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### Counseling Role Play Critique

For my counseling role-play video I feel that I was able to execute all 10 steps of counseling as discussed in class. Before the video was filmed I made a detailed outline of what I was going to discuss with the patient, each topic going in chronological order of the 10 steps of counseling. Something that I found myself struggling on during the appointment was how to introduce the EPE style. It seemed that the patient already knew the importance of gaining weight and that was one of my elicit questions. This made it more difficult for me to think on the spot while not feeling that I was asking a repeated question.

I also feel that we were not able to touch on step 6 (educate patient on disease state) during the appointment. I felt that I did not have to educate her on the disease state because it seemed like she already knew what she needed to do. I also believe I could have introduced the experiment in a different tone so that it did not seem so scientific and possibly intimidating for the client. Other than those minor flaws I feel as if I did pretty well sticking to the outline and staying in character.

I believe that I showed empathy for my client in my reflections. I was understanding of her condition and tried to find out more about her situation. During the video I kept a poker face to all the information she gave me. For example when she was talking about her weight issues I remained calm and responsive to her wishes. When she discussed her concerns about gaining weight back, even

though I knew she needed to, I just tried to get a better understanding of why she felt this way.

My non-verbal cues during the video I believe were fine, but I would have liked to see myself more relaxed. However I believe that I maintained eye contact throughout the video and continued to look interested in the client. I seem to talk with my hands a lot when I'm nervous and in this case it did not seem like such a bad thing.

There were a few times during the appointment that I had the ability to use some concepts of intuitive eating. One example was when the client was suggesting that peanut butter was "full of fat". I countered the statement by saying peanut butter has many good fats and adds protein. She also mentioned that cheese has a lot of fat and I again countered the statement with "all foods can fit, and there are no good and bad foods". I also started to use intuitive eating concepts when she began talking about her barriers to adding snacks to her diet because of lack of an appetite. She mentioned that a barrier would be not being hungry for a snack and I told her that that was okay and this was a day-to-day process.

The motivational interviewing skills I used were unpacking, open-ended questions, reflections, affirmations, and summarizing. From my open-ended questions, my client was able to talk for over half of the appointment. My questions allowed her to open up which better allowed me to unpack. I did affirmations to most of her statements, which in turn seemed like it made her more comfortable talking about a new subject.

I felt that I did not do enough summarizing. I felt awkward and did not know how to fit it in to the appointment. I think that maybe my affirmations were more like summaries but I still should have tried to add in summaries before moving onto the next topic.

I think I could have had the client think of ways to increase her appetite. Off hand I could not think of strategies to increase appetite, especially if she is on an appetite suppressing medication. Instead I should have asked the client ways she would have felt comfortable increasing her appetite.

I found myself being repetitive with the motivational interviewing. Examples were when we were talking about the change and I would say “How do you feel about making this change?”, “How comfortable are you about making this change?”, “Do you think you could do this change?”. I felt in the moment that those questions started to get annoying but I didn’t know how to rephrase them.

I “shoulded” on my client about two times in this video. I realized immediately after I did it and tried to think of ways to avert the statement and turn it into a reflection. I was nervous through the whole video, which might have been the reason for me repeating myself during the motivational interviewing. Despite this I feel as if I did better than I thought. I was happy with my reflections, affirmations, and open-ended questions. After viewing the video I realized that the client talked much more than I did, which I am proud of. During the filming I was concerned I was not doing well, but after seeing it I am happy with my work.