



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

BMHP4021 – Counselling, Communication and the Therapeutic Relationship

Student Name: Rebecca

Student Number: 2501865

Instructions to Students

You have 45 minutes to complete this paper.

Write clearly and concisely.

Answer all questions in the spaces provided.

Marks will be awarded for understanding, clarity, and application of
counselling theory and skills.

If you include literature to support your answers, provide the citation
within your response and list the full reference at the end of the paper
on the page provided.

Section A – Paraphrasing

1. Which of the following best describes paraphrasing in a counselling context?

(Multiple Choice – circle one correct answer)

- A. Repeating the client's exact words to show attentiveness
- B. Offering an interpretation of the client's unconscious feelings
- C. Restating the client's message in your own words to show understanding
- ☒ D. Summarising the whole session at the end

2. Explain the main purpose of paraphrasing in the counselling relationship

(Write around 2–4 sentences and include a citation)

by paraphrasing it helps the counselor and client look back on what they have spoken about to ^{make} sure the client hasn't forgotten about anything.

3. Write out a counsellor's paraphrasing response to this client statement:

Client: "I feel like no matter what I do, my boss always finds fault. It's exhausting trying to please her."

ok I hear what your saying and
~~by the sounds of it~~ that you
are exhausted. about hoping her
as you feel like if it goes
~~on wrong~~ it your fault.

Section B – Summarising

1. When is summarising most appropriately used?

(Multiple Choice – circle one correct answer)

A. Only at the end of the final session

B. After silence

☒ C. At key transition points

D. Whenever unsure what to say

2. Explain two differences between paraphrasing and summarising counselling skills:

(Write around 2–4 sentences and include a citation)

3. Write out a summarising statement that includes the following client themes:

Isolation, low confidence, anxious feelings, and difficulty meeting people.

[illegible]

Section C – Questioning Techniques

1. Which question encourages exploration?

(Multiple Choice – circle one correct answer)

- A. Closed
- ☒ B. Leading
- C. Open
- D. Multiple

2. Describe the difference between a closed and open-ended question used in counselling.

(Write around 2–4 sentences and include a citation)

3. Write a clarifying question to help the counsellor strengthen understanding of the client's statement:

"I've just had enough of everything; I don't even know what I want anymore."

Section D – Attending Skills

1. Write out what SOLER stands for:

S _____

O _____

L _____

E _____

R _____

2. Describe which small verbal rewards counsellors use when listening to clients and their key purpose.

(Write around 2–4 sentences and include a citation)

Section E – Reflecting Feelings

1. Reflection in counselling primarily aims to:

(Multiple Choice – circle one correct answer)

- A. Advise the client on what to do next
- B. Repeat the client's exact words
- ☒ C. Show understanding by repeating back to the client's feelings
- D. Interpret the client's unconscious motives

2. Which of the following best represents a reflection of feeling?

(Multiple Choice – circle one correct answer)

- ☒ A. "It sounds like you're angry because your friend ignored you."
- B. "Why did your friend ignore you?"
- C. "Your friend ignored you."
- D. "That's not a big deal if someone ignores you."

3. Which of the following is not an example of a feeling word?

(Multiple Choice – circle one correct answer)

- A. Sad
- B. Confused
- C. Comfortable
- ☒ D. Explaining

(Write around 2-4 sentences and include a citation)

[illegible]

5. Write out a reflection response to the following statement:

“When my manager criticises me, I just freeze. I can’t even speak.”

6. Draw a line connecting each client statement to the corresponding feeling word.

Client Statements	Feeling Words
“I can’t stop crying since it happened.”	A. Angry
“I finally stood up for myself.”	B. Relieved
“I don’t see the point in trying anymore.”	C. Sad
“I’ve been sleeping better since we talked.”	D. Proud

7. List three benefits to health care workers using person-centered counselling skills. (*include a citation*)

8. List two barriers that may affect a health care worker using unconditionally positive regard towards patients.

End of Paper

Reference List

reflecken reference
Higham's (2019) communication and interviewing
skills for practice is social work counselling
and health professions. London: routledge -