

PRACTICUM 1

LESSON 2

What is reflective practice?

What is counselling?

PRACTICUM LEVEL 4



Feeding forward from last week:

- Conscious competence model
- Directed reading.....

Good starts for your reading....

- Nelson Jones, R. (2016) *Basic Counselling Skills: A Helpers Manual*. London: Sage.
- Sanders, P. (2011) *First Steps in Counselling [Fourth Edition]*. Ross on Wye: PCCS Books.

Group Contract





Read, consider, discuss and sign

ASSIGNMENT 1 BRIEF

❑ Written essay (1,500 - 2,000 words)

ASSIGNMENT DETAILS

- WEIGHTING: 20%
- WORD COUNT: 1500 – 2000 words

ASSIGNMENT DETAILS

- "Compare and contrast the models of helping as defined by theorists Carl Rogers and Gerard Egan, with particular emphasis on the application of skills and working at relational depth"
- SUBMISSION DETAILS: TURNITIN SUBMISSION
- DATE: 5TH DECEMBER 2017, Before 12:00 noon

Have you had an experience of being helped?

- Have you ever had a good/bad experience of being helped?
- What worked?
- What didn't?
- If you sought help now what type of help/helper would you want? #

The ethical and professional framework

- The British Association for Counselling and Psychotherapy Ethical Framework 2016



PROFESSIONAL REFLECTIVE PRACTICE

- **Reflective Practice** - "...the capacity to *reflect on action* so as to engage in a process of continuous learning..." (Schon, 1983, p.102-104),

The difference between 'Reflection' and 'Reflexivity'

Reflection



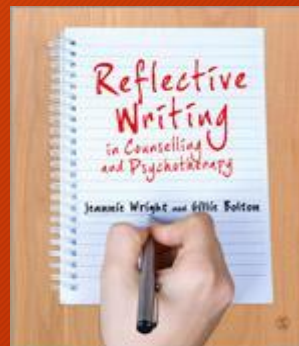
Reflexivity



Difference between 'reflection' and 'reflexivity'

REFLECTION

- **Reflection:** - Self reflection is like looking into a mirror and describing what you see.



REFLEXIVITY

- **Reflexivity:** - "Finding a way to stand outside ourselves to get a more objective view of ourselves..." (Kitchener, 1983)

