

## Activity - My own counselling style - Activity

**SOURCE:** Thomas Diener experiment

**AIMS:** To start conversation about the topic; to reflect one own's counselling style

**FORM:** work in pairs - individual learning

**DURATION:** 20-30 minutes; 20-30 minutes; individual learning up to the counsellors

**MATERIALS:** Papers, pencils, worksheets

### Stages

1: Individual work: practitioners are asked to think about own style – how they interact with their clients, what is important for them while they're working and what their unique qualities are in 5 minutes.

2: Work in pairs - discussion - one is counsellor, one is listening; counsellors are asked to find 3 – 5 adjectives (e.g.: sympathetic, playful, slow, etc.) describing their counselling style, and then think of

opposites to the adjectives.(e.g.: sympathetic – neutral, slow – fast, etc.) - 5 minutes

3: Work in pairs - role play -now participants enter the role of their anti-style. What is the body position,

face expression, movement, look and stance of a person who embodies these (opposite) adjectives?

With the participant in pair they can now use their anti-style in counselling - 10 minute

Describe a counselling process which did not go optimally, where you reached your limits. (A dead end). Think of and potentially enact how you would approach this situation using your anti-style. Are there any aspects in your anti-style that could be useful in certain counselling situations?

4. Change the role

### Summary

Practitioners may reflect own style.

Within the discussion they will learn about other possibilities they can use working with clients.

They can practise in pairs the skill to change the style if “the old one” does not work.

Finally, at groups they will discuss own experiences.