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DIPLOMA IN PSYCHOTHERAPY AND COUNSELLING |

Comment [.4]: Course title

ASSIGNMENT 9 |

Comment [.5]: Assignment number

1. DISCUSS AND EXPLAIN HOW YOU COULD USE THE HALTING PROTOCOL.

Comment [.6]: Questions clearly numbered and written out in full.

A therapist, like any other professional, needs tools to tackle the practical aspects of their trade. A counsellor will choose their tool according to the job requirements and use their skills and judgement to decide which may be the most appropriate. This is obviously putting a practical and dispassionate slant on what may be a very emotional and disturbing problem.

Comment [.7]: Answer length is appropriate to course level.

The Halting Protocol is just one example of the practical methods that may be applied. This is particularly useful for those with impulsive behavioural tendencies as it enforces a 'time out' or a time to stop and think before a client indulges in the harmful behaviour. The harmful behaviour may be gambling, purging, as in the case of a bulimic, binge eating or self harm. The client is advised to take a short time, even five minutes, to think, before they begin the harmful behaviour. This time is then extended, bit by bit. The client is advised that they may still commit the behaviour if they wish but they must agree to wait and think for the specified time. After several times of doing this, and once the time has increased to 30 seconds or more, the counsellor will find the client less and less likely to go through with the destructive behaviour.

Comment [.8]: Clear paragraphs correct font used (Arial 12), correct line spacing used (1.5) and justified text.

2. LIST TEN METAPHORS FOR USE WITH CLIENTS.

Comment [.9]: Next question clearly numbered and written out in full.

The use of metaphors is a really useful tool in counselling sessions. They can be used very successfully by the counsellor- or client- to express feelings and emotions better than more straightforward terms. Besides being more pictorial and therefore providing a clearer visual approach they can also be used to differentiate between different types of emotion with the same name. For example anger that is 'a coiled spring' is very different from anger that is 'red rag to a bull'. They can also provide

cliché terms for words that are too hard to say or verbalise. For example a client who feels lonely and unloved might prefer to describe their condition as 'being the blacksheep' or 'being worlds apart', thus using imagery to convey words too emotive to verbalise.

Emotion metaphors are often very useful. Here are some examples;

ANGER ASSOCIATED

feeling like coiled spring

throwing down the gauntlet

to see red

red rag to a bull

hot under the collar

read the riot act

let of storm

putting the boot in

to have an axe to grind

DEPRESSION ASSOCIATED

to go into a black hole

to feel like a wet rag

a wet blanket

to be down in the dumps

to go to pieces

to be at a low ebb

FEAR ASSOCIATED

as white as a sheet

to give someone the creeps

to shake like a leaf

scared to death

scared witless

3. WHAT IS THE STABILISATION PROCESS AND WHY IS IT USEFUL?

Many counsellors would argue that the client has to be in the right place for counselling to be useful or successful. This means that they are in a stable place where they can work on their problems and not so weighed down by immediate other vital preoccupations that they are unable to give themselves fully to the therapy. Some clients feel therefore that it is necessary to stabilise their clients first, by helping them to deal with pressing practical problems, before beginning counselling. For example it may be impossible to counsel a client whose chaotic lifestyles mean they are unable to, regularly or on time, attend the sessions. Clients who are unable to sufficiently control drug habits in order to engage fully in counselling may need help with stabilisation first. There are many other examples of where practical problems prevent counselling and therefore must be dealt with first. Some counsellors see this as part of their input.

For example it might prove proactive, before beginning full counselling, to help a client;

- secure and maintain housing benefits
- help secure a support network of friends etc for the client
- budgeting
- repair of any ongoing housing problems
- securing contact between clients and children if court orders are an issue

- plan crisis measures should they be needed
- help client put together a list of coping mechanisms
- establish boundaries with your client.

Stabilisation can be therefore vital, particularly with very vulnerable clients, and will maximise the chances of your client being fully able to commit to therapy.

4. WHY ARE BOUNDARIES ESSENTIAL?

There are many different sorts of boundaries in counselling, which are essential to maintaining the professionalism of the therapeutic alliance and essential for progress in the healing work. Boundaries are part of being clear with yourself and with clients, and being trustworthy. They offer stability and apply the idea that there are limits to all relationships, including the counselling relationship. Relevant boundaries include those of time, space, confidentiality, structure of session, and overall structure, and those between counsellors and clients, and thoughts and emotions. More specifically these may include the banning of alcohol or drug use before or during sessions, agreement about contact outside sessions, the use of inappropriate language or even the payment agreement. Boundaries are essential in the prevention of unethical behaviour between the client and counsellor and as such must be strictly adhered to in order to protect both parties from inappropriate therapeutic alliance. Boundaries are also important in ensuring the client does not become dependent on the therapist by encouraging the development of self reliance.

5. WHAT IS GROUNDING?

In everyday speech if we say someone is 'grounded' it means they are a stable person, not given to emotional volatility. In counselling the term 'grounding' holds echoes of this meaning. If a client is very emotionally upset, perhaps suffering flashbacks or hallucinations, grounding is a way of stabilising them in the present – of reducing the effect by making them aware of themselves and surroundings in the here and now. A practical way of doing this may be for the client to have a card with personal details on- age, name, family etc- as a reminder of their identity.