



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?

By Maintaining eye contact, doing subtle nods and using words such as "okay" and "I see" or even just simpler things such as "mm"

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

Summarising ~~questions~~

Probing questions

Socratic questions

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

The client feels more prompted to open up deeper
about their worries and concerns

4. Name two feelings that the counsellor reflects back.

The counsellor reflected back the feelings of
empathy and worry towards the client

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

"What Part of Managing your diagnosis feels the most difficult" This question prompted the client to open up more about their struggles, switching from basic complaints ~~about~~^{about} their diagnosis to more detailed and in-depth complaints

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

"What do you mean when you say everything feels like it's been taken from you?" This question made the client open up more about their diet and the foods they could no longer have

7. What probing question was used?

"How does it feel when thinking about these changes?"

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

"If you could imagine that the outcome may be different, what would it look like for you?"

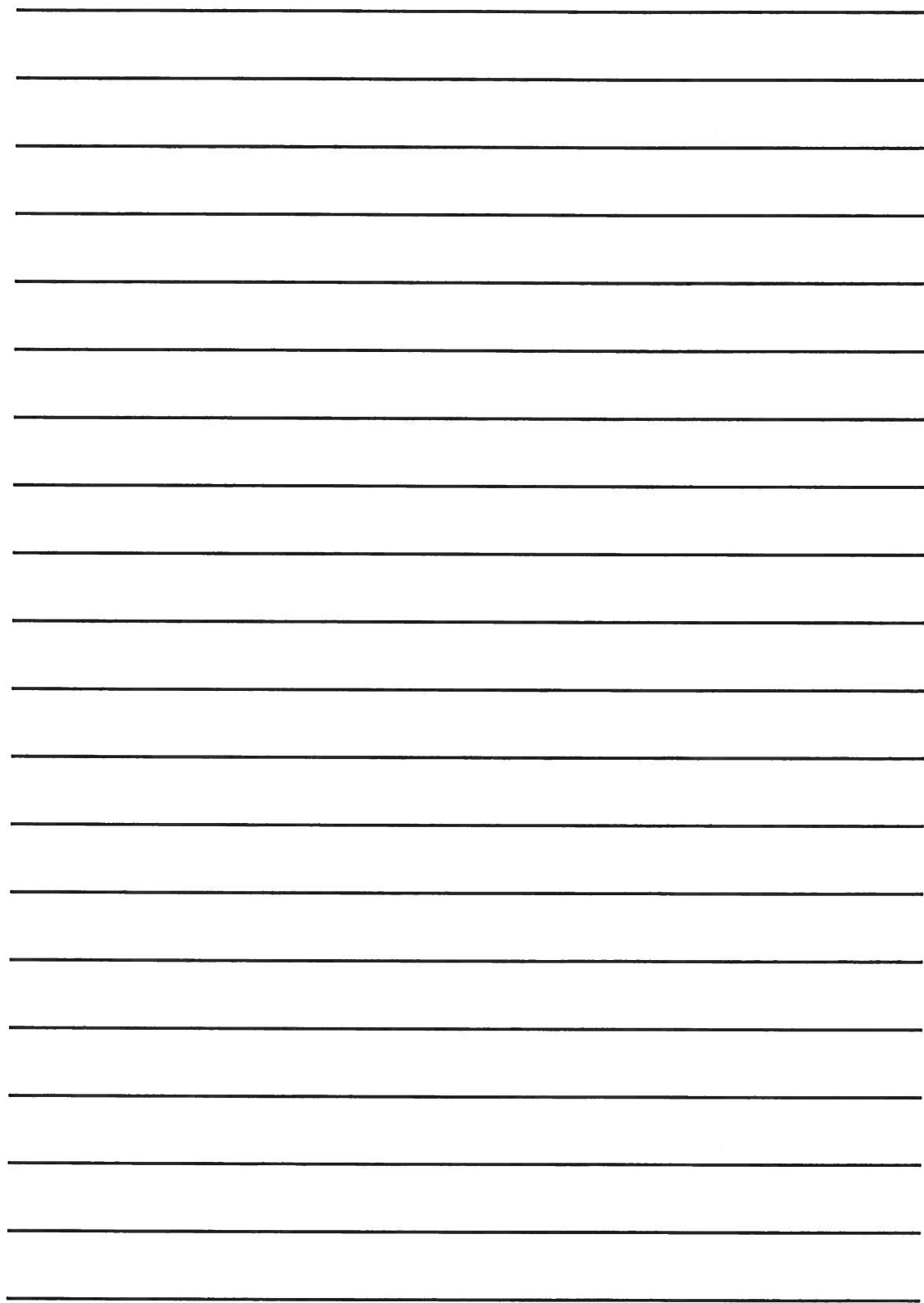
This question made the client attempt to think positively and think about where they want to be

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

It helped the counsellor ^{grasp} ~~grasp~~ a better understanding
of the client's situation and their feelings
which in turn allows for better reflection of feelings
and opens
from the counsellor ~~at the end~~ the door for
further questions

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).

Using Person-Centred counselling skills is effective
because it allows the counsellor to understand
their client as much as possible. Using different
types of questioning skills can bring out different
that the
types of emotions ~~so the~~ counsellor can
then use to reflect feelings to the client, offer
solutions and just overall make the client feel
heard and comfortable



End of Paper