



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?

During the role play the counsellor maintained an open position, held eyecontact, and leaned in slightly in order to engage further with the patient. In addition they also used verbal agrees like "mmhm" and "I see" to further emphasize they were listening.

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

Three counselling skills identified in the roleplay was questioning, reflection, and summarization

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

When the counsellor engages empathetically, the client appeared much calmer and opened up more about their feelings/struggles

4. Name two feelings that the counsellor reflects back.

The two feelings the counsellor reflected back was unfairness and overwhelm surrounding the diagnosis

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

The use of open questioning allowed the patient to feel more in control, which was reflected in their body language and allowed the client to elaborate and further clarify their feelings.

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

The clarifying question the counsellor used was what does a day to day look like after the patient described feeling like everything was being taken away. This then led the client to talking about their morning eating ~~habbi~~ habits.

7. What probing question was used?

The question that was used was "What part of managing feels the most difficult?"

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

The impact of the Socratic question had on the clients unhelpful beliefs is that it challenged the patients fears by asking for evidence to support their concerns. It helped them realize that without this evidence, the patient could accept that the outcomes most likely or won't, be the same as their fears.

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

The summarizing skill helped to clarify the patients feelings, highlighted where they noted any struggles, and any plans of action/improvements set in place before their next meeting.

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).

The effectiveness of using person-centred counselling skills, in addition to questioning skills is that it highlights the client at the center. Through the person centred approach the client is being actively listened to so their fears and struggles can be properly addressed (Mösler et al., 2022).

Using a variety of questioning styles like open/closed or Socratic lets the ^{counsellor further} patient ~~deeper~~ understand

and clarify what their patient struggles with (Tennant et al., 2023). Which, in turn, helps them to better serve the specific issues highlighted. (Williams, 2023). Overall, patient centered therapy combined with varied questioning skills allows patients to feel more comfortable and listened to, and allows counsellors to better understand their patients needs and fears to better serve them.

End of Paper