

# Case study counselling in the work placement

Business



EA L RN E the learning centre R VIC Diploma in Counselling: Case Study Sixth term: Case Study. Length: 3, 500 words (in total) General Points The subject of the case study must be a client whom you have been counselling for at least 6 sessions, preferably more. The case study is about how you and your client have worked together within your core theoretical model of counselling. This involves reflecting on your process in relationship to your client, your client's process in relationship to themselves and the ongoing process between the two of you.

Structure of the Case Study To set the scene for our case study, you need to describe the theory that informs your practice, ie. why you do what you do. We suggest you make reference to the following (this section should be no longer than 1, 000 words):

- Your personal value system (this may include religious beliefs, your moral code, your philosophy of life)
- Theoretical sources (e. g. Rogers, the existentialists ...)
- Ethical code of practice (personal code of practice, e.

g. boundaries such as relationships with clients) • Integration of the personal with the professional aspects of self as outlined above (how did you arrive at your current value system and the sources for these? ) It is important that your written case study reflects the particular quality of the relationship you have created with your client. What we would like to see and what we would like demonstrated is the way in which you have achieved this. E E S Writing Skills/Specialist coursework/15. 2 Diploma in Counselling: Case Study

R S PTO/....

1 EA L RN E R the learning centre R VIC 1. Personal History Include age, sex, family history, current relationship, family situation and occupational situation. 2. Counselling arrangements Briefly describe the setting in which the counselling is provided: the frequency and length of counselling sessions, how long you've been counselling the client, and the number of sessions which have taken place to date. What was your initial contract with the client, and has this been reviewed? 3.

### Presenting issues

Briefly outline why the client has requested counselling now. As far as possible, try and use the client's language. Please include your initial subjective responses to the client, noting your response to differences between you and your client. 4. Your assessment of this client Describe your assessment of the client and the nature of your work together making reference to relevant theory. a.

b. c. d. e. On what criteria did you base your initial assessment? What is your client's concept of self? To what extent do you agree with this?

What sense did you make of this person? What was your response to both the client and their presenting issues? How did you decide that you were able to work with this client? What did you agree would be the focus of your work? f. 5.

The presenting past Describe the relationship between responses to current issues with key events from the client's past, e. g. loss. PTO/... 2 E E S

Writing Skills/Specialist coursework/15. 2 Diploma in Counselling: Case Study

S EA L RN E R the learning centre R VIC 6. Counselling process

<https://assignbuster.com/case-study-counselling-in-the-work-placement/>

Describe the counselling process with reference to the beginning, middle and end stages.

How do you consider your client changed? What contribution did counselling make to this? Evaluate your ability to demonstrate the core conditions at the different stages of the process. 7. Supervision Throughout your case study, we would like to see how you have used both your individual and group supervision in working with this client. We would also like to have some sense of how your internal supervisor is evolving during your work. .

Practitioner issues In relation to your work with this client, evaluate your ability to hold professional boundaries and work within an ethical framework. You may find it helpful to mention any particular critical experiences to illustrate your practice. You might find it useful to look at Rogers ' stages of process' found in ' On Becoming a Person' (1961). See also, Mearns and Thorne (1988) Person Centred Counselling in Action, Sage E E Writing Skills/Specialist coursework/15. 2 Diploma in Counselling: Case Study S S 3