

ABC Certificate in Counselling Skills

Assignment Unit 2: An Introduction to counselling theory. (2500 words +/- 10%)

The assignments are weighted in line with the marking criteria, which you already have. 5% of the marks are allocated for overall writing of the essay, with a good structure and overall organisation.

a) Explain the historical development of person-centred counselling. (10) Describe the main features of person centred counselling. (30) Illustrate them with at least three examples from personal experience and/or case material and explain how this model interprets the client's inner world. (30) Compare this model with two other models and explain areas of similarity and difference. (20) How useful is learning about other models, in training to be a person centred counsellor? (5)

**OR**

b) Using one or more fictional clients or real people as examples, describe how a person centred counsellor would explain the 'self' and illustrate different aspects of the underpinning theory. (60) Describe how the model developed and works in a counselling setting. (10) Compare and contrast this approach with that of two other theoretical perspectives. (20) Evaluate the importance of training in one core model in counselling. (5)