

CRITIQUE ESSAY

We communicate with each other, every day, in different ways and in all types of human communication, it is an important, fundamental and imperious 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 other peoples from a counsellor view .Psychotherapy and counselling are terms that are used to describe the overcoming personal difficulties ,helping to lead to positive changes. More than 400 different approaches to counselling have been identified, each one of them choose to use one of the three main theoretical approaches: psychodynamic, person-centred and cognitive-behavioural. (Woolf, Dryden, Strawbridge 2003)

To following will provide an overview of the three main approaches and keep the BACP always present, using it like a guidance and protective mechanism for professional counsellors and most importantly for the client.

Psychodynamic approach in counselling is developed from the work of Sigmund Freud (1856-1939) who developed psychoanalysis, the science of the mind and the treatment for emotional problems.

To have a better understanding of Carl Rogers theory, from the counselling view and with the client consent will apply what, Stephens Palmer(2015) , show how to apply the counselling skills, and discuss the counselling session with the client and a brief discussion of the way and ,why it is done that way and how it can benefit or not the client to achieves their goals.

Carl Ransom Rogers (1902-1987) was one of a greatest humanist of twenty century, Carl Rogers is well known for the developing new treatment called client-centred-therapy, Rogers believed that the counsellor should not tell the client what or how to deal with the problems or needs they have, just to help the client and be equal in the therapeutic session .Rogers was the first person on history to record and published a tape with counselling session, after so many years still using it like reference. See link above for references.

Carl Rogers thought the counsellor should have and show empathy and to keep a focus of trust with the client and improve the quality of the time spent together. In Carl Rogers (1961) On Becoming A Person, the psychological environment described by Rogers is when the client is felt deeply understood, accepting and having unconditional positive regard and genuine and congruent .Paying attention is a fundamental skill in counselling. It implies that the counsellor has concern for all aspects of communication conveyed .

The key of skills counselling is active listening, to encourage the client to expresses, and explore their ideas, feelings and emotions freely allowing them the opportunity to guide the session. It also allows the counsellor to make more accurate inferences with respect to the client, through detailed observation (Nelson-Jones 2003).

Listening to the verbal content and, observing 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 relax and more comfortable. Paraphrasing is the reflecting ability of the counsellor that rethinks the content of the last comment made by client, sometimes it will be a matter of simply repeating the same words spoken by the client, perhaps emphasising a word (Patterson ,1977).

This will help the client to realise that the counsellor understands or is trying to understand the message and motivate to expand even more on the same topic. In order to minimise the risk that the counsellor allows the prejudices and paradigms to disport what the client is expressing, it is suggesting developing the ability of paraphrasing.

It is one of the ways in which empathy can be communicated to the client, it can be defined as the counsellors attempt to perceive what is happening with the clients feelings and emotions and to communicate to the client. It may offer an answer that well capture the essences of the sentiment expressed by the client.

To next stage of the session the counsellor is trying to offer some positive feedback and reassurance (Aldridge and Rigby,2001) .

It is important to protect the clients confidentiality and within the client agreement whit will be discussed the session.

During the session the client talks to the counsellor about how much the other people's opinions have in their day to day life, how helping yourself can be happy without counting with another person's opinion.

The Cognitive Behavioural Theory (CBT) is everything related to thinking. Thoughts come first, CBT helps the client to develop tools, the therapy teaches and encourages the client how to use coping tools. It is about facts and not assumption. About making and demonstrating and evidencing (Ellis ,1999).

Using the rational motive therapy REBT may prove nothing happened, it can change the mind of the client and help to believe that more can be achieved. Using strategies step by step and dealing with the emotional disorder. The ABC of the REBT can help the client to activate the event or problem, believe in a positive way and with positive attitude allowing foe an easier route to positive consequences and happier thoughts (Beck ,1979) .

In the wide range of counselling models which exist, for people who seek counselling help and those who need counselling training. This is a lot of choices the client and the counsellor to enable the right one .

Counselling and psychotherapy are used to help and construct a new behaviour and personality. Over decades proved that the procedures involved can be effective, can be used in different, environment, training, homes, marriage, social work, nurses, etc.

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

In conclusion is evident that a variety of counselling skill and that Carl Rogers Person Centred Approach has been applied. The use communication and counselling skills is view as an essential part of promoting healthy and trusty relationship, and wellbeing within health care and nursing environment.

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