

BMHP 4021

Counselling, communication, and the Therapeutic Relationship

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Assessment paper 1

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BMHP4021 – Counselling, Communication and the Therapeutic Relationship

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Instructions to Students

You will observe a recorded role play twice.

- **During the first viewing, make notes and observe carefully.**
- **During the second viewing, you may begin writing your responses.**

You have 30 minutes to complete this paper after the second viewing.

Answer all questions in the spaces provided.

Write clearly and legibly. Use the additional pages provided if required.

Marks will be awarded for clear understanding, application of counselling theory, and the ability to link observation to counselling process skills.

1. How has the counsellor demonstrated attending skills, both verbal and non-verbal, within the role play?

Sitting position of the counsellor slightly leaning in slightly sitting off to one side. Verbally professional but slightly layed back to make client feel safe to open up.

2. Identify three counselling skills demonstrated within the role play.

Summansing - tying everything together.
Paraphrasing - What evidence do you have.
Sarcratic Questioning

3. How does the client respond when the counsellor reflects empathy?

Feels like she has been understood
and listened to shows this by saying
I do dont it. Gives a bit of
reassurance.

4. Name two feelings that the counsellor reflects back.

Felling overwhelmed.
~~Feel feelings~~ feeling like you are
Grieving.

5. How did the use of the open question change the focus for the client?

Gave the client time to think
about how they feel and to think
about what small steps could
be taken.

6. What clarifying question did the counsellor use to help the client identify which foods she was struggling to change?

Open Questioning
What small steps could you take to
change.

7. What probing question was used?

What evidence do you have

What part is most difficult for you

8. What impact did the counsellor's Socratic question have upon the client's unhelpful beliefs?

Made the client think more about

things and then came up with

own ~~the~~ solutions to problems.

9. What did the summarising skill do in the role play session?

Summarising tied everything that was talked about in session together. Gave client a chance to reflect back what was discussed.

10. Write a paragraph evaluating the effectiveness of using person-centred counselling skills and a variety of questioning skills with the patient in this session. (Continue on next page if necessary).

By using this style of questioning it gives the client chance to reflect back on what was discussed and allows time to think. Allows the client to come up with solutions to the problems presented by them selves with little help from the counsellor.

Sitting Positions from the Counsellor
allows the client to feel more
Confident and that its a safe
Space to open up.

Repeating back to the client about
what they have said allows the
client space to think for example
when Counsellor says " When you say
everything has been taken away
tell me what that is like.

Counsellor Nodds through out this
demonstrations that the Counsellor is
Interested in what the client has to
Say. By Saying what Small Steps
Could you take today Shows an
Interest in the Client. Client felt
Overwhelmed about going to the Gym
So Counsellor Said that she Sences the
Gym would hold them back in taking Steps
to change So asks if there's any other
Ways that could help with exercise
Allowing client to come up with ways
to exercise ~~to~~ themselves.

End of Paper