



An Introduction to Counselling Skills Day TWO

Course Facilitator : David Forrest



Outline

Day 1:

Listen and Respond

Day 2:

Enquiry and Curiosity; Facilitate and Challenge

Day 3:

Interventions, Problem Solving, Defences, Non-verbal actions.



Who is this?

- Find a partner - someone you have not worked with yet - and who you don't know.
- You have one minute to ask about your partner ...you need to be able to recall at least three facts about your partner
- **Find ANOTHER partner - someone you have not worked with yet - and who you don't know.**
- **You have another minute to ask about your partner, to be able to recall at least three facts**



Speaker's Experience

- What is it like for a stranger to ask about you?
- How do you feel about having to talk about yourself?
- What concerns or anxieties did/might you have in being questioned?
- How did/might these concerns be expressed – or not?
- What did/might you want the other to know about you, and not know about you?
- How well did/could you clearly articulate yourself?
- How do they you see yourself in this exchange?



The Process of Activity

Stay with this last partner

Respond to the following questions with your partner.

The listening partner needs to ensure the talker feels listened to:

- How did you feel about performing the task?
- What was it like to give information to another person?
- What were you thinking about when your partner was giving you information?



Awareness of Self

- If we are not aware of what impact we have on other people, how can we make the best of our interactions with them?
- Burnard (1992) defines self-awareness as: 'the process of getting to know your feelings, attitudes and values. It is also learning about the effect you have on others' (p. 126).
- Tschudin (1982) believes that every person who helps someone else must ask themselves: Why and How am I doing this?



The Existential Message of Self Awareness

- The greater our awareness, the greater our possibilities for freedom
- Awareness is realising that:
 - We are finite - time is limited
 - We have the potential, the choice, to act or not to act
 - Meaning is not automatic - we must seek it
 - We are subject to loneliness, meaninglessness, emptiness, guilt, and isolation



Enquiring

expansive

- ① How do/did you feel about that?
- ① What are/were you thinking?
- ① What is/was that like for you?

Keep question open, e.g., what else would you like to tell me?;

- Working in PAIRS - find as much space as possible – for 10 minutes (a) works as the listener and (b) works as the speaker:
- Presenting topic: **Talk about the impact the first day of this course has had on you over the last week?**
- Listener, be curious about the person



For Consideration

- Working in PAIRS - find as much space as possible – for 15 minutes (a) works as the counsellor and (b) works as the client:
- Presenting topic: If there is one thing you would like to have done, but not been able to do, what has stopped you.
- Counsellor, be curious about the person



Enquiring

expansive

- ① How do/did you feel about that?
- ① What are/were you thinking?
- ① What is/was that like for you?

Keep question open, e.g., what else would you like to tell me?;

challenging

- ① How do others see it/you?
- ① Is there anything you've overlooked?
- ① What does he/she think/feel?
- ① What would s/he say about all this?
- ① What about all of this is a problem for you?
- ① Is there any other way of looking at it?



When would you not use counselling skills?

- When the client does not want it
- In situations where the counsellor and client would have their non therapeutic roles compromised.
- When relationships are too close?
- When the client is physically, verbally and sexually abusive
- When the clients or counsellor is not in contact with reality
- The counsellors own vulnerability gets in the way of hearing the client


