

Counselling Skills and Approaches ECPSS010

Week 1: Monday 3rd October

- Introductions
- Module Overview

Ruth Groff Module Lead

Katie Ruddy Monday Theory Lecturer

Ruth Groff Wednesday Skills Sessions



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"When people don't have any curiosity about themselves, that is always a bad sign."

Irvin D Yalom



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Images of
Counselling/helping
Skills



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Overview of the Module

- Welcome and Icebreaker Activities
- Module Moodle Page
- Module Handbook
 - Module Structure - Monday/Wednesdays
 - Module Aims
 - Module Learning Outcome
 - Module Assessments
- Module Expectations and Code of Conduct – Professionalism
- Placements
- Core Text & Additional Resources
- RECAP of Counselling Skills –
- Reflective Practice/Reflective Journaling
- Wednesday Session 5th October



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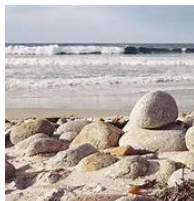


Review Module
Handbook

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Module Aims

To further the advancement of counselling skills developed from level four and gain a critical understanding of embedded and theoretical counselling approaches that underpin a range of counselling and mental health professions today.



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Learning Outcomes

- Demonstrate appropriate use of a range counselling skills.
- Gain contextual knowledge and awareness within a relevant placement that offer support and care within mental health and well-being.
- Develop a critical understanding of the various theoretical approaches within counselling practice.
- Recognise the limits of knowledge, skill, ethical boundaries and experience in counselling.
- Take responsibility for their own learning and skill development; including effective personal planning, self-reflection and project management skills.



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Assessment 1: Coursework

Case Study (Essay Format) 2,500 words

Assessment Component 2: Practical Skills

Practical Skills – 15min Recording & Reflective Commentary 2,000 words

Assessment 3: Coursework

Portfolio of Evidence – Placement & 1,000-word reflective piece

(Please review assessment specification form and further guidance provided on Moodle)



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Expectations & Professionalism

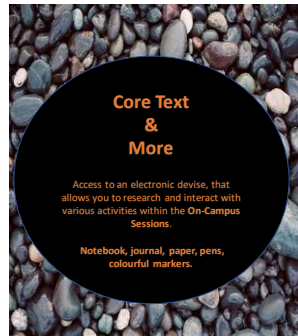
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Voluntary Experience/Work Placement – All information is On Moodle

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- Midwinter, R. & Dickson, J. (2015). *Embedding Counselling and Communication Skills: a relational Skills Module*. London: Routledge (EBook)
- McLeod, J. and McLeod, J. (2011) *Counselling Skills: a practical guide for counsellors and helping professions* 2nd ed. Maidenhead: Open University Press (EBook)
- McLeod, J. (2009). *An Introduction to Counselling* 5th Ed. Maidenhead: Open University Press (EBook) - Counselling Theories
- Counselling Tutor Videos and other Resources - Please see the Video Links tile on Moodle
- *Motivational Interviewing* <https://www.ncbi.nlm.nih.gov/books/NBK64964/>
- *Journal Article* – for discussions in class
- Please view the **Leganto Reading List** Located in the Module Information Tile on Moodle



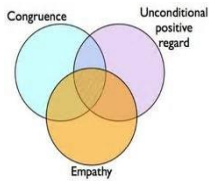
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Counselling Skills:



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Core Conditions – Carl Rogers – Person Centred Approach



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Unconditional Positive Regard

Unconditional Positive Regard: An attitude of warmth, caring and interest towards the client and a willingness to acknowledge the separation between a person and their behaviour. It implies a non-judgemental approach and an acceptance of all the constituent parts of an individual, without discrimination, with the view that if you accept another, they can accept themselves.



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Congruence

Congruence: is a willingness on your part to be authentic within the relationship, to allow your external responses to the client to match as closely as possible to your internal process but to do so in a sensitive manner appropriate to the relationship



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Empathy

Empathy: It's not an attitude or an approach, but a process. It requires intense and active attention to the feelings of your client, and when you are fully engaged in it, it is impossible to be diagnosing or working out solutions.

When empathy is present, there is a *resonance between the two people, which Rogers maintained was healing in itself.*



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REFLECTIVE PRACTICE:

It means: " Learning to pay attention – listening to ourselves and our experiences " Coming face to face with our assumptions, values and beliefs

- Noticing patterns
- Respecting what we do and why we do it
- Changing what we see
- Changing the way we see

Academic Support Tutor Handbook (L5)



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Any Questions & Feedback



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