

P1- Describe processes for initiating, maintaining, developing and concluding a counselling relation

In this assignment I will look at how a counselling session goes and the need for supervision and referrals.

Counselling is a process that enables a person to sort out issues and reach decisions affecting their life. Often counselling is sought out at times of change or crisis, it need not be so, however, as counselling can also help us at any time of our life.

Counselling involves talking with a person in a way that helps that person solve a problem or helps to create conditions that will cause the person to understand and improve their behaviour, character, values or life circumstances.

At the start of a counselling session, the counsellor will more than likely initiate the session between themselves and the client. This done by contracting with the client. The counselling contract outlines the confidentiality and boundaries that a counsellor offers. Confidentiality is absolute and whatever is disclosed in a counselling session is never revealed outside the session in connection with the client's name, neither is the identity of the client ever revealed to anyone. This has certain legal expectations, i.e., if the client threatens to hurt others or if the client tells the counsellor that they have hurt someone. The counsellor must inform the appropriate authorities in these exceptions to complete confidentiality and will tell the client that they are obliged to do so. This is to protect the counsellor, the client and others and is a legal requirement. The contract also specifies that after a session, confidential notes may be made by the counsellor about the content and process of the counselling session, but the client will not be identified in anyway. The notes are to help the counsellor follow the counselling process and identify patterns. Also the counsellor will explain that they have supervision.

The counsellor has to adhere to the part of the contract about equal opportunities. All clients must be treated fairly and equally, even though they may be a different sex, age, religion or ethnicity.

The contract also includes the British Association of Counselling and Psychotherapy code of ethics (BACP). This includes; the counsellor has respect for the client's right to live their life as they wish to do so.

Referrals must also be discussed in the contract. Referrals in counselling usually happen when the counsellor feels the need that they cannot deal with the clients' problems any more, for example they are not trained to do so.

A counsellor only participates in a certain amount of sessions, after this time the counsellor can either book more session with the client or refer them to a different counsellor.

At the beginning of the session the counsellor has to conduct the relationship between them and the client. This usually begins with the counsellor introducing themselves, and how long the session lasts for. The counsellor must listen to the client and understand them as best as they can, and respect the way they are feeling. The counsellor has to make sure the client understand everything that is being said to them, this is done by paraphrasing and summarising. The counsellor must try to fill in the gaps with questions or talking when there is silence. They must try to make the client as comfortable and trusting as they can. If there is silence in the room the client may feel uncomfortable or that the counsellor does not want to be at the session. The counsellor must make sure they can get all the information of the client that they can. The counsellor must understand themselves what the client has spoken to them about, if they do not they must ask the clients questions so they do. This will help them to make a decision on whether they can help the client with their problems or whether the client feels that they need different help, and to discuss this with them. This is known as facilitating, understanding and decision-making. Towards the end of the session the counsellor will bring the conversation to an end, so they can go over what they have talked about. The counsellor will then offer the client either another session or ask them whether they feel the need to be referred in themselves. The counsellor may also talk about the need of referrals if they feel that the client needs to be referred. When the client has gone the counsellor will reflect on how the session has gone, whether they needed to more and how they can improve next time. The counsellor may also feel that they need supervision that they need to discuss this

session with someone else in their working environment. Yet they must not reveal the clients details unless the client has hurt themselves or others.

P4- Describe the importance of supervision in evaluating a counselling skills interaction

It is assumed that counsellor and helpers are the ones that give support; this is true, yet counsellors also need support themselves. They will get this by supervision off their supervisor. Counsellors are required to be supervised by various codes of ethics and practice, for example, British Association for Counselling and Psychotherapy Code of Ethics and Practice for Counsellors.

A counsellor's supervisor is someone who they are not to be related too. A supervisor is a qualified counsellor with some years experience, yet it is not necessary for them to be more experienced than any of the staff below them.

“All counsellors, psychotherapists, trainers and supervisors are required to have regular and ongoing formal supervision/consultative support for their work”. BACP: “Maintaining competent practice” Ethical Framework for Good Practice in Counselling and Psychotherapy, (2001).

“It is a breach of the ethical requirement for counsellors to practice without regular counselling supervision/consultative support. Counselling supervision/consultative support refers to a formal arrangement, which enables counsellors to discuss their counselling regularly with one or more people who have an understanding of counselling and counselling supervision/consultative support. Its purpose is to ensure that efficacy of the counsellor-client relationship. It is a confidential relationship”.

Code of ethics and Practice for Counsellors, BACP (1992) Amended AGM September 1993, par.B.3.1 and B.3.2 (Sanders, P. 2002:99)

Working under supervision means that a counsellor or psychotherapist uses the services of another counsellor or psychotherapist to review their work with clients, their professional development, and often their personal development as well. Supervision is a professional service, rather than a managerial role, and for

counsellors who work in institutions, supervision and management will normally be entirely separate. The supervisor acts not as a 'boss', but as a consultant.

