



BMHP4021 – Counselling, Communication and the Therapeutic Relationship

Student Name: Rebecca

Student Number: 2501865

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?

the counsellor was making sure to give eye contact make sure the client ~~for~~ was sitting on a angle to make her feel more comfortable.

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

eye contact, checking
the way counsellor was sitting

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

the client lent forward and started
to open up more -

4. Name two feelings that the counsellor reflects back.

grieving

scared

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

the client realised that there ~~are~~ ~~are~~
other things to help control her condition

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

by make her own food

7. What probing question was used?

why did she think she was going
to end up like her dad-

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

it ~~for~~ helps the client to understand
better.

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

it made the client think about
all the other things she could be doing
so she ~~do~~ end up like her dad

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).

when the client first started she seemed
nervous but as the counsellor was interacting
the client started to open up more and
started to explain how she was feeling
scared, worried as her dad ~~have~~ got
the same condition as her but ~~he~~ he
has lost his eye so she was worried
about her job and how it was going

to be affective affectid by her condion
but after ~~speaking~~ to the counsellor
that by chaging a few thing with
eating and ~~exer~~ going to to gym or
walking it woudl help her as she
felt like things was being taken
away from her but after considring
other thing she is going to start
make her own break just to help her
she exprest that after the seccion
she was feeling more hopeful and
happy about whats going on in her
life

End of Paper