

**Difference and Diversity Assignment**

Level 4 Diploma in Therapeutic Counselling

Devon and Cornwall Counselling Hub

**Assignment Brief**

In this assignment you are required to:-

1. **Evaluate how an understanding of working with diversity helps you to enhance your empathic understanding of someone**
2. **Describe how you have identified, explored and challenged your own fears and prejudices around working with diversity**
3. **Reflect on diversity issues which affect client’s access to counselling**

You need to make sure that you cover each of the above in order to pass the assignment. Your assignment should address some of the criteria from unit 3 and clearly show where you think you have met the criteria in your work.

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 ..............................................................

**Assignment Guidance Notes**

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

For each of the points in the assignment brief, make sure you have a good understanding of the verbs used so that you are doing what is asked. For example, in point **a)** you are asked to evaluate so make sure you include an evaluation in your work.

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

1. **Evaluate how an understanding of working with diversity helps you to enhance your empathic understanding of someone**

You could consider someone who is very different to you, perhaps from a different nationality or cultural background to yourself. You could write about how understanding the background of this person has helped you to empathise with them.

You could consider what might happen if you disregarded the differences between you and a client and explain the potential implications on the therapeutic relationship if you did this.

1. **Describe how you have identified, explored and challenged your own fears and prejudices around working with diversity**

To cover this section, you need to identify a fear or prejudice you have and write about where it came from, how you have explored it during your training and in life in general and how you have challenged a fear or prejudice of yours.

***Please do not say that you do not have any.*** It is absolutely normal to have fears and prejudices around difference and diversity. The assignment is asking you to show awareness of your own fears and prejudices and that you are aware of the importance of being aware of them and working on them, in relation to client work.

This section needs to be written in the first person (about you personally and specifically, rather than generally)

1. **Reflect on diversity issues which affect client’s access to counselling**

You could write about different cultures and how they view counseling, identify the blocks they may have to it and the impact this could have on their mental health. You could think about someone who doesn’t speak English as a first language and the impact this may have on counseling work.

You could explain how language, money, location of an agency, national policy etc all impact on people being able to access counseling.

You could reflect on what someone with a disability may need in order to help them access counseling. E.g. a signer, guide dog etc