

Theory guidance

Person Centred Counselling

- 1) Did counselor do active listening through positive re-enforcement?
- 2) Did counselor show open body language i.e. smiling, leaning forward, mirror image, appropriate eye contact?
- 3) Did counselor explain the ethics and confidentiality in a professional manner?
- 4) Was the client speaking more than the counselor?
- 5) Was the counselor empathic rather than sympathetic
- 6) Was the counselor non-judgmental and valued the client?
- 7) Did the client identify their own problem and solution?

Cognitive Behavioural Therapy

- 1) Did counselor do active listening through positive re-enforcement?
- 2) Did counselor show open body language i.e. smiling, leaning forward, mirror image, appropriate eye contact?
- 3) Did counselor explain the ethics and confidentiality in a professional manner?
- 4) Was the counselor and client speaking more or less the same amount?
- 5) Was the counselor empathic rather than sympathetic?
- 6) Was the counselor non-judgmental and valued the client?
- 7) Did the client identify their own problem and solution?
- 8) Did the counselor use the ABC method with the client to understand their erroneous belief? Activating Event, Belief, Consequence.
- 9) Did the counselor sum up at the end to find a way forward and then provide homework before the next session?