

Assignment brief

Learning Outcomes and Assessment Criteria 2020-21



Sample number: 2

Unit Title: Personal Development in Counselling – PS1/3/AA/03G

Overview of assessment task

To pass this assignment you should include the following:

- A report should have a title and follow academic style
- Describe two models of self-development – you need to consider the following two models the Johari Window of self-development and Eric Berne’s Ego State model of self-development.
- Evaluate how personal counselling can inform self-understanding – evaluate the value of personal counselling in relation to self-understanding within the context of counselling. i.e. Personal Counselling provides the Counsellor with an opportunity to become self-aware.
- Evaluate how self-understanding is the key to understanding others – you are required to understand how self-understanding is the key to understanding others. i.e. self-understanding allows an individual insight into personal prejudice.

1000 words (+/- 10%)

Learning outcomes and assessment criteria

Learning Outcomes	Assessment Criteria
3. Understand models of self-development and the value of counselling	3.1. Describe two models of self-development 3.2. Evaluate how personal counselling can inform self-development 3.3. Evaluate how self-understanding is key to understanding others

Grading Descriptors and Components 2020-21

Sample number: 2

Unit title: Personal Development in Counselling – PS1/3/AA/03G

GD 2: Application of knowledge

Merit	Distinction
<p>The student, student's work or performance:</p> <p>a. makes use of relevant</p> <ul style="list-style-type: none"> • ideas • models <p>and</p> <p>c. very good levels of</p> <ul style="list-style-type: none"> • accuracy 	<p>The student, student's work or performance:</p> <p>a. makes use of relevant</p> <ul style="list-style-type: none"> • ideas • models <p>and</p> <p>c. excellent levels of</p> <ul style="list-style-type: none"> • accuracy

GD 7: Quality

Merit	Distinction
<p>The student, student's work or performance:</p> <p>a. is structured in a way that is generally logical and fluent</p>	<p>The student, student's work or performance:</p> <p>a. is structured in a way that is consistently logical and fluent</p>

Personal development in counselling

Assessment 1

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Personal development in counselling

Introduction

This is a report based on personal development in counselling, in the first section (3.1) it describes two models of self-development, the Johari Window model of self-development created by Joseph Luft and Harry Ingham in 1955 and Eric Berne's Ego State model of self-development. In the second section (3.2) it evaluates how personal counselling/therapy can inform self-understanding and the last section (3.3) evaluates how self-understanding is key to understanding others. In this assignment I have had to review models of self-development and the value of counselling/therapy.

Understand models of self-development and the value of personal counselling/therapy.

3.1 Describe two models of self-development.

Johari's Window {Joe Luft and Harry Ingham. 1955}

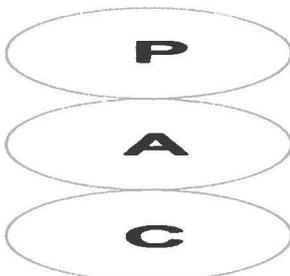
The Johari Window model is split in four regions, and the four regions represent the whole self. The first region is, known by the person about their self and what is known by others as well, open - conscious, this includes my own attitudes, behaviour, values, I am free/know myself and am known. The second region is, unknown by the person about their self but others know, blind - get helped in a supportive and responsible way to get to know about themselves if they are able to hear it. The third is what the person knows about their self but others do not know, hidden - can not be known to others unless I choose to disclose it, retained because of fear; area is enlarged through self-disclosure. The last region, what is unknown by the person about their self and also unknown by others, unknown - sometimes it is felt, read, dreamt or something happens and my unconscious is revealed to me and I know what I have not known before.

Open self (conscious)	Blind self (feedback area)
Hidden self (disclosure area)	Unknown self (revelation area)

Eric Berne's Ego State model

Berne devised the concept of ego states to help explain how we are made up, and how we relate to others. These are drawn as three stacked circles and they are one of the building blocks of Transactional Analysis. They categorise the ways we think, feel and behave and are called Parent, Adult, and Child.' (businessballs.com)

Eric Berne has two types of ego state model, the first is the ego state structural model:



