

COMPARATIVE THEORY

The human being needs to communicate with each other, every day, in different ways and all types of human communication, it is important, fundamental and imperative need. This exchange of information is called communication skills. Why communication skills are important, how to put in practice in our day to day or help others from a counsellor's view. Psychotherapy and counselling are terms that are used to describe and overcoming personal difficulties, helping to lead to positive changes. Psychotherapy theory provides a framework for therapist and counsellor to interpret the client's behavioural, thoughts and feelings to help them from diagnosis until and during the treatment.

Palmer (2005) classified various counselling approaches, to understand these better will have a description of three main types of counselling approaches, Psychodynamic Theory, Behavioural Theory and Humanistic Approach. The theories included in following discussion are.

Firstly, the Psychodynamic Theory developed by Freud considers the father of the psychoanalysis, the science of the mind and the treatment for emotional problems, Sigmund Freud (1856-1939). In Freud's opinion the personality is controlled by our subconscious thoughts and our personality is shaped by our experiences. Freud's approach of treatment to patients with mental illness was talking, hypnosis, and free association.

For example, patients were given a word and asked to respond quickly with another word, the purpose of this technique was to reach the thoughts and the feelings of the patient's conscious awareness. During and after the sessions Freud noticed the patients would become emotional and their symptoms and conditions improved, Freud concluded that all the personality problems were related in the subconscious thoughts. Freud believed that the individual unconscious thoughts that stem from childhood experiences and affect their current behaviour and thoughts.

Freud did not exactly invent the concept unconscious versus conscious but made it very popular, Freud suggested that we have three levels of awareness that control our behaviours and personality and can be imagined like an iceberg, the tip of the iceberg is the conscious region of the mind and is the visible part, is related to everything that can be perceived at a particular moment, perceptions, fantasies, and feelings (Aldridge and Rigby 2001).

The part of the iceberg that is submerged but can still be visible, is equivalent to the preconscious region of the mind and we are paying attention, it must do with thoughts we can remember, moments that are no longer available in the present but can be brought to consciousness (Freud 1920).

And the third level and the most important in Freud's opinions is the unconscious and is symbolized by the part of the iceberg that is submerged under the water, is the equivalent to the unconscious region of the mind. In this area all the memories, feelings and thoughts inaccessible to the conscious would be stored. It keeps contents that can be unpleasant.

For example, Freud found that some episodes and desires were often too frightening to be brought to the conscious and the undesirable thoughts were kept in the unconscious region of the mind in a process called repression (Heidegger 1926).

Perhaps Freud's single most enduring and important idea was that the human psyche has more than one aspect, the psyche it was seen in three parts: the id, the ego and the superego, all developing at different stages of our lives. These are systems, not part of the brain or in any way physical. The id represents the primitive and an innate part of the region of the mind that carry sexual and aggressive desires, control and concealed memories, the superego works as moral aware and the ego is the realistic part that stays between the id and superego. Will give an example, if a person does not follow the rules and norms of the society that raise a conflict between the psychics apparatus elements, if the ego acts and mediate the conflict between the aim of the id and super ego. In this case the super ego can make the person feel guilty, and can use different defences mechanisms (Freud 1894, 1896) to deal with the anxiety like: repression, denial, projection, displacement, regression and sublimation. Freud worked in majority with women, because in the "Victorian" society in which Freud lived, were forced to hide their sexual need. The Theory of Psychosexual Development and the Oedipus Complex is one part of his work more controversial and important. For an adult to have a healthy psyche it must complete each sexual stage successfully.

The dream interpretation, like the name says assume that the dreams contain hidden meanings that provide clues to unconscious, thoughts and wishes. Based on his dreams Freud (1900) thought that dreams were fulfilment of the wishes.

The evidence of Freud theory is taken from an unrepresentative sample, the studies is about himself and the patients, Freud may have paid attention only to the information who supported his theories and ignored the rest. However, such a primary research has been demonstrated the role of the unconscious and Freud had many followers, the psychodynamic theory has changed in the way of carrying out the therapy, but the goals are the same helping the patient. In addition to the contribution of Melanie Klein, others such as Adler or Akerman have participated in the development of psychodynamic theory.

Because of the difference of view of the human nature and the concept of Freud, psychoanalysts, theorists, and practitioners that attract the attention of those engaged to help. The term cognitive therapy is used in conjunction with discussing cognitive therapy. Albert Ellis (1913-2007) was the first well known cognitive behavioural theorist.

Founder of the Albert Ellis Institute in New York City, he was working as a practitioner of psychoanalysis but in middle of 1950 Ellis began developing a practitioner rational emotive behavioural therapy (Corey, 2013; Sharf, 2008). Two of the earliest forms of Cognitive Behavioural Therapy were developed by Albert Ellis in 1950 and Cognitive Therapy developed by Albert Beck in the 1960 (Dobson and Block 1988).

