R- Relax

In the interaction it is important to have both a relaxed persona and relaxed environment, however, not too informalised as the individual may not feel as if you care and feel like they are not being valued as an individual.

http://www.articleoutlook.com/soler-theory/

Concluding

The counsellor in this stage will also use reviewing techniques such as paraphrasing and summarising, this can be used to help the individual elaborate on what has been said and to make sure they have the story correct. If the individual whom is being counselled gets really upset, the counsellor will then have to know how to manage themselves in the interaction by not getting too involved, for example they may have to change their tone of voice. In this section closed questions are very good in the sense that it will verify what the individual has said or thinks, which a good way to figure out the situation.
Counselling video
Describe potential boundary issues that could occur in a helping relationship

What is setting boundaries?

Setting boundaries is a way of communicating what lines can be crossed and which lines can’t because they are either too personal or they are what protects us from future questioning. For example if I was to set a boundary, I would say “firstly before we start I just want to lay a few rules down” then go on to say what they are, for example, “before we start I just want to say a few rules about confidentiality, everything you say to me will be confidential, up to a point, i.e. If you’re at risk to yourself, another person or are involved in criminal activity. Setting boundaries are important because they let the client know which lines can and cannot be crossed.


Boundaries in a helping relationship must be set, because if not then the counsellor can find themselves too involved with their client, which can lead to misguidance to the client and then future complications can arise such as the breakdown of both trust and communication for example, if the counsellor starts to get too involved with the individual , they may start to advise them of different things, which, the client will trust them and they do what the counsellor says and it doesn’t go to plan then the client will blame the counsellor. Time can be a boundary issue, as the individual is only there for so long, for example 1 hour, therefore this just isn’t enough time to explore any other issues the individual has, and therefore the client may feel that their needs haven’t been met. Frequency of the session can also be a boundary issue in the sense that they could only see each other once a month due to both parties being busy because the counsellor may have other clients so they can only make 1 appointment every month with that individual as the individual is not prepared to have any other counsellor, counsel them. Costs can also be a boundary issue in the sense that the individual who needs counselled may not be able to afford it, as it can be quite dear, therefore their condition gets worse. Engaging in the process may be a boundary in the sense that if the client is just sitting in a daze, they will not be able to get what they want to say said because they have no interest, also if the individual is tired they may not want to speak, therefore there would be no point of them coming in, because someone else could have had that slot that they needed. Confidentiality is a boundary issue in the sense that confidentiality will have to be broken at a certain point, but my idea of that point, may be different to someone else’s, therefore they may be put at risk, without even known it. Limit of own skills is a boundary issue because if the client has to have a more specialised type of counselling, the generalised counselling may not be able to cater to the individual’s needs, therefore this would need a referral to try and sort the client out. Client resistance is a boundary issue in the sense that if the client doesn’t want to go to counselling, this can be a problem because they will not get the help which is needed to help them through whatever it is they are going through. Practitioner resistance can be a boundary issue in the sense that if the practitioner feels that they cannot deal with the problem, then they will refer them on because they cannot cater to the individual’s needs.
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