

Level 3 Diploma in Counselling Skills

Unit 2 – Theoretical Approaches in the Use of Counselling Skills Observation Form

Learning Outcome:	Qualified Assessor feedback:
<p>4 Be able to apply core theories in the use of counselling skills</p> <p>4.1 Demonstrate how to apply core theories when using counselling skills</p> <p>4.2 Assess the impact of applying core theory to interactions</p>	<p>4.1 Lizzie referred to three primary counselling approaches/theories: person-centred, psychodynamic and cognitive behaviour therapy (CBT). Lizzie referenced Carl Rogers's core counselling conditions: empathy, unconditional positive regard and congruence.</p> <p>Lizzie favoured the person-centred theory in her demonstration of her application of counselling skills. Informed by theory, Lizzie asked open questions and allowed the 'client' to guide the conversation - consistent with the person-centred approach. During a hypothetical session around work-based anxiety, Lizzie demonstrated her empathy and summarising skills through mirroring the client with effective micro-scripts - <i>it must feel quite stressful to feel the pressures of those expectations</i>.</p> <p>4.2 Following a short hypothetical session, Lizzie discussed the impact of applying core theory to interactions. Lizzie raised several points:</p> <ul style="list-style-type: none">- Core theories are grounded in psychology.- Psychological research will inform effective evidenced-based strategies and skills.- Clients can be afforded a better/objective understanding of their healing process if they are also given access to the relevant information.-

Qualified Assessor comments:

Lizzie was able to confidently assess the impact of applying core theory to interactions. Lizzie seems motivated by a genuine desire to understand the psychological evidence behind the theories she mentioned. Lizzie expressed particular interest in the person-centred approach. Outside of the hypothetical session, Lizzie mentioned the restorative practice training that she has received at work which I am also very familiar with through my years of experience in education. Restorative practice is an approach to solving conflicts between children and young people which is akin with the person-centred approach. Lizzie has referred to her own success using this approach to guide children through solving arguments and disagreements (open questions, prompts to self-reflect, UPR, empathy).

Lizzie could further explore this topic by researching into counselling skills which are more specific to CBT and psycho-dynamic theory.

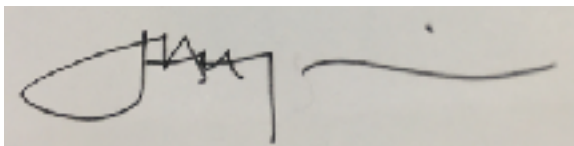
Student comments:

I demonstrated my understanding of theory in relation to the application of counselling skills through the person-centred approach which has interested me the most throughout my studies.

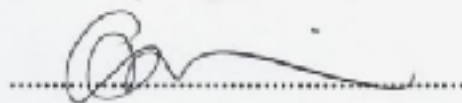
Qualified Assessor name: Julie Hazeldine

Student name: Elizabeth Hazeldine

Qualified Assessor signature:



Student signature:



Date: 13/01/19

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