**Task A** – Describe the key stages in the development of a helping relationship and identify the skills used by the ‘helper’ to move the ‘helpee’ through stage 2 of Egan’s model

LO1 – Describe the key stages of the development in a helping relationship

LO2 – Identify the skills that can facilitate the life-cycle of a helping relationship

**Task B** – Identify the role of the ‘helper’, discussing the enabling and restraining factors and evaluate your development of stage 1 and 2 skills of Egan’s model

LO3 – Identify the role of the helper, with reference to enabling and restraining factors

- The 3 core conditions of therapeutic growth by Carl Rogers are enabling factors – acceptance, genuineness and empathy
- Sufficient to enable self-helping in people

LO4 – Use and evaluate counselling skills development in stimulated role-plays

**References**