

Communication and Counselling

Video critique

supporting paper

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Introduction

Within this essay the client and counsellors counselling session will be evaluated and discussed, also what the counsellor applied during the session. Person-centred approach involved in counselling sessions will be discussed. With some of Carl Roger's theory's being talked about, stating in what he believes and his views on being a counsellor. CBT- cognitive behaviour therapy will also be talked about, and different types of therapy's will be talked about as to what professionals would use during a counselling session with a client.

Main Body

A one to one session involving a client and counsellor was filmed in a private room, it involved the client and the counsellor. They would both taking part in being the counsellor themselves. At the beginning of the recording the counsellor introduced themselves and talked about what will happen within the counselling session. Throughout the session both client and counsellor were sitting side to side with no barriers between them. Roger (1951) was to believe that it was a good theory to do whilst doing a counselling session. Roger (1951) strongly believed in the person-centred approach. Empathy was used, meaning the counsellor would listen to what the client had to say without judgement, also the counsellor would try to understand what the client had to say.

The counsellor also shows that they were being genuine, they would also have good body language throughout the session and kept good eye contact with the client. Positive regard was used within the session by the counsellor showing that they were not being judgemental towards the client's issues that was being discussed (counselling tutor, 2018).

Carl Rogers was the founder of the person-centred approach in the 1950's, he believed it was client led and both the counsellor and client would build a good relationship with the core conditions applied (BAPCA, 2018). During the counselling session the counsellor did become a bit stuck as to what to ask the client or how to try and get a bit more information from them as to what is causing the client to feel the way they do. After a few minutes of silence, the client went on to talk more about what was going on with them and how they are feeling about themselves.

Mirroring was used by the counsellor which is a good skill to use as it makes the clients feel more at ease and comfortable whilst talking about what's going on with them, also as they are talking to a professional (positive psychology programme, 2017). The client talked about some personal problems, which the counsellor felt a little uncomfortable, but that was not shown towards the client as the counsellor kept a professional manner. Good body language also was sat up straight, nodding to which that was showing the client that the counsellor was listening to them and not being judgemental. It also helped them to keep talking throughout the session (basic counselling skills, 2018).

Both the client and the counsellor felt that after they had a talk, they felt more comfortable and at ease with each other and was able to discuss their situations as friends rather than professionals throughout the session. That could not be done during a real-life counselling session even though the counsellor provides a professional and genuine attitude, there still is the professional barrier where the counsellor is not the client's friend, but there to listen and support and try to understand the client's issues within each session they meet.

Counselling sessions are confidential. It is very important that the client feels they can trust their counsellors to keep private what is talked about during their sessions (best counselling degrees, 2019). During the session the counsellor would repeat some things back to the client, just so they understood what the client was talking about, this showed the client that the counsellor was listening and taking note of what the client was saying. It then allowed the client to then go on and discuss more on the issues that they were having.

The counsellor felt at the end of the session more advice could have been given to the client, rather than discussing what was talked about throughout the session. The counsellor also thinks that they might have asked the client to many questions during the session as it is client led not counsellor led. However, the client was not afraid to respond to any questions asked by the counsellor and had a good understanding of what each other was asking of.

CBT – cognitive behaviour therapy is also another counselling method, which allows the client to recognise behaviours within themselves, CBT is about self-aware.

Patients cannot be helped if they are not aware of their situations that is going on around them. CBT can be given as homework for a patient provide by the counsellor, whereas person-centred approach does not. This method can be used in other sessions with a client and counsellor using different techniques throughout (NHS, 2016).

Carl Rogers believes that the ability is there for everyone to solve their problems. During counselling sessions every individual has different problems, so techniques used with each person are different with each client. As not everyone is the same, some may prefer the person-centred approach, and some may prefer CBT.

Conclusion

It has been clearly stated what Carl Rogers views on counselling sessions are, both person-centred approach and CBT.

The client and counsellors' strengths and weaknesses throughout the session had been spoken about, such as the counsellor's professionalism throughout the session. It was also talked about what was good and not so good about the session. The session was also compared to real-life counselling. CBT was also touched upon; as that is another therapy that could be used.

Reference list

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