

COUNSELLING AND PSYCHOTHERZPY

CC-11 (Counselling Psychology) Unit 1; SEM III

By

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Counselling & Psychotherapy



Sommers-Flanagan and Sommers-Flanagan (2004) defined counseling as a process in which,... a trained person who practices the artful application of scientifically derived principles for establishing professional helping relationships with a person who seek assistance in resolving large or small psychological or relational problems. This is accomplished through ethically defined means and involves, in the broadest sense, some form of learning or human development.

Pepinsky & Pepinsky (1954) Counselling is a process involving an interaction b/w a counselor and a client in a private setting, with the purpose of helping “the client change his behavior so that he may obtain a satisfactory resolution of his need



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Corsini (1995) indicated that Psychotherapy is a formal process of interaction between two parties, each party usually consisting of one person but with the possibility that there may be two or more people in each party, for the purpose of amelioration of distress in one of the two parties relative to any or all of the following disability or malfunction: cognitive functioning (disorders of thinking), affective functions (suffering or emotional discomforts), or behavioral functions (inadequacy of behavior), with the therapist having some theory of personality's origins, development, maintenance and change along with some method of treatment logically related to the theory and professional and legal approval to act as a therapist.

PSYCHOTHERAPY





Counselling & Psychotherapy

Counseling

- The term "[counselor](#)" means "advisor."
- It involves two people working together to solve a problem.
- In the context of mental health, "counseling" is generally used to denote a relatively brief treatment that is focused primarily on behavior.
- The counselor offers guidance and support as the *individual* figures out ways to better manage life and adjust to change or adversity.
- There are many types of counselors, such as marriage and family therapists, grief counselors, addiction and substance abuse counselors, and more.



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Psychotherapy

- “Psychotherapy” is a longer-term treatment that focuses more on gaining insight into chronic physical and emotional problems.
- Its focus is on the person's thought processes, and how these may be influenced by past events such that they cause problems in the present.
- Psychotherapy addresses the root cause and core issues of current problems so that lasting change and personal growth may occur.
- There are several different types of therapy that fall under the general heading of psychotherapy, including approaches such as cognitive behavior therapy, dialectical behavior therapy, psychoanalytic psychotherapy, and much more.



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Counseling and psychotherapeutic modalities

- A suffering, confused, or distressed person or group of persons seeks relief from mental, spiritual, and physical distress. They seek mental services mostly because their daily life is disturbed by their mental distress. Or else, their symptoms may make them unable to function well enough to meet daily life adequately.
- A mental health professional is expected to treat his or her clients. This professional acts as a mental health expert and guide.
- This system of treatment is based on a few assumptions such as “the client is sick” and “the practitioner acts like a doctor who prescribes a mental guide to reduce negative symptoms.” When the symptoms are treated, it is time to end this therapeutic relationship.
- Because the traditional therapy model is based on a deficit perspective on the client, and the professional attempts to explain the origins of the client’s distress, there appears no need to address clients’ strengths, well-being, and resources.
- There are a series of contacts (e.g., 6–10 sessions) over time, and these contacts are defined as therapeutic in nature. Although symptom-free does not equate to feeling happy, the traditional approach in counseling still focuses on the former more than the latter.



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Counseling : Major Theoretical Categories

Humanistic: Humanistic counseling theories hold that people have within themselves all the resources they need to live healthy and functional lives.

- The problems occur as a result of restricted or unavailable problem-solving resources.
- Humanistic counselors see their role not as one of directing clients in how to address their problems but, rather, as one of helping clients to discover and access within themselves the restricted resources they need to solve problems on their own.
- Humanistic counseling therapies include person-centered, existential, emotion-focused, Gestalt and positive psychology.



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Counseling : Major Theoretical Categories

Cognitive: Cognitive counseling theories hold that people experience psychological and emotional difficulties when their thinking is out of sync with reality. When this distorted or "faulty" thinking is applied to problem-solving, the result understandably leads to faulty solutions.

- Cognitive counselors work to challenge their clients' faulty thinking patterns so clients are able to derive solutions that accurately address the problems they are experiencing.
- Cognitive-theory-based therapies include cognitive behavior therapy, reality therapy, motivational interviewing, and acceptance and commitment therapy.



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Counseling : Major Theoretical Categories

Behavioral: Behavioral counseling theories hold that people engage in problematic thinking and behavior when their environment supports it. When an environment reinforces or encourages these problems, they will continue to occur.

- Behavioral counselors work to help clients identify the reinforcements that are supporting problematic patterns of thinking and acting and replace them with alternative reinforcements for more desirable patterns.
- Behavior theory include behavior therapy, dialectical behavior therapy, multimodal therapy and conjoint sex therapy.



