



Recording Counselling Skills

Some awarding bodies ask you to record your skills and submit them for assessment, or sit for a formal exam where you are required to role-play a counselling session in front of an external assessor.

Remember to:

- Have some form of clock visible so you can pace yourself through the session, ending appropriately and on time.
- Don't be tempted to 'leverage in' as many skills as you can. Use only skills that are appropriate for the interaction.
- Be thoughtful regarding your use of questions. Use a question only to clarify your understanding, not to probe or confront your client (Person-Centred)
- Try to work with a peer that you have already had a skill session with. Working with someone you know has many advantages. You will know the person you are working with and the way they pace themselves, pause and speak.
- Make sure you clearly acknowledge the time to ending.
- Don't be tempted at the end of the session to ask, '*Is there anything else you want to talk about?*' as it gives permission for the speaker to continue and you may have difficulty closing them and the session down.

Top Tip: Record as many practice skills sessions as you can. Make sure you play them back and listen to them.

Resource to help you with skills: Log into the CSR and view the CSR skills sheets (click link) <https://student.counsellingtutor.com/modules/skills-worksheets/>



Did you know that this resource is available in the Counselling Study Resource with links to related topics for further reading? [Read it online.](#)