



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 has shown attending skills through eye contact, sitting professional but also the counsellor has used open and close questions which also involved active listening.

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

Active listening

Reflection

Summarising.

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

The client has responded in a better mood like she is been listened to and the counsellor cares.

Ref: Rogers, C.R (1957) 'The necessary and sufficient conditions of therapeutic personality change', Journal of Consulting Psychology 21(2), pp. 95-103

4. Name two feelings that the counsellor reflects back.

~~as sad~~ angry
Stress

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

~~is not~~ The client reflected on the way the counsellor put the question and it made her more helpful.

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

'What food is hard to cut?'

~~What did you~~

7. What probing question was used?

'What small sets can you feel?'

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

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

It helped the counsellor to check everything was correct and to see if it missed anything.

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 way I have seen the roleplay about the client who has been faced with disability is that the counsellor has ^{try} ~~tried~~ for the client to make their own small steps but also in the roleplay the counsellor has used multiple skills in counselling like active

listing, summarising, paraphrasing
but also asking stage questions
~~the~~ all skills helped in the roleplay.
has it been effectiveness for the
counsellor though the client with
her medical problem.

Ref - McLeod, J. (2013) An Introduction
to counselling. 5th edn. Maidenhead:
McGraw-Hill Education.

Young, M. E. (2017) Learning Art of
Healing: Building Blocks and Techniques.
6th edn. Boston: Pearson.

End of Paper