



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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?

The counsellor showed active listening skills; had eye contact, empathy, non judgement; made the client feel welcomed, valued, used probing questions, showed understanding.

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

Active listening.
Clarifying -
Non Judgement.
Empathy.
Eye contact.

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

The client appeared more comfortable,
and opened up and was honest with
their feelings.

4. Name two feelings that the counsellor reflects back.

Understanding

Reflection. Reflection.

Overwhelmed.

Stressed.

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

It led the client to talk more about how they are feeling, engaged and showed frustration.

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

~~What foods are you struggling the most with.~~

Could you tell me what your struggling the most with.

7. What probing question was used?

Can you give me more information about
your feeling this way.

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

They talked about how they could
make small steps to make a
change in their life, like the gym or
making breakfast in the morning.

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

It recapped all the main points and showed understanding of what the client was feeling.

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).

Person-centred counselling skills were very effective in this session. It made the client feel valued and showed understanding to how they were feeling. It showed effective listening skills and let the client feel heard and in control. It promoted independence. The counsellor used

different questioning skills throughout the role play, such as, open questions, which led the client to elaborate more.

The counsellor used probing questions to gain more information.

Reflection questions were asked to help make the client feel that they are understanding how they feel.

Socratic questions were used to gather more evidence to why they feel the way they do.

Clarifying questions - which showed the client that they understood what they were saying.

Person centred approach is very effective because it focuses on the individual and their beliefs.

End of Paper