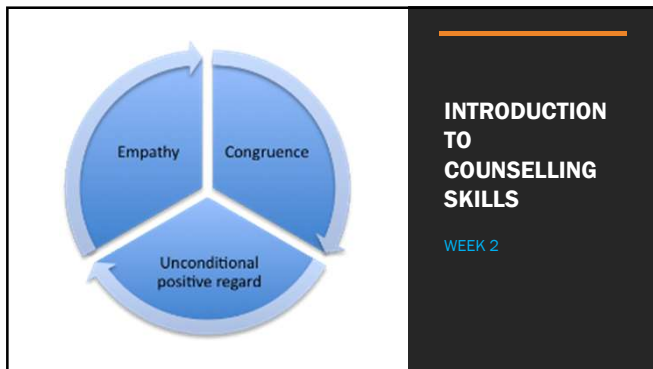




1

WELCOME/INTRODUCTIONS

LISTENING ACTIVITY

THEORETICAL UNDERPINNING AND
MODELS OF COUNSELLING SKILLS-
CORE CONDITIONS

GROUP CONTRACTING

DEMONSTRATION OF SKILLS

SMALL GROUP WORK

AIMS

2

**ACTIVE
LISTENING
SKILLS ACTIVITY**

DRAWING
PICTURE
EXERCISE (PAIRS)
A & B PERSON

3

THEORETICAL UNDERPINNING AND MODELS OF COUNSELLING SKILLS- CORE CONDITIONS



Skilled Helper – (Gerard Egan 2002) –A solution focused Model
Exploration, challenging, action planning & review
SOLER Model – Active Listening Skills
Relational Skills Model - (Midwinter & Dickson 2015)
Setting up the relationship, Developing the relationship, Working with the relationship, The established relationship, Maintaining and ending the relationship.
Person-Centred Core Conditions (Rogers 1961)
Core Conditions

4

PERSON CENTRED CORE CONDITIONS

The 6 Conditions: The 3 Core Conditions and the 3 Hidden Conditions

- The first three conditions are **empathy, congruence and unconditional positive regard**. These first three conditions are called the core conditions, sometimes referred to as the '**facilitative conditions**' or the '**client's conditions**'.
- In other words, they are the conditions that the client needs for the therapy to work.
- These conditions need to be transmitted from the therapist to the client.
- This enables the client to look at self and to be able to make appropriate changes.
- The remaining three conditions are sometimes known as the '**hidden conditions**' or the '**therapist's conditions**'. Please refer to the you tube link that in your Sessions 2: Time on Moodle

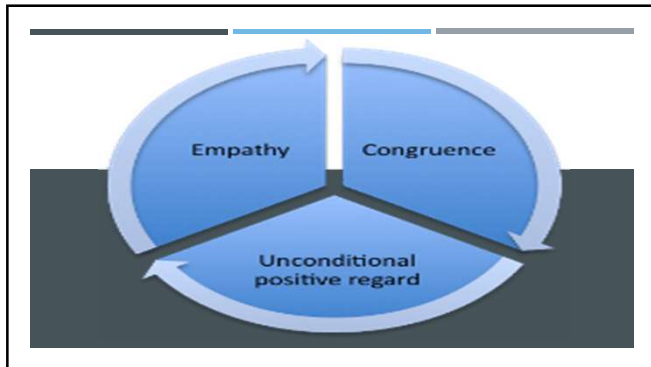
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HIDDEN CONDITIONS

- Psychological Contact
- Clients Perception of the therapist
- Client incongruence.



6



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WHAT IS EMPATHY

- ▶ Articulates that you understand
- ▶ Involves 'taking in' the world of another – what is it like to be that person
- ▶ 'Tuning in', 'Walking in another's shoes', seeing the world from another's perspective
- ▶ Try to make sense of what we hear and understand the person on their own terms

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EMPATHY

Empathy: It's not an attitude or an approach, but a *process*. It requires intense and active attention to the feelings of your client, and when you are fully engaged in it, it is impossible to be diagnosing or working out solutions.