Cognitive Behavioural Therapy (CBT) is based on the idea that how we think, how we feel and how we act, all interact together, specially our thoughts, determine our emotion and all

that we project in our behavioural. CBT aims to help people to become aware about the negative thoughts, how to interpret it and depending on us we can change our behavioural.

Rational Emotive Behavioural (REBT) is a type of therapy used by Ellis which aims to resolve emotional and behavioural problems this current recognize the power of a person to feel one way or another, assumption about ourselves and the world that are irrational and may can harm or affect our wellbeing (Ellis and Dryden 2002).

A mayor help in the cognitive therapie what Ellis called (1957) the ABC Techniques of Irrational Beliefs, three steps by which a person has develop and how to record the irrational thoughts.

A – Activin the event, represent the situations, imagines, feeling, emotion, so on, that leads to high emotional response.

B – Beliefs, negative thoughts.

C – Consequences, negative thoughts or situation that the client thinks are caused by A.

The functional analysis of behavioural tries to found out the factors responsible for the production and maintaining the unhealthy relationship between them, once the problems detected and analysed different cognitive-behavioural techniques are used such as social skills techniques and problem-resolving.

This are a few differences between the REBT and the Cognitive Therapy we can have an idea about how they work together like therapies, but their founder used different, Ellis views the therapist like a teacher on the other side Beck thinks the relationship between client and therapist is fundamental. REBT is highly directive, persuasive and confronting and used methods depending on the client personality, Beck places more emphasis on the client discover the misconceptions for themselves and the therapy is based on direction.

However, there is amount of evidence that suggest that psychotherapeutic approach was ineffective in helping disturb child or neurotic disable adult raised in a bad family environment (Eysenck 1952, 1955, 1961).

The last theory ton discuss is develop by Carl Rogers (1902-1987) was a humanistic psychologist who agreed the main assumption of Abraham Maslow but added that for a person growth they need the environment, the genuineness acceptance with unconditional positive regards, and the empathy being listen to and understand (Maslow 1968). Rogers was the first person in history to record and published a tape with counselling session, after so many years still using like reference.

Rogers believed the counsellors should have and show empathy and to keep a focus of trust with the client and improve the quality of time spend together. In Rogers (1961) book On Becoming A Person, the psychological environment described by Rogers is when the client is understood, accepted and has unconditional positive regards, positive, genuine, and congruent. Paying attention is a fundamental skill in counselling, it implies that the counsellor has concern for all aspects of communication conveyed (Palmer 2015).

The key of counselling skills is active listening, to encourage the client to express and explore, feelings and emotions freely allowing them the opportunity to guide the session, it also allows the counsellor to make more accurate interferences with respect to the client, through detailed observation (Nelson-Jones 2003). Listening to the verbal content and the nonverbal communication is important because can inform the counsellor of the emotions or feelings that accompany the verbal communication.

This can help the client to feel relaxed and more comfortable, asking questions and paraphrasing the client answers is the reflecting ability of the counsellor that rethinks the content of the last comment made by the client (Patterson 1977).

This idea that personal development and the way in which the individual struggle to become what they want to be is the central of the humanistic psychology, that for in 1940-1950 Rogers develop the Person –Centred Therapy and his contribution was fundamental to the progress of scientific psychotherapy how we know it today. And again, talks about the importance of the relationship therapist-client and the skills a that Rogers thinks a counsellor should have.

The humanistic approach can be applied or used to few areas of psychology compared to the other approaches, there is a limitation to areas such therapy, abnormality, motivation and personality.

These three main theories are not very different one from each other, and can help in many aspects of life, the most important is all three have something in common and that is the client, but when it comes to find information or thinking to go for therapy, how we know what is best or who to trust. For that there is the Ethical Framework for the Counselling Professional (BACP) and the members are committed to copying with this frame work as part of their condition. BACP provides a common set of believes and standards care, behavioural and stands for the professional and client.

General public wants to know they have ethical body, because if something goes wrong there is complains and procedures. Confidentiality should be based on informed consent, clients should be fully understanding the limits of it, before entering in the therapeutic relationship, the professional should reassure the client, give a copy of documents if possible, read and make sure to not put the vulnerable individual in more risk.

In conclusion an approach is a perspective that involves certain assumption about human behavioural, there may be several different theories within an approach, but they all share the common assumption. Each perspective has its strengths and weakness and brings out something different to our understanding.

Is evident that use communication and counselling skills is view as an essential part of promoting healthy and trusty relationship, wellbeing within the care and nursing environment.

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