



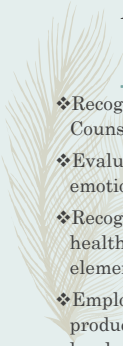
Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

**Contemporary
Context of
Counselling
Skill**
M4X00954



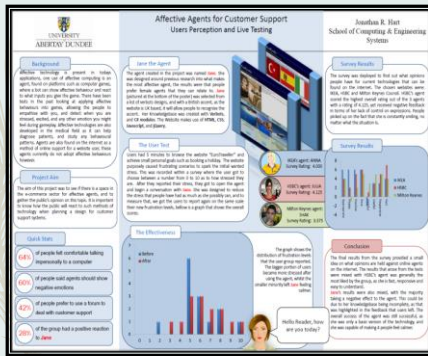
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Module Learning Outcomes

- ❖ Recognise health as a contested topic and Counselling's position in the discipline
- ❖ Evaluate a range of theories of causality relating to emotional distress and its impact on well-being
- ❖ Recognise the links between individual experience of health and health issues and the wider structural elements relevant to health and well-being.
- ❖ Employ appropriate academic conventions in the production and presentation of work suitable for this level



Creating an Academic Poster Using Power Point

Open Power Point - new presentation and work on one slide.

Design – Choose design, Format Text and colour

Page Set-up – Slides sized for: A3 (you can blow this up to the size you want before printing)

Design – Slide orientation – portrait or landscape

Insert: text boxes, shapes (right click- edit text) Tables

Helpful Hints

- Choose a clear font e. g. Ariel
- Title: Font size 14
- Sub-headings: font size 12
- Main text in boxes: font size 10
- Quotes, references, etc.: font size 8

Helpful Hints

- ❖ Try to just use only two or three colours, as well as black. Black should be used for smaller text.
- ❖ When choosing colours, either select colours from your images, or use the colour wheel.
- ❖ Use consistent fonts throughout.
- ❖ Assemble the text coherently.
- ❖ The final stage to creating an academic poster is checking it through!
- ❖ Print it out in rough first, take a step back from it and check it through.

Make sure there is sufficient contrast between your background and any text on the slide

Black text on pale colour background	White text on dark colour background
Dark colour text on white background	Pale colour text on black background

Seven Steps

- There are seven steps to creating an academic poster:
 - Academic content
 - Amount of text (300-500 words)
 - Type should be formatted
 - Images
 - Layout should be ordered and well designed
 - Colours utilised should complement each other
 - Check the final poster

[illegible]



Effective Communication

- ❖ What do you want to achieve?
- ❖ Present research findings
- ❖ Educate and inform
- ❖ Inspire/interest and persuade
- ❖ Entertain
- ❖ Grab and hold attention

Effective Communication

- ❖ Relaxed Body language – wear comfortable clothes and shoes
- ❖ Eye contact – Engage with your audience – and smile ☺ smiling actually releases helpful 'happy' chemicals into your nervous system, and makes you feel good.
- ❖ Clear voice - use of inflections within your voice, so that it is not monotone.
- ❖ Move around rather than standing rigid
- ❖ BREATHE
- ❖ Mindfulness – remember this is your moment, don't waste it worrying about what you should have done or what people are thinking. Make the most of your moment make it count

Be Positive

- ❖ Research and studies generally indicate that in presentations you have between 4 - 7 seconds in which to make a positive impact and good opening impression, so make sure you have a good, strong, solid introduction, and rehearse it until it is 'second nature' to you and an action of unconscious competence.
- ❖ Passion and enthusiasm are very powerful components in any successful presentation.

The DO's

- ❖ Give yourself plenty of time to prepare properly
 - ❖ Decide on your key messages
 - ❖ Practice and practice before hand
 - ❖ Ensure that you only put key bits of information up on your slide and talk around these points briefly
 - ❖ Make notes (even if you don't refer to them)
- Preparation + Rehearsal » Confidence » Calm » Fearlessness



Time Management and problem solving

- ❖ Remember that you are telling a story with a beginning, middle and end
- ❖ Focus on reporting the key things succinctly and clearly – Don't waffle!
- ❖ Time each section of your poster and know how long you are able to spend on each section – Keep to your allotted time (15 minutes)



Resources

Presentation Skills University of Hull

❖ http://www2.hull.ac.uk/li/skills-development/id/essential_it/presentation.aspx

❖ University of Leicester

<http://www2.le.ac.uk/offices/ld/resources/presentation/pdf-versions/using-powerpoint>

<http://www.businessballs.com/presentation.htm#tips-for-effective-presentations>

Module Core Text

- ❖ Claringbull N., 2010. 'What is Counselling and Psychotherapy?' Exeter: Learning Matters.
- ❖ Feltham, C. and Horton, I., eds. 2012. *The Sage Handbook of Counselling and Psychotherapy*. 3rd ed. London: Sage.
- ❖ McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 5th ed. Buckingham: Open University Press.
- ❖ McLeod, J. and McLeod, J., 2011. *Counselling Skills: a Practical Guide for Counsellors and Helping Professionals*. Maidenhead: McGrawHill/Open University Press.
- ❖ Reeves, A. (2013) *An Introduction to Counselling and Psychotherapy*. London: Sage
- ❖ You will need to register online events:
- ❖ <http://www.onlineevents.co.uk/wp-login.php>