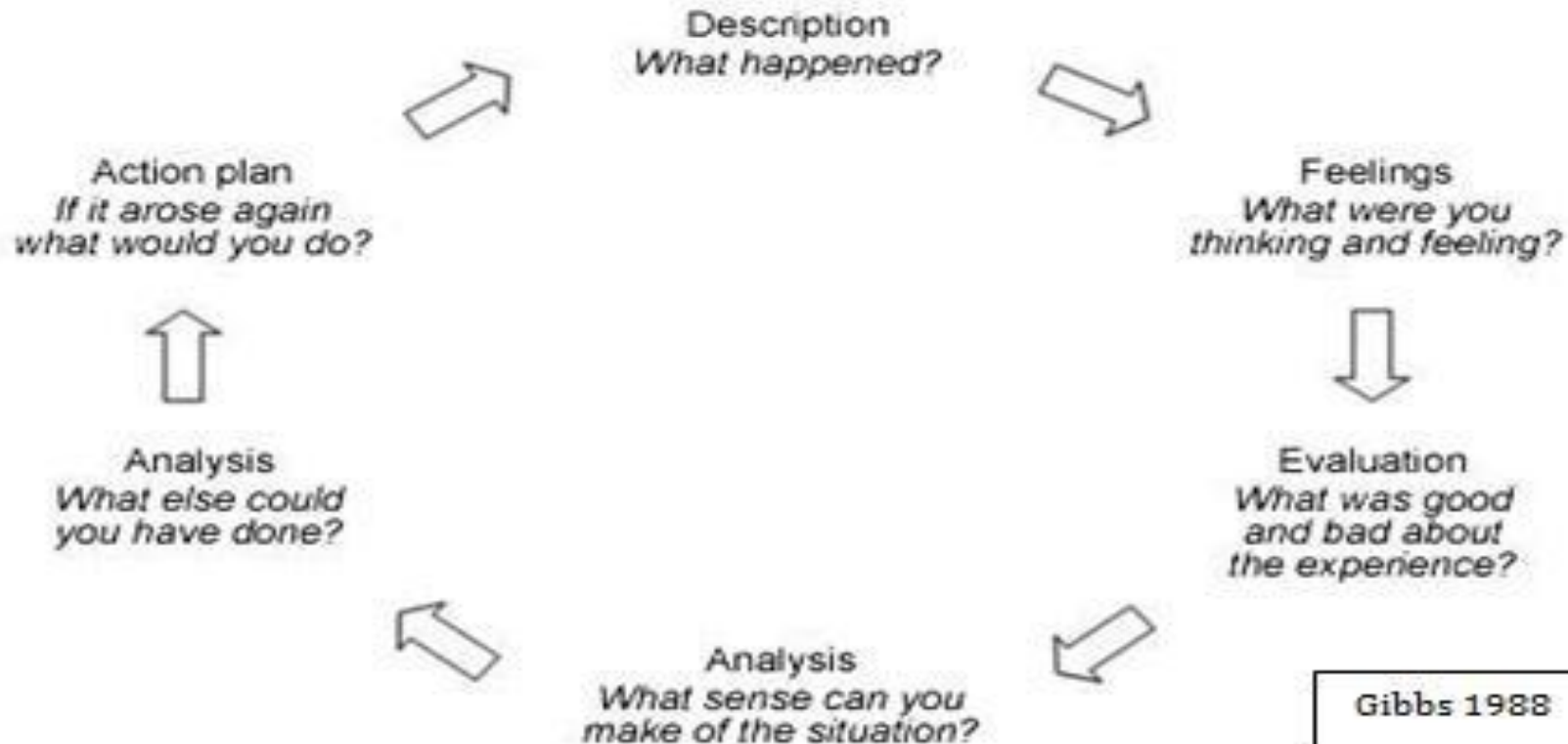
Critical self-reflection -

"To know **how** and to what extent **it might be possible to think differently**, rather than legitimating what is already known ... **a test of the limits that we may go beyond**" Foucault, 1992.

Critical Reflection:

- Suggests that apart from reflecting on our own personal beliefs, we **reflect through other 'lenses', on multiple perspectives including theory...**" Brookfield, 1995.

