



Introduction to Counselling Skills

Practical Skills Session

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Aims

Check in Process

Reflective Activity

Review of contract

Review of Skills for Practice – Questions, Silence

Role of Observer

Triad Work

Closing Round

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Gibb's reflective Cycle

- Description
- Feelings
- Evaluation
- Analysis
- Conclusion
- Action Plan

Adapted from: Gibbs, G. (1988) Learning by doing: a guide to teaching and learning methods. Oxford: Further Education Unit

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Review of Skills

Use of Questions

Silence

Self reflection in Process

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How do you
feel about
silence?



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Silence



Silence can be uncomfortable, embarrassing and awkward.



Sometimes, as helpers, we feel the need to fill the silent space and say something quickly.



But often the silence in a session is helpful and necessary.



It allows time for the client to reflect and consider all that has been said and commented on so far.

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Silence

- It is our role as counsellors to monitor the silence.
- We need to observe the client, we need to see if there is a discomfort there or whether the client is actually reflecting.
- After a time it might feel appropriate to ask a question, such as..
 - “I’m wondering what is going on for you right now?”
 - “I’m noticing that this is difficult for you”
 - “You seem to be thinking about something, would you like to share this?”

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Silence

- At other times it is important to just hold the silence.
- However, it is also important to note, that silence can be just as uncomfortable and even traumatic for some clients, so it is important that you stay with the client and monitor, observe and sense what is happening in that moment.



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Cultural considerations

- Silence can mean different things in different cultures.
- We need to notice what is happening in the moment and watch for the client to give you cues about what they need in that time. This is often indicated through non-verbal communication.

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Beginning – Contract

Middle – Dialogue

Ending - Summarising

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Skills Practice

Triad - Groups

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Observations/Closing
Round

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