

**Assignment Title and Brief: -**

**Explain how self-awareness helps a counsellor to develop**

**empathic understanding of the client and their situation**

**You might include: -**

 Specific examples from skills practice sessions of when your self awareness has helped you to

empathise more fully with your peer

 Hypothetical examples to illustrate how self awareness could help a client to feel empathised

with

 Specific examples of how getting to know your peers in the group has helped you to

understand them and empathise with them more fully.

**Your assignment should include:-**

 An introduction

 A main body of work (perhaps covering some of the suggestions above)

 A conclusion

You can refer to the CPCAB criteria in learning outcome three as you can use this assignment to cover some or all of these criteria in your work. Remember to reference your work too!

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You need to hand in the assignment with this cover sheet.

You should reference the assignment using Harvard referencing and include at least three separate references during your work.

The word count for this assignment is 1500.

Candidate Name ……………………………………………………………….……….

I declare that this assignment is my own work and that I have correctly acknowledged the work of others.

Candidate Signature ..............................................................

Date ..............................................................

**Self-Awareness and Empathy Assignment**

Level 3 Certificate in Counselling Studies

Devon and Cornwall Counselling Hub

**Assignment Guidance Notes**

You may find these guidance notes helpful when completing the assignment.

In the assignment brief, you are asked to explain, so make sure you have a good understanding of the verbs used so that you are doing what is asked.

You can refer to the QCF Assessment hand out to check what the verbs mean.

**Tutor Feedback**

**Signed ………………………… Date …………………**

**Learner Comments**

**Signed ………………………… Date ………………**