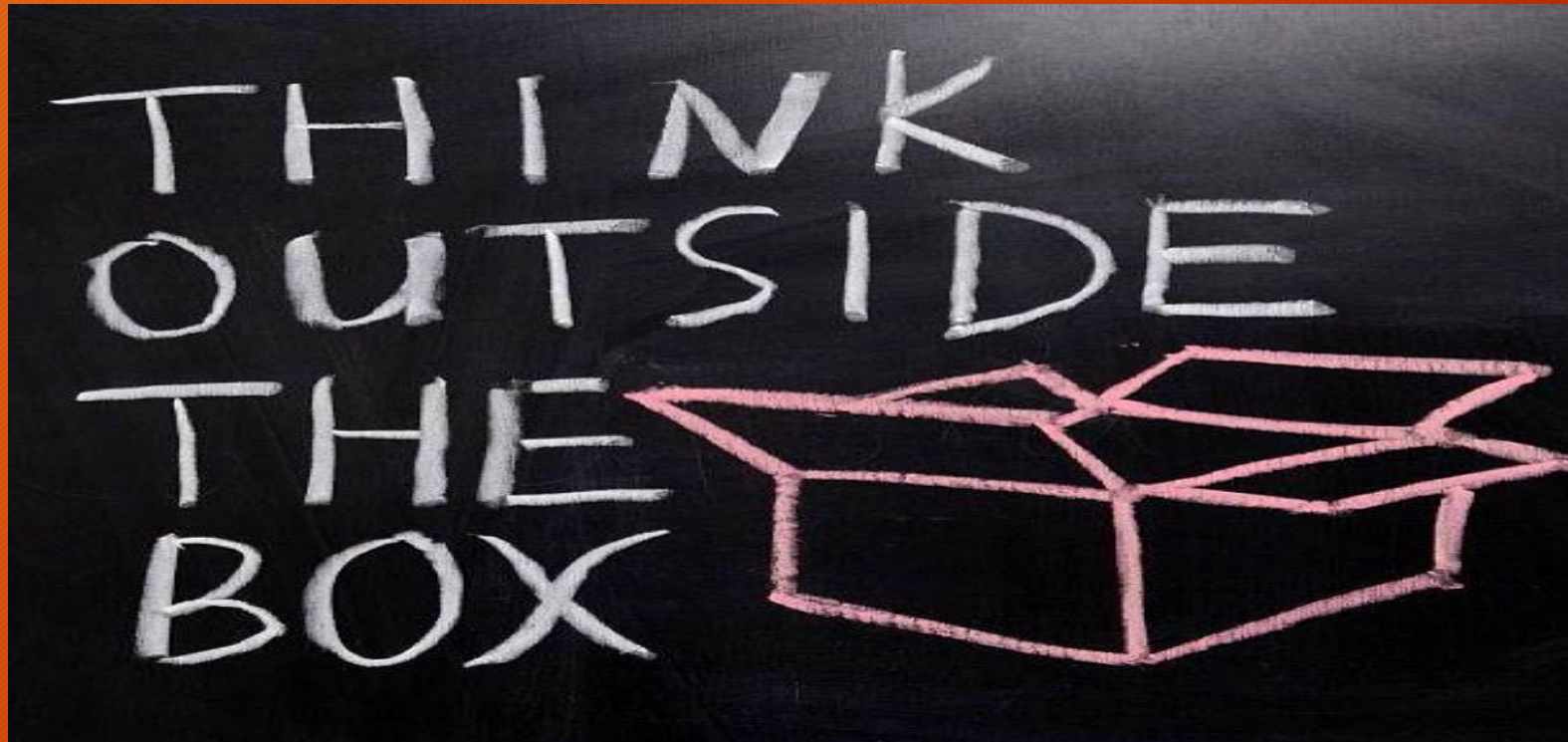
ADAPTATION OF GIBBS REFLECTIVE PRACTICE MODEL



Let's try it.....

- Reflection on practice.....

LEARNING TO RELECT ON PRACTICE



PROFESSIONAL REFLEXIVITY

Personal
process



Talk it through



Group process



Personal contract

- This is the beginning of your counsellor training journey...
- Consider what you want to achieve and how you are going to achieve it... #

Another word about ethics

- BACP Ethical Framework 2016
- Confidentiality
- Fitness to study and practice



FEEDBACK

- Specific
- Measurable
- Achievable
- Relevant
- Sensitive
- Constructive

Remember.....

- Praise loudly
- Blame softly

Catherine the Great

[illegible][illegible][illegible]

EXERCISE:

- Imagine that you are taking a walk on a beautiful day and you have all the time in the world to enjoy the walk, to enjoy the day
- When you pass by the edge of a small woody area, you catch sight of a shy animal peeking out at you from between the trees. It is not a dangerous animal, just shy, perhaps a deer or a rabbit. Consider for a moment what this animal might be. Whatever shy animal comes to your imagination that's fine.
- You stand still, hoping that the animal will not run away, hoping that this magical moment will continue one minute longer.
- What are the qualities you would embody so that the animal won't get scared and run away?