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Counselling : Major Theoretical Categories

Psychoanalytic: Psychoanalytic counseling theories hold that psychological problems result from the present-day influence of unconscious psychological drives or motivations stemming from past relationships and experiences.

- Dysfunctional thought and behavior patterns from the past have become unconscious "working models" that guide clients toward continued dysfunctional thought and behavior in their present lives.
- Psychoanalytic counselors strive to help their clients become aware of these unconscious working models so that their negative influence can be understood and addressed. Some currently preferred therapies grounded in psychoanalytic theory include psychoanalysis, attachment therapy, object relations therapy and Adlerian therapy.



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Counselling : Major Theoretical Categories

Systemic: Systemic counseling theories hold that thinking, feeling and behavior are largely shaped by pressures exerted on people by the social systems within which they live.

- Accordingly, individual thinking, feeling and behavior are best understood when examined in relationship to the role they play within a person's family or other important social networks.
- Systemically focused counselors work to revise social network dynamics that influence a client's undesirable thoughts, feelings and behaviors. Some currently preferred therapies drawing from systemic theory include structural family therapy, strategic family therapy, human validation process family therapy and Gottman method couples therapy.
- During their initial training, counselors are typically introduced to a variety of currently preferred counseling models falling under each of the six main theoretical categories.



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Psychotherapy : Major Theoretical Categories

Psychoanalysis and psychodynamic therapies. This approach focuses on changing problematic behaviors, feelings, and thoughts by discovering their unconscious meanings and motivations. Psychoanalytically oriented therapies are characterized by a close working partnership between therapist and patient. Patients learn about themselves by exploring their interactions in the therapeutic relationship. While psychoanalysis is closely identified with **Sigmund Freud**, it has been extended and modified since his early formulations.



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Psychotherapy : Major Theoretical Categories

Behavior therapy. This approach focuses on learning's role in developing both normal and abnormal behaviors.

- **Ivan Pavlov** made important contributions to behavior therapy by discovering **classical conditioning**, or associative learning. Pavlov's famous dogs, for example, began drooling when they heard their dinner bell, because they associated the sound with food.
- "**Desensitizing**" is classical conditioning in action: A therapist might help a client with a phobia through repeated exposure to whatever it is that causes anxiety.
- Another important thinker was **E.L. Thorndike**, who discovered **operant conditioning**. This type of learning relies on rewards and punishments to shape people's behavior.
- Several variations have developed since behavior therapy's emergence in the 1950s. One variation is **cognitive-behavioral therapy**, which focuses on both thoughts and behaviors.



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Psychotherapy : Major Theoretical Categories

Cognitive therapy. Cognitive therapy emphasizes what people think rather than what they do.

- Cognitive therapists believe that it's dysfunctional thinking that leads to dysfunctional emotions or behaviors. By changing their thoughts, people can change how they feel and what they do.
- Major figures in cognitive therapy include **Albert Ellis** and **Aaron Beck**.

Humanistic therapy. This approach emphasizes people's capacity to make rational choices and develop to their maximum potential. Concern and respect for others are also important themes.

- **Client-centered therapy** rejects the idea of therapists as authorities on their clients' inner experiences. Instead, therapists help clients change by emphasizing their concern, care and interest.
- **Gestalt therapy** emphasizes what it calls "organismic holism," the importance of being aware of the here and now and accepting responsibility for yourself.
- **Existential therapy** focuses on free will, self-determination and the search for meaning



