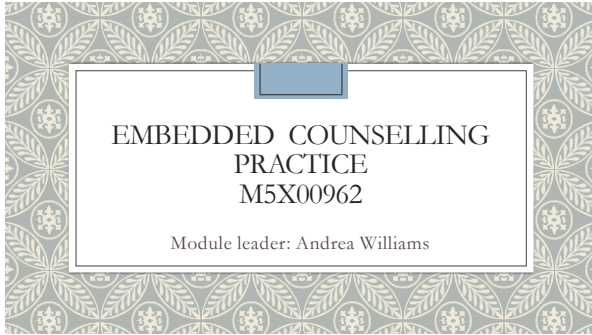
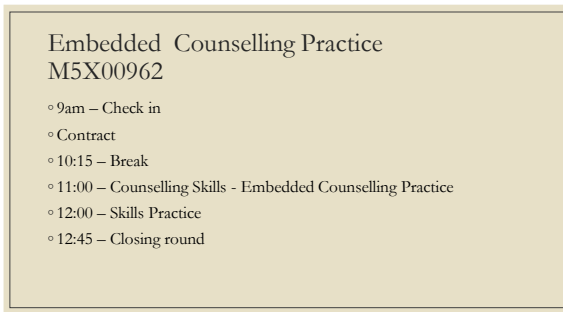








Embedded Counselling Practice

- Embedded counselling' is provided by people who are employed as teachers, nurses, social workers or any profession whose work involves front-line contact and interacting with people, and whose role incorporates a counselling dimension. (McLeod & McLeod, 2011)
- The duration of embedded counselling can range from brief (five-minutes) micro counselling conversations to longer conversations over periods of months. Counselling episodes can be triggered when a person experiences a problem in living, a blockage, a relational conflict or loss within their life.

Embedded Counselling

- Counselling tends to be characterised by the assumption that problems that clients bring to therapy are psychological in nature. Malfunction, irrational thinking, unprocessed emotions, low self esteem etc.
- Embedded counselling tends to view people as social beings, who co-construct reality and make meaning of the world in which they live. Social constructive perspective. People make sense of what has happened and devise ways of coping.
- The Embedded Counselling Model is informed by the ethical principles and considerations of the professional context that the practitioner works within. Essential considerations such as informed consent, client safety, confidentiality

Reflect on your own experience

- Think about situations where you have interacted with a practitioner such as a nurse, doctor, social worker or teacher, who has been helping you with a practical matter related to their area of professional expertise.
- Did you express any emotion or person concerns?
- Was the practitioner aware of what you were feeling?
- How did they respond to your concerns?
- What have you learned from this exercise?

Embedded Counselling Skills

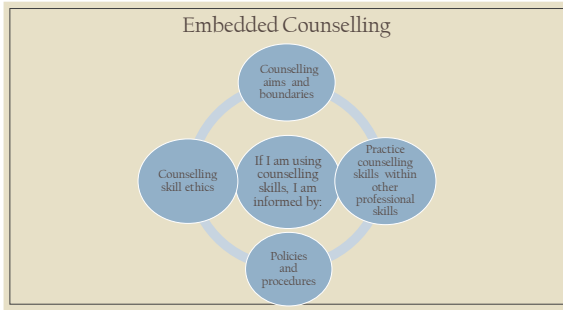
- **Worldview:**
- Emphasises human resourcefulness and strengths, social beings making sense of their world and finding ways to cope.
- Posses a genuine interest in helping. Practitioners are naturally curious, making sense of their own life experience
- Organisational context
- Respond to empathic opportunities
- Gaining consent- the practitioner responds and inquires whether the client would like to discuss what is happening in more detail

Embedded Counselling Skills

- Creating a space
- Focus- Clarifying client expectations within time limits, goal setting
- Flexible Counselling methods
- Collaboratively checking with client that what is happening is acceptable to client. Inviting client feedback
- Awareness of risk factors
- Time limits and boundaries
- Using supervision

