

**Cork Counselling Centre Training Institute**

**B.Sc (Hons) Counselling & Psychotherapy**

**Validated by Coventry University**

**Relational Competence Assessment Criteria**

**Self reflection and ability to be still**

Students should appreciate the importance of self-reflection in the professional life of the counsellor. They should demonstrate a capacity to be still, to be silent and to allow time for reflection. They should possess an increased awareness of how historical and current issues in their personal lives, and personal motivations, needs and emotions affect their intrapersonal, interpersonal and intersubjective relationships. This interest should also be evident in their counselling practice and within supervision.

**Communication and ability to manage feelings, needs, etc.**

Students should be able to identify, appropriately communicate and manage their feelings, needs and difficulties. They should be committed to self care that is balanced with appropriate awareness of responsibility to others. They should also be sensitive to cues from other people and should possess a capacity to respond with empathy, positive regard, and congruence.

**Maturity, responsibility, autonomy and interdependence**

Students are expected to behave with maturity, responsibility, autonomy and interdependence in their professional encounters. This is evidenced by students taking initiative in their work and, at the same time, appropriately consulting with others. They should demonstrate the ability to initiate, utilize, manage and assume responsibility for their own learning in supervision, and the personal and professional development group. They should participate in exercises and engage in tasks in an attempt to deepen their learning rather than as mere responses to fulfilling academic requirements.

**Ability to create and maintain relationships**

Students should be able to demonstrate an increased ability to create and maintain intimate and appropriately bounded relationships. This includes the openness and flexibility to communicate with others directly, creatively and sensitively. Students will also have a commitment to further develop theoretical and practical knowledge of complex relationship issues.

### **Ability to make assessments and work collaboratively**

Students should be able to make accurate assessments about the relative contributions of self and other to the dynamics in their professional relationships.

### **Commitment to inclusivity and awareness of the importance of non-discriminatory practice**

Students should demonstrate an advanced understanding of the influence of socio-cultural-political factors on their personal and professional relationships. They should have a deep commitment to developing knowledge about diverse cultures including social, political and societal experiences similar and different to their own. Students should actively acknowledge and confront their prejudices. They should be committed to developing openness and inclusivity. They should show evidence of celebrating diversity in themselves and others.

### **Remain in relationship while experiencing distress, failure, ambiguity and conflict**

Students should demonstrate an increased ability to tolerate and remain in relationship when they experience distress, failure, ambiguity and conflict. They are expected to deal with problems and difficulties proactively and directly, communicating clearly. Students are expected to balance an ability to stay with uncomfortable emotions with a capacity to explore appropriate solutions.

### **Ethical responsibility and accountability**

Students should develop a deeper appreciation of the necessity for ethical responsibility. They should show evidence of their ongoing efforts to live in accordance with their commitment to ethical awareness, best practice, responsibility, and accountability. They are expected to behave in an ethically appropriate manner in their dealings with colleagues and clients.

### **Understanding of human nature and developmental influences**

Students should show an ongoing interest in attempting to articulate their current conceptual understanding of human nature. They should demonstrate a critical appreciation of the developmental influences that contributed to same.

### **Integrate knowledge from a theoretical, experiential, and practical standpoint**

Students should demonstrate a commitment to integrate their knowledge from a theoretical, experiential, and practical standpoint. They should show evidence of continuous critical reading of literature and research in the integrative humanistic paradigm and in developmental and personality research. They should be curious about their learning from theory and how it applies to their practice / supervision setting and personal histories.