SOLER

- HOW WE CAN SHOW THAT WE ARE GIVING SOMEONE OUR ATTENTION #

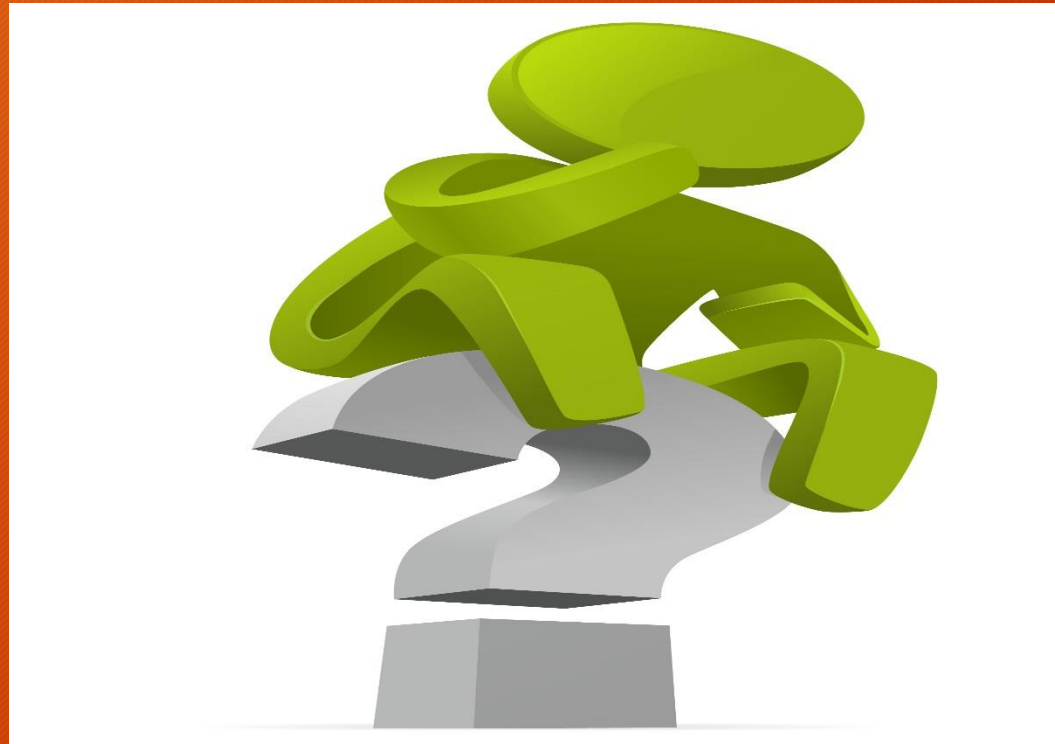
SOLER AS A LISTENING SKILL

- Using these concepts, with a partner, discuss what you did over this summer
- Make sure that you 'turn take' and use the SOLER attending skills

CORE CONDITIONS

- ALL HELPING IS BASED ON THE FOUNDATIONS OF THE CORE CONDITIONS

THE CORE CONDITIONS....



CORE CONDITIONS

- EMPATHY
- CONGRUENCE
- UNCONDITIONAL POSITIVE REGARD
[NON JUDGEMENTAL]

REMINDER OF LESSON STRUCTURE

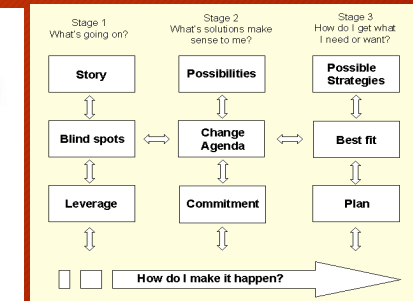
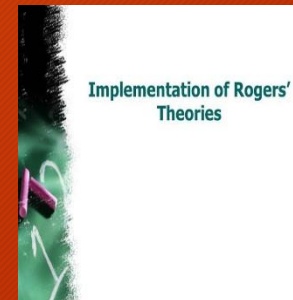
THEORY



REFLECTIVE PROFESSIONAL PRACTICE



HELPING SKILLS AND TRIAD WORK



PRACTICUM LEVEL 4 : CLOSING ROUND

