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Evaluating the video critique

A Counselling video between a counsellor and their patient regarding the death of his sister who sadly passed away, there was many counselling skills regarding myself and the client which shows the main counselling theories which include Person-centred, Cognitive Behavioural Therapy and also psychodynamic. The video also shows that ethical codes are used and good there was good communication skills between the patient and the counsellor . This video lasted approximately nine minutes and twenty seconds.

Active listening

Active listening involves listening with all senses as well as giving full attention to the speaker, active listening(Skills you need, 2011).It is also important that the active listener is to be seen to be listening otherwise it will look like the listener isn't interested in what their saying(Active listening(Skills you need, 2011)Interest can be conveyed to the speaker by using both verbal and non-verbal messages such as maintaining eye contact, nodding their head or even smiling, active listening(Skills you need, 2011).Active listening was included in the counselling video, there was eye contact, head nodding, smiling, easing them to go on, this made the client feel more at ease.

Listening to the patient is vital, its one of the most effective ways to understand stakeholders perspective, active listening(NHS improvement, 2015).The key to active listening is to be able to withhold your assumptions, active listening(NHS improvement). Active listening is a vital skill when counselling and it has been used effectively and built up good communication skills during the video.

Open ended questions

An open ended question is designed to encourage a full meaningful answer using the subjects own knowledge or feelings, Open ending questions (Media college.com, 2019).Open ending questions are less leading and more objective, Open ended questions usually start with words like 'why' or 'how' or phrases like "tell me about it", Open ending questions(Media college.com, 2019).Open ended questions were used in the video when the patient was asked if they'd like to talk about it more or asked why they felt the way they did.

Open ended questions can to open up new areas for discussion, Counselling micro skills : questioning (2009, counselling connection).Open questions are those that cannot be answered in a few words, it encourages the client to speak and offer an opportunity for the counsellor to gather information about the clients and their concerns, counselling micro skills : Questioning(2009, Counselling connection).As adolescence many young people need to belong(Maybe, Sorensen, 1995, p.7).This means that individuals love to be listened too so open ended questions are essential .This is why open ended questions that were used in the video were to effective and shown great communication skills.

Paraphrasing, reflecting and summarising.

Reflecting is the process of paraphrasing and restarting both the feelings and words of the speaker, What is reflecting (Skills you need, 2019). Reflecting is essential in counselling, reflecting is a life skill that is used in day to day life to connect with the person emotionally and to make them feel like the counsellor or individuals interested in what their saying. Reflecting and paraphrasing is also essential, the art of listening is to make sure that the client knows their story is being listened too .

Reflecting was used in the counselling video where Jonah talks about how the incident effects his life and then paraphrasing was used to restart his feelings and for him to speak about his feelings. This was effective as it shown that Jonah felt at ease as he opened up and also his knowledge was shown .Part of the art of listening is making sure that the client knows that their story is being listened too, Reflecting and paraphrasing(Counselling tutor, 2019).Repeating back to the client parts of their story is essential as this shows the reader that you are interested in what their saying and so the client begins to open up more like in the counselling video, Reflecting and paraphrasing(Counselling tutor 2019).Showing the client that you not only heard what their staying, but also what type of emotions they are feeling.

Ethics

Ethics is a system of moral principles, They affect how people can make decisions and lead their lives, Ethics is concerned with what is good for individuals and the society and is also described as moral philosophy, Ethics guide(BBC, 2014).Ethics covers how to live a good life, rights and responsibilities, the language of right and wrong and also moral decisions, Ethics guide(BBC, 2014).Ethics is vital in everyday life and also in working professions, this helps the patient live a better life, rights and responsibilities is important for every individual and also the difference between right and wrong is shown.

Ethics is showing in the counselling the video throughout by trying to help the patient live a better life by thinking more positively. Respecting the individual also builds good communication skills between the counsellor and the client. The language from right and wrong is also shown in the video as advice is provided during the interview to try get him talk to his family and friends., this will then build communication skills back up and hopefully motivate the individual to be able to look at the positives of life and to get back on track.

Counselling theories

Psychotherapy theories provide a framework for theories for counsellors and therapists to interpret a clients behaviour, thoughts and feelings, Five counselling theories and approaches(Northwesters, 2018). These counselling theories where used in the counselling video. Person Centred is used to find the persons personal wants, desires and goals, The importance to person-centred approaches to nursing care(Open Learn, 2013).Person-Centred was used in the video when the client is asked where he aspires to be in three years time and also by trying to understand the client wants in life and desires.

.Cognitive behavioural therapy is used in the counselling video skills are used to help manage the clients problems by talking about what he wants to accomplish from these sessions and changing the

ways the individual thinks this will give the client more positive thoughts (Cognitive behaviour, 2016). .Psychodynamic theory is used throughout the video by talking about what is going on in his life and how he sees his life, and by changing an outlook on the clients life.

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