

**BMHP4021 - Counselling, Communication and
the therapeutic relationship**

Student Name: Rebecca Thomas

Student number: 2501865

Assignment 1 - Paper 1

Lecturer: Sharon Langford



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

**BMHP4021 – Counselling, Communication and the
Therapeutic Relationship**

Student Name: Rebecca Thomas

Student Number: 2025018651

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?

the counsellor demonstrated attending skills both verbal and non-verbal by making sure to use eye contact and to be sitting on a angle

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

eye contact
active listening
good body language

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

When the counsellor reflects empathy the client ~~seem~~ seem to respond by opening up more and giving more eye contact

4. Name two feelings that the counsellor reflects back.

~~active listening~~ grieving

~~reflection~~ scared

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

it helped the client to focus on the
positives not the bad

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

what part of the diagnoses the client
was finding with food the client opened
up about not being able to go and get
pastries in the morning instead got to
make porridge

7. What probing question was used?

if the client was finding it hard to go to
the gym there are other ways of doing exercising
like going for a walk ~~walk~~ walk

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

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

the summarising skill helped the client understand that even with ~~an~~ having diabetes by changing somethings in her diet she will not end up like her dad.

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).

by using eye contact and good body language it helped the client get comforted to open up about how scared, worried, she was feeling as she thought she was going to end up like her dad as they both get diabetes but her dad lost his eye sight because of it but after meeting with the counsellor it helped her understand by making small

cargos help- like instead of going and
byeing food so she can make poris
and by walking.

End of Paper

