

# Level 3 Diploma in Counselling Skills

## Unit 5 – Counselling Skills and Personal Development Professional Discussion Form

Learning Outcome:	Qualified Assessor feedback:
<b>1 Know own development needs</b>  1.1 Identify own personal development needs  1.2 Explain the importance of continued self-development for those using counselling skills	<p>1.1 Lizzie raised several personal development needs: continuing professional development, continued training/learning, further confidence under supervision/observation, further confidence in understanding how to assess client progress.</p> <p>Lizzie discussed how she is currently working towards those development points. E.g. Lizzie is receiving further training at work to support SEND students in primary education: Mindfulness in Nature training; SENDCO Induction training.</p> <p>1.2 Lizzie referred to the BACP Ethical Framework - she understands what constitutes 'good practice' within the counselling profession and aspires towards that standard within her training. She understands the need to keep her knowledge/learning/training up to date in relation to new theories and counselling methods.</p> <p>Lizzie listed self-reflection, PDR (Plan, Do, Review) and self-assessment as skills integral to self-development.</p> <p>She understands self-development (or lack of) has implications for those with whom she works e.g. children (or clients within further training).</p>

## **2 Understand process of personal development**

2.1 Analyse the impact of personal development on counselling skills practice

2.2 Explain why feedback is an essential component of personal development

2.3 Evaluate how using counselling skills has influenced/influences own personal development

2.4 Evaluate ways to overcome barriers to personal development and self-awareness

2.1 Lizzie understood that her practice of counselling skills has already been enhanced by Level 2 and Level 3 learning - together with her further experience working with SEND children. Lizzie referred to self-reflection and self-evaluation as effective strategies within the process of personal development. Lizzie understand that using these skills would enable her to broaden her understanding of different counselling skills.

2.2 Lizzie referred to her own experience as an undergraduate art student. During this time, Lizzie says she became familiar with giving and receiving peer feedback as well as receiving constructive feedback from tutors. These experiences have helped her to place value on feedback as an essential component of personal development. Why is it essential?

- It provides the student with an objective means to progress forward.
- It enables the student to overcome barriers and effect change within their own perceptions

2.3 Lizzie explains how her Level 2 and Level 3 study of Counselling Skills has enabled her to develop her own self-confidence and self-reflection skills. It has enabled her to work within challenging circumstances and offer further compassionate and objective support to children with special educational needs - and their families.

2.4 Lizzie recognises the importance of having fundamental confidence in oneself and an objective perception of constructive feedback to enable personal development. Lizzie has identified a few possible barriers to personal development and self-awareness: low self confidence/self-esteem; lack of listening skills; personal anxieties. Lizzie highlighted some suggestions for overcoming these barriers: pro-actively seeking feedback from others, listening and developing self-confidence.

Lizzie referred to her own strategies for overcoming barriers within her own development. Lizzie has a notebook in which she writes one productive/positive thing that has occurred within her professional day which helps her to perceive the efficacy of her own progress.

Qualified Assessor comments:

Lizzie cited her academic experiences as an undergraduate student as well as her professional development within education. These experiences have helped her to place significant value on receiving feedback.

Lizzie has suggested she would like to develop her skills in giving feedback which will equally support her as she progresses in her professional development.

Student comments:

I believe my compounded professional and academic experiences have helped shape my understanding of the importance of feedback within personal development. I hoped to convey this during our conversation which I think is reflected in the comments above.

I am keen to exercise skills in giving feedback, which I believe to be one of my weaker skills at present.

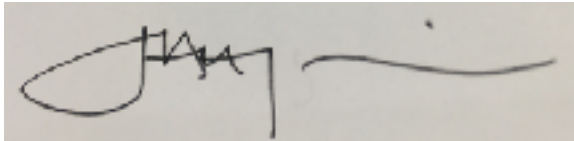
Qualified Assessor name:

Julie Hazeldine

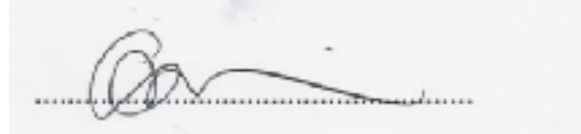
Student name:

Elizabeth Hazeldine

Qualified Assessor signature:



Student signature:



Date: 13/01/19

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