

Level 3 Diploma in Counselling Skills

Unit 1 – Developing Counselling Skills

Professional Discussion Form

Learning Outcome:	Feedback:
<p>5 Understand how to conclude an interaction using counselling skills</p> <p>5.1 Determine skills necessary for concluding a counselling skills interaction</p>	<p>Points raised (ending a session within a continuing counselling relationship):</p> <ul style="list-style-type: none">• Make client aware of how much time is left within the session so it does not end abruptly (following an acknowledgement of the available time at the start of the session)• Stop asking open questions• Summarise main points of session (focus) - may include paraphrasing• Summarise manageable solutions between sessions• Acknowledge progress made <p>Points raised (concluding counselling relationship completely):</p> <ul style="list-style-type: none">• Remind clients of how many sessions are left prior to final session, to avoid abrupt ending• Ensure client understands <i>why</i> counselling is ending (such as for a referral, or because significant progress has been made).• Discuss progress made to ensure confidence• Discuss how solutions / tools to navigate challenges can be applied to different circumstances. Equip client with confidence face range of challenges.• Ensure client understands where to seek help should there be any further issues to avoid feelings of loss/abandonment/fear

Any further comments:

Qualified Assessor feedback:

Discussion has given Lizzie the opportunity to demonstrate her understanding of the skills necessary for concluding an interaction using counselling skills. Lizzie explored different skills - from being aware of time restraints, to equipping clients with confidence by acknowledging positive progress. Lizzie showed strong understanding of the implications of a counselling relationship ending upon the client's emotional wellbeing (such as fearing instability, possibly feelings of abandonment e.t.c.) Lizzie could improve by considering some effective micro-scripts and questions for ending a counselling relationship - e.g: encouraging reflection 'what have you discovered about yourself during these sessions?'.

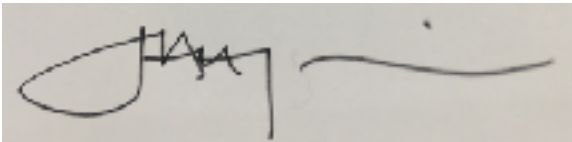
Student comments:

I am happy with this feedback and agree that exploring effective and appropriate questions will aid me in ending a counselling interaction.

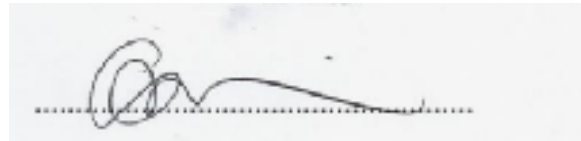
Qualified Assessor Name: Julie Hazeldine

Student Name: Elizabeth Hazeldine

Qualified Assessor Signature:



Student Signature:



Date: 13/01/19

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