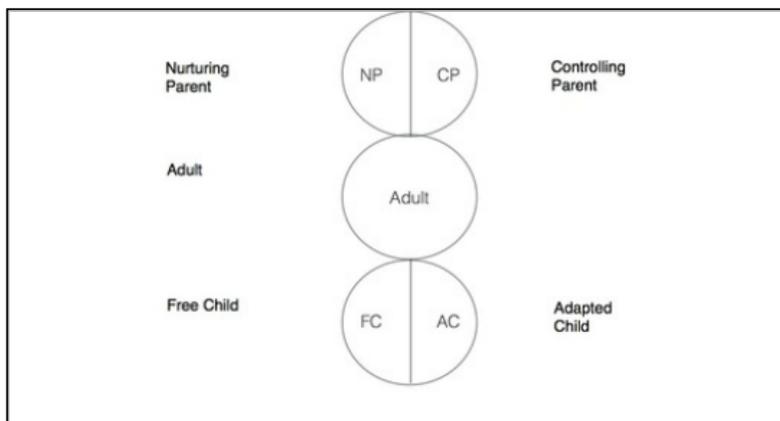
(counsellingtutor.com, 2019)

The Parent part of this model is feelings, attitudes and behaviours that have been introjected from parental figures.

The Adult part is built up on feelings, attitudes and behaviours related to current here-and-now reality

The Child part is archaic feelings, attitudes and behaviours which are remnants of the person's past.

The ego state functional model:



(samanthakynaston.co.uk)

Nurturing parent (NP) kind and caring behaviours.

Controlling parent (CP) firm and authoritative behaviours.

Adult is more practical in responding to current situations.

Free child (FC) spontaneous behaviours/do what they want to.

Adapted child (AC) childhood behaviours replayed, do what they are told.

Understand models of self-development and the value of personal counselling/therapy.

3.2 Evaluate how personal counselling/therapy can inform self-understanding.

I think it is important for a counsellor to get their own personal counselling because by being in a client's seat themselves while being a beginner counsellor they will start to secure an inner stability that increases their skill to help others and this will give them experience and benefit them to be able to help their clients. 'Self-awareness allows counselors understand the differences between their lived experiences and their client's lived experiences. This can help counselors be more nonjudgmental towards their clients, and help them better understand their clients' (positivepsychology.com). Being able to self-reflect as a counsellor enables them to then be able to identify and establish personal awareness and also to remain emotionally divided from the relationship, he/she is developing with a client. 'Relating to clients, in a positive, open manner, encourages the client to disclose in a comfortable, confidential environment and provides the counsellor with the ideal setting in which to communicate in a supportive way. Using their own life experiences, a counsellor can demonstrate empathy, compassion and understanding without becoming personally involved in the counselling process' (thecounsellorsguide.co.uk). An individual's growth and understanding can only be assessed through self-awareness, being continuously open to personal and career development can help a counsellor to be able to fully understand their values and self.

Understand models of self-development and the value of personal counselling/therapy.

3.3 Evaluate how self-understanding is key to understanding others.

A counsellor that is self-aware will be able to help their client because they will be able to develop a better understanding of the feelings that arise around the client, the counsellor may also be able to get a better process of what is occurring in the session in a unique way. 'Counselling Builds Intelligence through Self-Awareness. As a form of intelligence, self-awareness is an understanding of oneself including one's own knowledge, attitudes, and opinions. ...In this way, self-awareness is defined in terms of gaining greater understanding of the self through the objective input of a therapist' (bayridgecounsellingcentres.ca). Some counsellors that are more self-aware will realise that have prejudice towards different people or a certain group or person. Personal counselling would help to get rid of this and working through it would make the counsellor more effective, being able to have an understanding of yourself can make you more self-aware and learn on ways to over come the feelings towards a certain group or person and also learn to have control over these feelings and to not let them get ahead of you and effect your work.

Conclusion

To conclude this report the two models of self-development I described which were the Johari Window model and Eric Berne's Ego State model are very much different but both extremely effective and interesting to learn, read and write about. I have explained that for counsellors to have a better understanding of self-awareness and self-understanding they need some sort of personal counselling. And I have explained ways and means that a counsellor can help their client by having a better understanding upon these things and if they are able to understand and relate to their client how it will make their client feel being in this environment with a counsellor like this.

<https://counsellingtutor.com/counselling-approaches/transactional-analysis/what-are-ego-states/>

<http://www.samanthakynaston.co.uk/blog/category/all>

<https://www.google.com/url?sa=t&source=web&rct=j&url=https://positivepsychology.com/self-awareness-matters-how-you-can-be-more-self-aware/&ved=2ahUKEwiYwLXOi9HIAhXKiVwKHfzzCbcQFjACegQIDxAM&usg=AOvVaw2UlrwpXA0xk-LL4mmQJY>

<http://www.thecounsellorsguide.co.uk/counselling-self-awareness.html>

<https://www.bayridgecounsellingcentres.ca/counselling-builds-intelligence-through-self-awareness/>