

Reflective essay -Counselling session

In this reflective essay I will provide an analysis of the counselling session I conducted and recorded. This will include a summary of the session. I will also describe the micro and advanced counselling skills utilised, as well as a critical evaluation of their effectiveness. A discussion of my application of these skills, as well as areas of possible improvement will be supported by reference to relevant literature.

Summary of the session.

Leesa is a 37-year-old woman who I have seen around four months previously. At the previous session Leesa spoke of her frustrations at work and of her hopes of securing a promotion. Leesa's presentation was one of lethargy consistent with someone who was suffering feelings of depression. I began the session by welcoming the client and reminding her of the confidentiality agreement. Leesa had previously worked in the hospitality industry but explained that she had decided to terminate her employment after being overlooked for a promotion. She also explained that she had felt a lack of fairness and respect from her employer and fellow employees. Since leaving her position in hospitality Leesa had sought employment through an agency that provides office work opportunities. Leesa explained that she had had four different jobs in the past three months and that she was experiencing a similar feeling of being disrespected.

Leesa spoke of experiencing a lack of self-confidence at the moment and a feeling of being stuck as well as frustration and uncertainty around her future direction. However the client was able to identify that she would like to be more financially secure, feel respected at work and to achieve a greater sense of confidence. Leesa spoke of a time when she enjoyed her work and private life more, and was able to relate some of the key differences that contributed to her feeling more respected and confident in general. The client identified that she would like to seek alternative employment that allowed her to take on greater responsibility and that involved less travel. Leesa believed that her employment agency may be able to assist her, but admitted that she had not been discerning about the kinds of roles that she took recently due to her financial situation.

She also disclosed that she had been isolating due to her current state of mind. Accepting a homework challenge Leesa agreed to approach some friends to see if she could catch up with them at the next weekend. She also agreed to compile a list of the sorts of jobs that she felt she was qualified for and believed that she could achieve a greater feeling of responsibility and respect. Leesa said that she would approach her employment agency to see if they could help, and that she would bring her list to the next counseling session.

Counselling skills application.

Reflecting upon the counseling session it is clear that I utilised a range of conversational micro skills.

Reflective Essay On Counseling Session

**Tracy Prout, Melanie Wadkins, Tatianna
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