

COSCA Certificate in Counselling Skills: Module 2 Unit 5 – Challenging

Purpose of challenging

- To help the Speaker get closer to, or sort out, feelings
- To help the Speaker see things as they really are
- To increase self-awareness
- To help the Speaker become unstuck
- To help the Speaker see things another way / look through 'new lenses'
- To explore options

How and when do we challenge?

- Observe, not interpret e.g. noticing body language
- Challenging means not colluding with the speaker
- Challenging is an invitation to consider a perception, to see things through 'new lenses'
- Only challenge if it will be of use to the Speaker
- Respect where Speaker is at the moment
 - they may not be ready to explore things in different way yet
- The Speaker is free to reject the perception the Listener is offering
- Tact / Timing is important
- Must be done tentatively
- Can only challenge when there is a safe, trusting relationship
- Importance of acceptance, genuineness and empathy