Some counsellors also use group supervision, in which several therapists confer on each other's work, although ordinarily this is used in addition to individual supervision, rather than as a replacement.

Supervision exists for two reasons; to protect clients and to improve the ability of counsellors to provide value to their clients. Supervision protects clients by involving a third party in the work of a counsellor and client, helping the counsellor concerned to reflect on their own feelings, thoughts, behaviour and general approach with the client.

Supervision is something that every practising counsellor must have to maintain client and counsellor safety during counselling. The supervisor will not be told anything which identifies the client

P5- Explain the importance of referral procedures

Referrals in counselling usually happen when the counsellor feels the need that they cannot deal with the clients' problems any more, for example they are not trained to do so.

It is a counsellor's job to keep their clients problems confidential. Only when the counsellor thinks the client is a harm to themselves or others or they do not have the skills to deal with them, may they refer them to someone else. For example, if a female client was being assaulted by her partner, then the counsellor can refer her to an organisation that deals with domestic violence.

A counsellor has many reasons to refer a client; one may be that the client needs special requirements in case they are an alcoholic or harm to themselves. There are special organisations that deal with these requirements. Another may be that the contract ends. The counsellor can either book more sessions with the client, or refer the client to another counsellor.

There is a difference between passing on information and a referral. Passing on information is telling someone else about a client's problem if they feel concerned or worried for the client. Referral is when the counsellor passes on the client to someone else because they have gone down all the routes they can possibly go down.

The client has the right to be asked if they want their details passed on. If they do not it's the counsellors duty to respect the clients decision. Only can the counsellor pass on information if their client has committed a crime, or harmed themselves or others.

Overall referrals are appropriate when the client requires specialist counselling, for example for bereavement. If the counsellor does not have enough time for sessions, this is also when the counsellor can refer them. A client can also request to be referred. The client may not like their counsellor, or they may feel that the counsellor is not doing enough for them.

P6- Describe the organisations to which referrals may be made

In this part of the assignment I will look at four different organisations which clients can be referred to.

ChildLine- ChildLine is the UK's free, 24-hour helpline for children in distress or danger. Trained volunteer counsellors comfort, advice and protect children and young people who may feel they have nowhere else to turn.

Every day 4,500 children call ChildLine, yet only 2,500 manage to talk to someone; this is due to lack of funds.

Children call ChildLine about a wide range of problems, but the most common problems are abuse (both sexual and physical), bullying, serious family tensions, worries about friends' welfare and teenage pregnancy.

ChildLine has saved children's lives, found refuges for children in danger on the streets, and given hope to thousands of children who believed no one else cared for them.

Women's Aid- Women's Aid is the national domestic violence charity that helps over 320,000 women and children every year.

They work to end violence against women and children, and co-ordinate and support over 500 domestic and sexual violence services across the country.

Their mission is to advocate for abused women and children and to ensure their safety through protection, prevention and provision.

Women and children have a right to live their lives free from all forms of violence and abuse, and society has a duty to recognise and defend this right.

Domestic violence is a violation of women and children's human rights. It's the result of an abuse of power and control, and is rooted in the historical status of women in the family and in society

Stop it Now!- Stop it Now! aims to prevent child sexual abuse by increasing public awareness and empowering people to act responsibly to protect children. Stop it Now! is an alliance of leading children's charities, working with the government and child protection agencies, to promote public education and prevent child sexual abuse. Stop it Now! believes that the sexual abuse of children must be recognised as a public health problem that affects everyone. Stop it Now! aims to break through the secrecy and taboo that surrounds child sexual abuse and to ensure that child sexual abuse is everyone's business

Their aim is to stop child sexual abuse by encouraging abusers and potential abusers to seek help. They provide adults with the information they need to recognise worrying behaviour in themselves or others, and with the confidence to take responsible action when they suspect that something is wrong.

The groups Stop it Now! want to engage with are; Adults who have abused or are thinking about abusing a child; to encourage them to recognise their behavior as abusive and to seek help to change. Family and friends of abusers; to help them recognise the signs of abusive behavior and seek advice about what action to take. Parents of children and young people with worrying sexual behavior; to give them information about the warning signs and when to seek help.

NSPCC- the London Society for the Prevention of Cruelty to Children was founded in 1884 and changed its name to The National Society of prevention of Cruelty to Children (NSPCC) 1889.

Its aim then was to protect children from cruelty, support vulnerable families, campaign for changes to the law and raise awareness about abuse. Today the NSPCC looks very different, but its purpose remains the same: to end cruelty to children.

Most of their work is with children, young people and their families. They also work to achieve cultural, social and political change – influencing legislation, policy, practice public attitudes and behaviors and delivering services for the benefit of young people.

They want to see a society where all children are loved, valued and able to fulfill their potential. To do this they have four objectives: to mobilize everyone to take action to end child cruelty, to give children the help, support and environment they need to stay safe from cruelty, to find ways of working with communities to keep children safe from cruelty, to be, and be seen as, someone to turn to for children and young people.