When empathy is present, there is a resonance between the two people, which Rogers maintained was healing in itself.

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INTERNAL FRAME OF REFERENCE

- "The state of empathy, or being empathic, is to perceive the internal frame of reference of another with accuracy and with the emotional components and meanings which pertain thereto as if one were the person."
(Carl Rogers 1980 p. 140)



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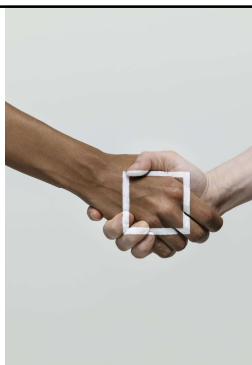
THE POWER OF EMPATHY – A LARGER PERSPECTIVE

- [RSA ANIMATE: The Power of Outrospection – YouTube](#)
- [Brené Brown on Empathy - YouTube](#)

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CONGRUENCE

- ▶ Congruence: is a willingness on your part to be authentic within the relationship, to allow your external responses to the client to match as closely as possible to your Internal process but to do so in a sensitive manner appropriate to the relationship
- ▶ [What is congruence in therapy? - YouTube](#)



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BUILDING A TRUSTING RELATIONSHIP

- This condition is important as it allows the client to build a trusting relationship with the counsellor.
- The counsellor's congruence can also help defeat negative attitudes or **conditions of worth** others may have placed on the client.
- The counsellor's warm and genuine approach allows the client to feel valued. This in turn builds self-esteem and trust in their own judgement.

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UNCONDITIONAL POSITIVE REGARD

- ▶ Unconditional Positive Regard: An attitude of warmth, caring and interest towards the client and a willingness to acknowledge the separation between a person and their behaviour.
- ▶ It implies a non-judgemental approach and an acceptance of all the constituent parts of an individual, without discrimination, with the view that if you accept another, they can accept themselves.



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GROUND RULES AND CONTRACTING



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ATTENDING
SKILLS
DEMONSTRATION



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Attending and Non Verbal Listening skills

Building a rapport

SOLER (Gerard Egan – Skilled Helper)

- Sitting Squarely, Open Posture, Leaning In, Eye Contact, Relaxed body

Use of minimal encouragers

Active Listening Skills

Use of Silence

Reflective Skills

- Repeating, paraphrasing and summarising

OVERVIEW & DEMONSTRATION OF BASIC ACTIVE LISTENING SKILLS



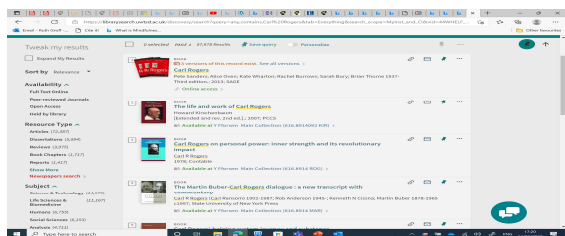
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SMALL GROUP
WORK



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LIBRARY RESOURCES: COUNSELLING BOOKS, CARL ROGERS AND JOURNAL ARTICLES



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EVALUATION OF THE DAY/FEEDBACK

- What was helpful
- What was challenging or not helpful
- Any other suggestions.



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REFERENCES AND RESOURCES

The Counselling Tutor <https://counsellingtutor.com/counselling-approaches/person-centred-approach-to-counselling/carl-rogers-core-conditions/>

Midwinter, R. (2015). *Embedding Counselling and Communication Skills*. Routledge.

McLeod, J. & McLeod, J. (2011). *Counselling skills: a practical guide for Counsellors and helping professionals*. McGraw Hill /Open University Press

Rogers, C. (2007) The Necessary and Sufficient Conditions of Therapeutic Personality Change Psychotherapy: Theory, Research, Practice, Training Copyright 2007 by the American Psychological Association 2007, Vol. 44, No. 3, 240 –248 0033-3204/07/\$12.00 DOI: 10.1037/0033-3204.44.3.240

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