

## Case Studies/Activities

### Chapter 26: Counselling in social work

<b>What happened?</b>	<b>What were you thinking at the time?</b>	<b>What were you feeling at the time?</b>	<b>What have you learnt from this?</b>
<i>Record in this column exactly what took place. This will be very detailed.</i>	<i>In this column record what thoughts you had as the conversation/exchange progressed. Thoughts relate to the knowledge-based aspects of a conversation/exchange. For example, were you drawing on particular knowledge/theory to inform what you said next? Were you aware of having to shift your stance - if so how did you do that? Were you conscious of certain values, attitudes and beliefs and their impact on shaping the conversation/exchange?</i>	<i>Record here your feelings as the conversation/exchange progressed. Feelings are different from thoughts and relate to the emotional aspects of the conversation/exchange. Were you anxious at any point? Did you feel uncomfortable? Did you think the service user was uncomfortable, holding back, distressed, elated and so on. Were you aware of anything causing you to react in a certain way?</i>	<i>Complete this column after you have undertaken the rest of the process recording. Use this space to highlight key things that you have learnt both from the way the conversation/exchange went and from the insights you have gained reflecting on the situation. Pay particular attention to the relationship between your thoughts and feelings at different stages of the conversation/exchange.</i>