

Title of SIE: Counselling in Action

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Dates of SIE: This SIE will run twice for two separate groups of 40 students during the week 1st-5th November 2004.

Length: 2 full days per module

Location: tbc

Taught hours: 12

Student-directed hours: tbc

Practice Observations: Included within students' clinical placements

Participating professional groups for each experience in 2004: Children's Nursing Yr 2 (n=10), Midwifery Yr 2 (n=14), Speech & Language Therapy Yr 4 (n=15)

Aim/s of SIE: This experience aims to introduce some of the basic counselling skills required for work as a health professional through reflection on students' past experiences and their own personal emotional make-up. The experience will explore the emotional transactions that take place in therapeutic contexts and learn strategies to deal with stress, conflict and tensions in the workplace. Finally, the experience will consider the limitations of healthcare professionals' skills in this area of work.

Interprofessional learning outcomes:

- 1) Demonstrate an awareness of the importance of patient/client centred service/provision;
- 2) Analyse the implications of the topic for Health and Social Care;
- 3) Foster appropriate attitudes and respect for the input of Health and Social Care staff to the multidisciplinary team;
- 4) Demonstrate the ability to learn and communicate effectively in a multidisciplinary team.

SIE specific learning outcomes:

- 1) Demonstrate understanding of the role of counselling skills in health-related professionals;
- 2) Identify the range of emotional issues that clients, families/friends and health care professionals bring to the therapeutic arena;
- 3) Identify general and personal barriers to listening in everyday and therapeutic interactions;
- 4) Outline a range of options and actions regarding access of support for the client and family/friends;
- 5) Demonstrate knowledge of some practical non-verbal strategies for discussing emotional issues with people with communication disabilities.

Description of Experience: The teaching method used in each two day experience will largely constitute interactive workshops. Students will be encouraged (in inter-professional pairs, threes and small groups) to:

- reflect upon past experiences (personal and clinical)
- develop an awareness of their own counselling skills
- develop strategies in this area, which will be of use in the workplace.

Activities will include:

- non-verbal warm up exercises
- listening exercises
- identification of barriers to listening (internal and external)
- case studies* from inter-professional perspectives & brainstorm of issues (client needs, therapist needs)

- small group work (personal experiences of difficult times – how did you feel? what did you do? what did you want? what did people do or say that was helpful? what did people do or say that was unhelpful?)
- introduction and experimentation with a range of non-verbal techniques.

Students will be expected to apply their counselling skills and make observations regarding the role of counselling in their clinical placements.

Assessment: Included in current programme-specific assessments

Core Reading List*

Brumfitt, S. (1986) Counselling. Winslow Press

Bayne, R. & Nicolson, P. (Eds) (1992) Counselling and Psychology for Health Professionals. Chapman and Hall.

Dalton, P. (1994) Counselling People with Communication Problems. Sage Publications.

Boazman, S (1999) In M. Corker and S French (Eds) Disability Discourse. Open University Press.

Brearley, G and Birchley, P. (1994) Counselling in Disability and Illness. Mosby.

Clarke, H. (1998) Harry's Story in Syder, D. (Ed) Wanting to Talk – Counselling Case Studies in Communication Disorders. Whurr.

Greenhalgh, T and Hurwitz, B. (1998). Narrative Based Medicine – Dialogue and Discourse in Clinical Practice. BMJ Books.

Nelson-Jones, R. (1992) Practical Counselling and Helping Skills. Cassell.

Pound, C. (1999) Learning to Listen and Helping to Tell. Speech and Language Therapy in Practice, Autumn.

*** Staff from Children's Nursing and Midwifery to contribute additional materials**