

Hints and tips on assignment 2:

STICK TO THE MARKING SHEET! I can't give you any points not outlined on the sheet no matter how interesting they might be!

A copy of the marking sheet and all other details of the course is available on the ABC awards website in 'health and social care' and the 'counselling skills specifications' file.

Person centred: You will not get very far if you don't explain: Carl Rogers' ideas, the core conditions, the development of conditions of worth and the importance of not trying to 'analyse' and 'fix' the person.

Don't spend too many words on TA and CBT – they only account for 20% of the marks together and you haven't don't CBT yet so you can't finish this until we do!

Remember the art therapy we did – all good person-centred work – reflection not interpretation. Let the client be the counsellor.

The website has useful resources on it, otherwise go for a good book on the subject. PCC is one of the most straightforward models, but each of the core conditions deserves a good paragraph (at least). Conditions of worth needs another good couple of paragraphs, and you could include the frame of reference stuff and a brief description of Egan if you wanted too. I would definitely explain how person centred counselling defines the importance of reflecting skills rather than intervening with a defined 'treatment'. It is a holistic theory too, you could look at the spiritual and philosophical side of the client's conditions of worth and frame of reference. The diagram from 'first steps in counselling' gives some good hints about PCC approach to the 'self'.

Let me know if you get stuck!