

Counselling



**ASSIGN
BUSTER**

Assignment 1 During this assignment I will be covering a number of aspects relating to the counselling profession. I will be identifying the different forms of helping relationships and how counselling is a different form from the rest. I will also be defining what counselling actually is and means. Then I will go on to describe the key features which ensures that counselling takes place in a suitable and safe environment.

I will then go on and talk about different forms of communication and skills used in helping relationships and how these skills might be used. Then last of all I will cover the barriers of communication and how to overcome these barriers. Unit Y 1. 2Counselling is an activity that takes place when someone is troubled and wants to see help. Counsellors do this by developing an interpersonal relationship with the client that enables the client to develop self-understanding and to make changes in their lives. Professional counsellors work within a clearly contracted, principled relationship that enables individuals to receive assistance in exploring and resolving issues in their life. Unit Y 1.

1 & 1. 3 We can see that this definition can apply to different types of relationships for example counsellor – client, parent – child and teacher – pupil relationship. There are several forms of helping relationship. Firstly let's look at offering advice. A friend may come to you for advice if they feel you have the knowledge or have experienced a particular thing they are going through.

. An example of this is, they may believe their partner is cheating on them but have no direct proof. They know you have gone through the same

and want to know how you found out? and what you would do or would have done differently.

Another form of a helping relationship is offering practical help. A person has had an operation on their arm and is struggling getting washed and changed. To help them you offer to help bathe and dress them. Yet another form is by offering guidance. It could be someone who is struggling with a decision or may be it is a younger relative being led astray in their crucial exam years at school. By concentrating on the good parts and offering lots of encouragement you could influence them and help them choose the right path.

Counselling is different from other forms of helping relationships because counselling helps the client to explore his/her difficulties and see more clearly, it also facilitates to see the problem from a different point of view/perspective. It is also Non-judgemental. It is based on confidence, takes place in a proper environment. Requires listening skills and does not give any answer, helps the client to find his proper answer and have regular sessions including time limit. It is also Confidential but has its limitations due to some procedures that have to be taken care. Normally at the first session a contract is established to clear all boundaries and doubts. Has to be done by a professional and has supervision. Unit F 1.

1Communication is important in relationships as it allows us to share our interest, concerns, support each other; organize our lives and make decisions; and it allows us to work together. Effective communication is based on the way we talk and listen, and how we respond and our body

language. We can all learn how to improve the way we communicate? it takes more than words to create a safe, exciting and secure relationship.

Too often the signals we send are not those we intend to send. When this happens, both connection and trust are lost in our relationships. When we communicate, we can say a lot without speaking. Our body our posture, tone of voice and the expression on our face all display a message. If our feelings don't fit with our words, it is often the body language that gets heard and believed. Nonverbal communication is a rapidly flowing interactive process.

There are also many other ways of communication which am not going to go into detail about but here are a few examples; emails, text messages, letter writing, sign language and also brail. 1. 2