Embedded Counselling

- ❖ Cowen (1982) Carried out interviews into the kind of emotional support provided to their clients by hairdressers, Lawyers, factory supervisors and bartenders.
- ❖ Suggest that a lot of informal and 'embedded' counselling takes place in a wide variety of community settings.
- ❖ A much higher proportion of problems in living are handled informally than are ever seen by professional counsellors or psychologists.
- ❖ Around thirty five per cent of the population experience mental health problems, only three per cent seek professional help (McLeod and McLeod, 2011)

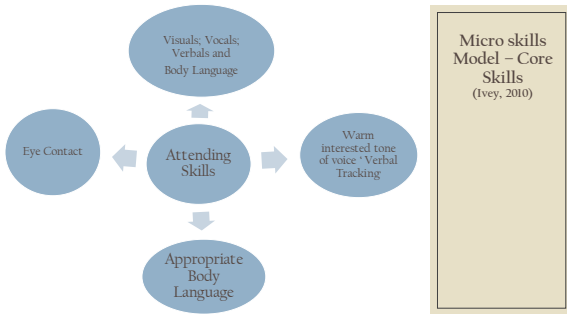


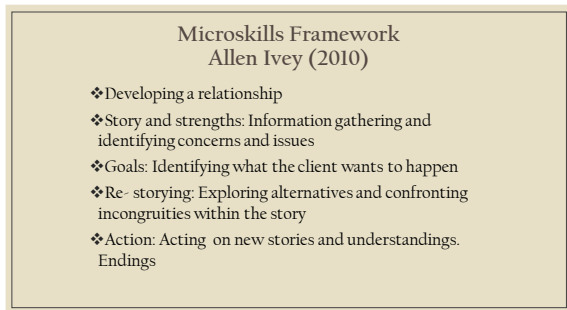


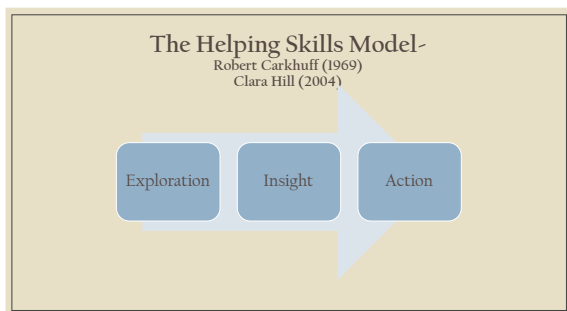
The Microskills Approach (Allen Ivey et al, 2010)

Ideas that inform this approach:

- ❖ Core skills are essential in all helping relationships
- ❖ Specific aims, sequence and intentionality, integrative in nature
- ❖ Acknowledges cultural diversity







The Skilled Helper Model Gerard Egan (2004)

- Stage 1**
- Helping the client tell their story
 - Empathic presence; active listening; probing summarising; identifying problems and contradictions
- Stage 2**
- Helping the client determine what they need and want
 - Goal-setting; decision-making; identifying possibilities; making choices; commitment to change
- Stage 3**
- Implementing action strategies to help the client get what they need and want
 - Identifying and evaluating strategies; action plan; making change happen

Conclusions

- Embedded Counselling is oriented toward activating client's strengths and resources
- Reflects the reality of professional life where the possibility of human contact and caring is in conflict with demanding professional roles
- Essential that practitioners work in an interdisciplinary way, consulting with others
- The outcome of an embedded counselling encounter may be that the client develops the confidence to seek therapy

Mapping your personal niche- Exercise

- Paper and coloured pens
- Draw your personal niche, include real and imagined people and places, activities, objects, anything else that is important in constituting your 'world'. What have you learned about yourself by doing this?
- What are the areas of your life space or niche that are most troubling for you?
- What are the areas that represent your sources of personal strength?
- Which areas of your niche might you open up to a counsellor, and which might remain hidden?

Essential Reading

- ❖ McLeod, J., (2007) *Counselling skill*. Maidenhead: Open University Press.
- ❖ McLeod, J. and McLeod, J. (2011) *Counselling skills: a practical guide for Counsellors and helping professionals*. Maidenhead, Berkshire: McGrawHill/Open University Press. eBook
- ❖ Midwinter, R. (2015) *Embedding Counselling and Communication Skills*. East Sussex: Routledge.
- ❖ SHEDDEN, J (2005) *Counselling Skills in Social Work Practice*, 2nd edn. Open University Press
