

Level 3 Diploma in Counselling Skills

Unit 1 – Developing Counselling Skills

Professional Discussion Form

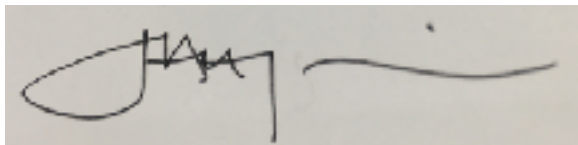
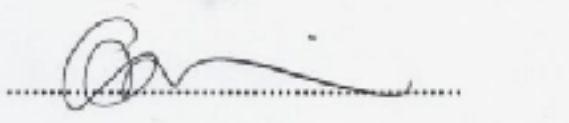
Learning Outcome:	Qualified Assessor feedback:
5 Understand how to conclude an interaction using counselling skills 5.1 Determine skills necessary for concluding a counselling skills interaction	5.1 During our discussion, Lizzie identified several skills necessary in concluding a counselling interaction: <ul style="list-style-type: none">• Time management skills (to ensure client is aware of remaining time - avoids abrupt ending)• Sensitivity and empathy (understanding that ending relationship can cause anxieties and concerns for clients)• Organisation (ensuring client has access to appropriate contact information if they feel they need further support in the future)• Positivity (support client in celebrating progress made and boosting confidence)• Reflection/summarising (consolidating progress made by the client)• Re-assure (ensure that the client feels equipped with strategies discussed in previous sessions)

Qualified Assessor comments:

Lizzie was able to highlight various skills for concluding a counselling skills relationship. Lizzie also discussed the difference between a planned ending and an unplanned ending. Lizzie was aware that an unplanned ending of a counselling relationship may occur if: transference and counter-transference has manifested within the counselling relationship; romantic feelings have emerged between the two parties; the client needs to be referred to another service to receive different support. Lizzie recognised that in an unplanned ending, extra care and sensitivity should be taken to ensure clients feel confident in coping strategies beyond their sessions.

Student comments:

I feel that I understand the main counselling skills to be used in ending a counselling skills relationship. I am particularly interested in the notion of transference and counter transference and the implications this has on the counselling relationship.

Qualified Assessor name: Julie Hazeldine	Student name: Elizabeth Hazeldine
Qualified Assessor signature: 	Student signature: 
Date: 13/01/19	Date: 13/01/19