

Activity: Case study/role play

Read through the following case study and identify where and how you would use advanced skills. If possible, ask a friend or colleague to role-play this (or another case study of your own devising) with you. At the end of the role play, ask the 'client' how it felt to be challenged, to experience silence and immediacy, and to consider any information needs. How did it feel for you, as helper? What might you need to develop further?

Harbinder is a young woman who has come to see you because she is feeling trapped in a job she started when she left school. You have met together on five occasions; Harbinder has opened up and explained that she not only is unsatisfied in her job, but also feels trapped in a relationship with her boyfriend, who she has been with since leaving school. She cares for him, but is feeling attracted to someone else at work. Today, Harbinder is visibly upset. Two things have happened: the first is that she has seen an advert for a job that she is interested in, and the second is that when she talked about this to her boyfriend, they argued. He wants her to stay where she is for now, 'because soon we will be married, and then we can start a family and it won't matter where you work'. As she explains this to you, Harbinder begins to cry.