counsellor's Socratic question have upon the client's unhelpful beliefs?

Evidence that she has tried to go to the gym but she's afraid that the machines are quite new to her, would not be able to operate them alone without support/help from someone. would not know where to start from at the gym.

9. What did the summarising skill do in the role play session?

Feeling he understood and heard.
Able to understand what have been
said in the session / conversation
plan ahead / focuses more on
the themes and action that are
needed to be taken moving forward.
focuses on more lines.
Able to recap everything that has been said.

10. Write a paragraph evaluating the effectiveness of using person-centred counselling skills and a variety of questioning skills with the patient in this session. (Continue on next page if necessary).

- Effectiveness of using person-centred
Counselling skills is to show empathy
and be able to understand what
Individual right and concerns are.
- Able to open more about Individual
Strength, capacity and emotions.
- Able for Individual to get help
needed and make a plan forward.

Able to know where help are
for individual to get help from.
To find solution to individual
problems and focuses more about
everyone rights, respects and their
well-being as all.

Effective Counselling skills can have
a great positive change in someone's
life and have the sense of belonging
and able to improve their
well being.

And also, person-centred feel been
heard and listening to.

End of Paper