



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

BMHP4021 – Counselling, Communication and the Therapeutic Relationship

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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 used a good body language and eye contact. The counsellor also relayed back statements that the client used to ensure the client that the counsellor has understood her.

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

Variety of questions used.
Person-centred approach.
Counsellor didn't interrupt client.

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

The client notices the counsellor reflects empathy and when this is done the client starts to become more open

4. Name two feelings that the counsellor reflects back.

overwhelmed

Unmotivated

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

"Perhaps something is holding you back" the client had to think about challenges their facing and ways to overcome these.

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

"What part of this diagnosis are you struggling the most with?"

7. What probing question was used?

"If you could take one small
step, what would this be?"

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

Counsellor asked what evidence ^{the client} ~~the~~ had to prove their outcome is going to be same as dads. The client reflected on this and realised there were none, putting her mind at slight ease.

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

Helped client feel understood and heard. It clarified everything that had been discussed.

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).

Using a person-centered approach is great to do as it leaves the client feeling valued and understood. When the client feels that way they're more likely to open up and go into more depth about their worries, making it easier to find a

Solution. Questioning is also important as you want to fully understand the situation and their feelings so you can find an effective way to navigate these worries into a positive way.

End of Paper