



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 demonstrated active listening by using words/sounds and head nodding. The way the counsellor was seated and looking at the client. The ~~engaged~~ engagement throughout the role play with eye contact, and verbal cues.

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

Active listening

Summarising

Questioning

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

The client shows knowing and understanding and opens up on feelings and how the diagnosis has affected her. explaining on how angry she feels.

4. Name two feelings that the counsellor reflects back.

~~that~~ is unfairness and grieving are the two feelings the counsellor reflects back.

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

I think she became less angry and started to think a little differently about the diagnosis. Thinking about things that can help rather than the negative impact it may have.

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

The counsellor asked what she meant by the foods she couldn't have anymore and suggested meal prep.

7. What probing question was used?

How do you feel about that?

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

It helped the client break things
down into smaller chunks. letting
her make things easier to manage.
Small change e.g. going for walks
meal prepping and planning ahead.

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

It let the client know that small positive changes can help. That breaking things down into smaller parts can let it feel less intense. It made the client feel hopeful.

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).

From this role play it was clear to ~~see~~ see that using person centred counselling was very effective. The start of the role play the client was a mess with only negative thoughts and outcomes going around in her ~~head~~ head. After just a couple of minutes her beliefs

begin to change. She could see that small changes were manageable and by planning and putting these into place it would help her. Instead of being focused with what happened to her father the counsellor helped her realise that everyone's case is different. If ~~the~~ it is approached correctly you may get better outcomes.

The counsellor also helped the client break down all her thoughts and worries into smaller manageable steps, making it easier to ~~begin~~ begin a new routine to include these.

Towards the end of the role play the client was feeling a lot better about the situation and even hopeful.

End of Paper