

This assignment will demonstrate a critique of counselling skills used within a counselling video roleplay. This assignment has identified core conditions of Carl Rogers Person centered approach. Within this assignment are identified skills used within nursing.

According to Rogers (1980) The person-centered approach can be used if a definable environment of facilitative psychological attitudes can be identified. Rogers states that people have massive supplies of self – understanding within them and for changing their basic attitudes, self-concepts and self-directed behavior. Rodgers (1980) believed that the most important thing within counselling was building a therapeutic relationship with client's and believed that the answer of their problems was within them (Rogers, 1980, p. 115).

Thompson (2003) states that paraphrasing is when the therapist repeats back in their own words what the client has said for example, " what I hear you saying is ..." and " so basically now you're feeling is ... ". Thompson (2003) Describes the counselor should paraphrase after the client has said something of importance this then makes the client feel that they are being heard (Thompson, 2003, p.279). Within the video paraphrasing was used as it was clearly identified by repeating back what was felt of importance however it is possible more paraphrasing could have been used but it is felt the roleplay client was expressing their feelings quite well.

Bager- Charleson (2010) describes reflection as allowing the client to hear their own thoughts and feelings and to focus on what the client is feeling and saying. The counselor should show the client that they are trying to perceive the world as the client sees it and that the best is done to understand it (Bager- Charleson ,2010, p.13). Reflection was used within the roleplay video for example the roleplay counsellor reflected saying "So you feel isolated from your family because of your sexuality".

Geldard and Geldard (2009) states that active listening is showing that the counsellor is listening to the client and most importantly making the client feel valued as the counsellor stays focused on how the client is talking about their problems. Geldard and Geldard (2009) states that joining in or paraphrasing is a way of active listening (Geldard and Geldard, 2009, p.69). Active listening is shown within the role play video for example, the roleplay counsellor showed paraphrasing and the client carried on expressing his feelings.

Conte (2009) states that active listening could be shown by simply showing that your listening for example, the counselor nodding his head, verbal tracking which means staying on the topic and most of all showing that the client is being heard (Conte, 2009, P.19). A use of active listening can be seen within the video the roleplay counsellor is giving eye contact to the roleplay client and occasionally nodding and reflecting his words.

Sills (2006) states that open ended counselling means there is no limit or time frame on the counselling and the counsellor works with the client for as long as the client may need them. This allows the client to express problems at a slow pace and not rushed in doing so this allows to build a trusting relationship (Sills, 2006, p.38). This was not shown within the role play video, but it felt there was a trusting relationship as the client was quite comfortable talking but his problems.

Ali and Graham (2005) state that summarising is like paraphrasing, it's a skilled used which provides opportunity to see the client's perceptions of how they see their world. Ali and Graham describes that summarizing can help the client to concentrate on what is most important at one time and allow the client to prioritize other problems. An effective summary lets the client feel that their feelings are being heard and understood (Ali and Graham, 2005, p.72). Summarizing can be seen within the video for example, the client was expressing his feelings of feeling left out from his family – the roleplay counsellor reflected by saying " so you feel isolated from your family" the client then elaborated on the subject.

Rogers (1980) describes that congruence which could be called genuineness or realness as not putting up a professional front and the more the counsellor is himself the possibility is higher that the client will grow and change an effective manner. This means the counsellor is being open with their feeling and making themselves transparent to the client (Rogers, 1980, p.115).

Rogers (1980) States that unconditional positive regard is important as it is when the counsellor is experiencing an acceptance and a positive attitude from the client who is expressing themselves. Roger (1980) describes unconditional as letting the client show any feeling they might be feeling for example, fear or anger (Rogers, 1980, p.16).

Rogers (1980) explains empathic understanding as active listening and means that the counselor senses accurately about the client's feelings and then communicates this back to the client. Rogers (1980) states that the more an individual is empathically listened to the more it becomes possible for a person to feel accepted and develop a more caring attitude towards themselves (Rogers, 1980, P.16).

McCormack and McCance (2017) state the person-centered approach within nursing is important as a nurse should show empathy to a patient, to look beyond their disease and to be their listener and be able to support and gain trust from patients.

