

Embedded Counselling Practice M5X00962

Module Lead: Andrea Williams

Embedded Counselling Practices M5X00962

Contact Details

- **Module leader: Andrea Williams**
- Office: Room TAG 07 – Psychology and Counselling Building
- Telephone: 01792 482057
- email: andrea.williams@uwtsd.ac.uk

STRUCTURE FOR TODAY

- 9:00– Check-In
- Module Overview
- 10:00 Break
- 10:30– Contracting/Counselling Skills/
Embedded Counselling
- 11:20– Closing Round

Module Overview

Aims:

- To develop skills of embedded practices.
- To make an analysis of how these skills are used across a multidisciplinary spectrum.

Learning Outcomes

- ❖ Determine, adapt and use appropriate methods and skills.
- ❖ Maintain and improve your professional knowledge, skills and practice.
- ❖ Exercise autonomy and judgment in the application of ethical principles, values and moral concepts inherent in health and social care practice.
- ❖ Employ appropriate academic conventions in the production and presentation of work

Assessment Schedule

Assessment Component One Written Essay: 2,000 – 2,500 words (20%)

'Evaluate the position of embedded counselling practices within the multidisciplinary arena of health and social care; analyse a range of contexts in which these skills are applied and consider how these skills differ from Counselling Practice'

Your written coursework must demonstrate the appropriate academic conventions and presentation of work expected at level 5.

Assignment Submission Date: 6th March 2018 at 12:00

Please submit your assignment through Turnitin

Assessment Component Two

ASSIGNMENT TASK: Practical Skills

ASSESSMENT TIME: 20 Minutes DVD Recording

'This assignment is set as a practical skills assessment and asks you to present a twenty minute DVD recording demonstrating the embedded counselling skills you have developed within the module. Reflect on your performance and professional practice (1000 words) Your presentation must demonstrate the appropriate academic conventions and presentation of work expected at level 5.

SUBMISSION DATE: 16th May 2018 at 12:00

Please submit your DVD and written reflection to the module tutor

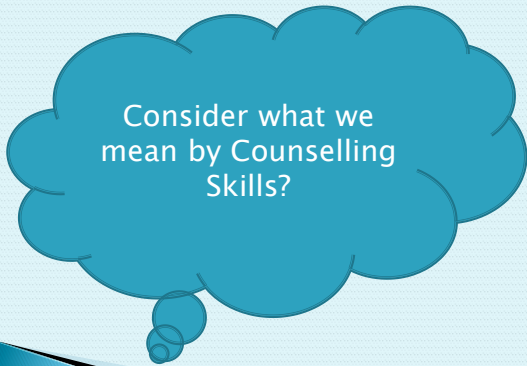
Assessment Component Three

ASSIGNMENT TASK: Power Point Presentation

'Reflect on your own use of embedded counselling skills within the module; include implications and recommendations for the use of embedded counselling practices within the health and social care sector.

Your presentation must demonstrate the appropriate academic conventions and presentation of work expected at level 5

SUBMISSION DATE: 16th May 2018 at 12:00 Please submit Power Point through Turnitin



Consider what we mean by Counselling Skills?

Counselling Skills

- Attending
- Attunement
- Body Awareness
- Boundary Management
- Caring
- Challenging
- Checking out
- Clarifying
- Giving Advice
- Immediacy
- Listening
- Making sense
- Naming
- Observing
- Offering feedback

Counselling Skills

- Process Monitoring
- Providing Information
- Questioning
- Reflecting/restating
- Reframing
- Remembering
- Self Disclosure
- Self Monitoring
- Structuring
- Using Silence
- Witnessing

Embedded Counselling Practice
How is this different to Professional Counselling
Discuss?

Embedded Counselling

- ▶ *"I believe that it would be a good thing if teachers, nurses and other human service workers allowed themselves to respond to the emotional pain of their clients and listened to their personal stories. We live in a world characterized by an all-consuming drive towards efficiency and a bureaucratic approach to people. In this kind of world, a bit of counselling is a humanizing factor."*
(McLeod, 2007)

Embedded Counselling Practice

- ▶ The concept of the 'embedded counsellor' is a welcome development if it helps to rebuild links with other professions that may have been broken in the quest for a professional identity for counsellors and revives a shared focus on humanizing values that are so precious in everyday living. Approached in this way, the use of the label 'embedded counsellor' invites us to re-engage with the radical values that prompted the origins of counselling in ways that are relevant to current life. (Bond, 2008)

McLeod and McLeod (2011)

- ❖ 'Embedded counselling' is provided by people who are employed as teachers, nurses, social workers or any profession whose work involves front-line contact and interacting with people, and whose role incorporates a counselling dimension.

Embedded Counselling

- ❖ Cowen (1982) Carried out interviews into the kind of emotional support provided to their clients by hairdressers, Lawyers, factory supervisors and bartenders.
- ❖ Suggest that a lot of informal and 'embedded' counselling takes place in a wide variety of community settings.
- ❖ A much higher proportion of problems in living are handled informally than are ever seen by professional counsellors or psychologists.
- ❖ Around thirty five per cent of the population experience mental health problems, only three per cent seek professional help (McLeod and McLeod, 2011)

Essential Reading

- ❖ McLeod, J., (2007) *Counselling skill*. Maidenhead: Open University Press.
- ❖ McLeod, J. and McLeod, J. (2011) *Counselling skills: a practical guide for Counsellors and helping professionals*. Maidenhead, Berkshire: McGrawHill/Open University Press. eBook
- ❖ Midwinter, R. (2015) *Embedding Counselling and Communication Skills*. East Sussex: Routledge.