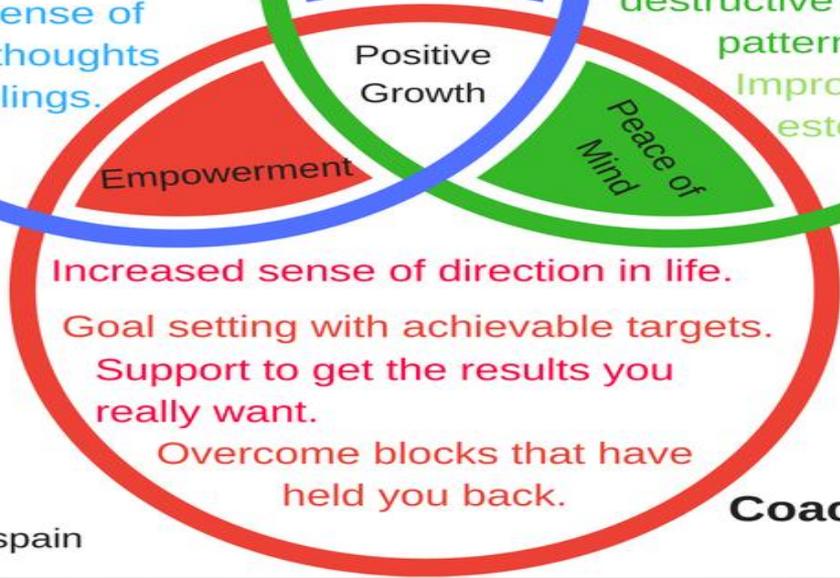
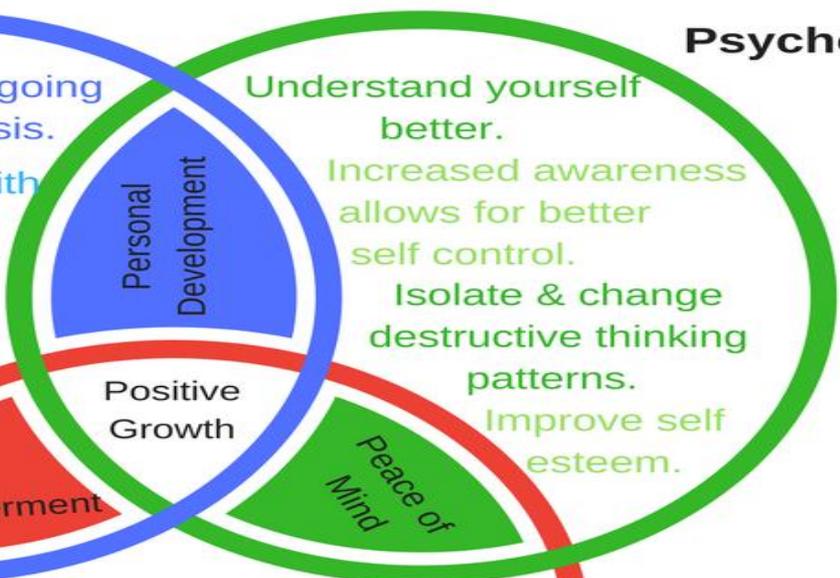
Counselling & Psychotherapy

Three approaches to personal support:

Counselling



Psychotherapy



Coaching

Positive Growth

Peace of Mind



Counselling & Psychotherapy

Similarities

- Development of a healing, safe, and therapeutic relationship between a therapist and an individual.
- Effectiveness for a wide range of people, both adults and children.
- Understanding a person's feelings and behaviors, and addressing issues with the goal of improving a person's life.



Counselling & Psychotherapy

DIFFERENCES

COUNSELLING	PSYCHOTHERAPY
Focus on present problems and situations	Focus on chronic or recurrent problems
Specific situations or behaviors	Overall patterns, big picture oriented
Short term therapy (for a period of weeks and up to 6 months)	Long term therapy, either continuous or intermittent over many years
Action and behavior focused	Feeling and experience focused



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DIFFERENCES

COUNSELLING	PSYCHOTHERAPY
Talk therapy	May include testing (such as personality, intelligence), talk therapy, other therapies such as cognitive behavioral therapy
Guidance, support, and education to help people identify and find their own solutions to current problems	In-depth focus on internal thoughts/feelings (core issues) leading to personal growth
Secondary process	Primary process



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Counseling may be a better option than psychotherapy in:
Specific issues or short term problems .

- Coping skills to help better manage stress and improve relationships.
- Coping with life transitions and adjustments, such as divorce or grief.
- Coping with addiction issues.
- Learn to recognize problems and formulate healthy solutions yourself.

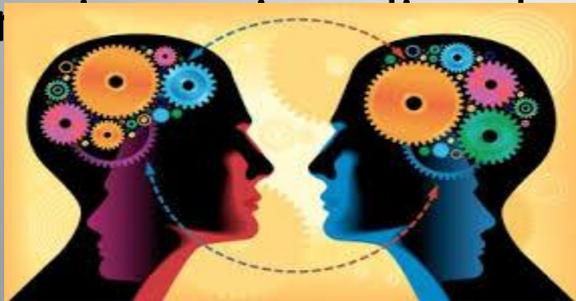




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A psychotherapist may be a better option in:

- Problems that are significantly impacting your life and relationships.
- Coping with past trauma, or if you believe situations in the past may be playing a role in your current issues.
- Chronic medical condition (such as autoimmune disease, cancer, etc.) that is affecting your emotional well-being
- Diagnosed mental health condition such bipolar disorder or a



**Thank
You**