It is felt that the video used was able to capture some counselling skills. The client seemed he was able to talk openly and when paraphrasing was used by the counsellor the client continued to talk on the subject and in further detail. The counselor showed active listening without and remained to keep eye contact and correct seating. The counsellor identified using active listening and the client seemed to be comfortable talking about his problems. It could have been possible for the counselor to have introduced the person – centered approach and to explain what the session was going to include after exploring literature on counselling professionals.

References

Rogers, C. (1980) *A way of being*. [E book]. New York: Houghton Mifflin Company. Available at: https://books.google.co.uk/books?id=XVxVyuykk7QC&printsec=frontcover&dq=carl+rogers+book&hl=en&sa=X&ved=0ahUKEwiD-Zumo_3fAhX_RBUIHULvAXoQ6AEINDAC#v=onepage&q=person%20centered%20approach&f=false (Accessed 10th January 2019)

Thompson, R. (2003) *counselling techniques: Improving relationships with others, our self's, our families and our environment*. [E book] 2nd edition. New York: Taylor & Francis Group. Available at: <https://books.google.co.uk/books?id=M4PQuRVLGQAC&pg=PA259&dq=paraphrasing+in+counselling&hl=en&sa=X&ved=0ahUKEWjAgIjWrYHgAhV0sXEKHZyaA8IQ6AEINTAC#v=onepage&q=paraphrasing%20in%20counselling&f=false> (Accessed 10th January 2019)

Bager-Charleson, S. (2010) *Reflective Practice in Counselling and Psychotherapy*. [E book]. Exeter: Learning Matters Ltd. Available at: https://books.google.co.uk/books?id=NRWJCwAAQBAJ&printsec=frontcover&dq=example+of+reflection+in+counselling&hl=en&sa=X&ved=0ahUKEwiw1c3isoHgAhV_SBUIHb-3D8AQ6AEIUTAG#v=onepage&q=13&f=false (Accessed 10th January 2019)

Conte, C. (2009) *Advanced techniques for counselling and Psychotherapy*. [E book]. New York: Springer Publishing Company. Available at: https://books.google.co.uk/books?id=wmSSwSszDmUC&printsec=frontcover&dq=example+of+active+listening+in+counselling&hl=en&sa=X&ved=0ahUKEWjH9_rXvoHgAhWEkiwKHWxxBulQ6AEIWDAl#v=onepage&q=active%20listening&f=false (Accessed 11th January 2019)

Geldard, K. and Geldard, D. (2003) *Counselling Skills in Everyday Life*. [E book] Hampshire: Palgrave Macmillan. Available at: <https://books.google.co.uk/books?id=bm8ZCwAAQBAJ&printsec=frontcover&dq=example+of+active+listening+in+counselling&hl=en&sa=X&ved=0ahUKEWjb9ePQxoHgAhUjQhUIHSsgBogQ6AEINTAC#v=onepage&q=active%20listening&f=false> (Accessed 12th January 2019)

Sills, C. (2006) *Contracts in Counselling and Psychotherapy*. 2nd ed. [E book]. London: Sage Publications. Available at: <https://books.google.co.uk/books?id=HbGXq8qGi9UC&printsec=frontcover&dq=example+of+open+ended+in+counselling&hl=en&sa=X&ved=0ahUKEwiJOURHzYHgAhUjQxUIHTnnBr0Q6AEILjAB#v=onepage&q=open%20ended&f=false> (Accessed 13th January 2019)

Ali, L. and Graham, B. (2005) *The counselling Approach to Careers Guidance*. [E book]. New York: Routledge. Available at: <https://books.google.co.uk/books?id=jXeJAgAAQBAJ&printsec=frontcover&dq=example+of+summarising+in+counselling&hl=en&sa=X&ved=0ahUKEwiWx6DA04HgAhUqSxUIHQtlBLE4ChDoAQhHMAU#v=onepage&q=summarising%20&f=false> (Accessed 18th January 2019)

McCormack, B. and McCance, T. (2017) *Person –Centred Practice in Nursing and Health Care*. Chichester: John Wiley and sons Ltd. Available at: <https://books.google.co.uk/books?id=MQ23DAAAQBAJ&printsec=frontcover&dq=person+centered+approach+in+nursing&hl=en&sa=X&ved=0ahUKEWjS7d-s5oHgAhXQRBUIHYMDDDoQ6AEILzAB#v=onepage&q=person%20centered%20approach%20in%20nursing&f=false> (Accessed 22nd January 2019)