



Contemporary
Context of
Counselling
Skill
M4X00954

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Assessment Component One

- ❖ Academic Essay - 2000 words (10% +/-)
- ❖ Essay Title: "There is often a link between ill health and poverty; Discuss the social, economic and environmental influences that impact psychological health and well-being"
- ❖ SUBMISSION DATE: 5th December 2017 at 12:00

Contemporary Context of Counselling Skill

RECAP of module so far:

- L1 Introduction
- L2 What is Counselling
- L3 Psychological Therapies
- L4 Approaches to Health and Well Being
- L5 Well-being of Future Generations

To Come:

- L6 Understanding Difference and Diversity
- L7 The Effects of Stress
- L8 Resiliency and Coping
- L9 Concepts in Mental Health
- L10 Mental Health Provision

Contemporary Context of Counselling Skill

Lesson Aim :

- ❖ To consider Difference and Diversity and how this might impact on Health and Well-Being



What is the first thing that comes to mind when you see these pictures?



Diversity and Difference

- People who attend counselling and psychotherapy do not form one homogenous group, instead they represent the full spectrum of people across socio-economic status, age, gender, culture, sexuality and disability.
- In turn, they bring experiences of privilege, power, discrimination and powerlessness

Consider the effects of
stereotyping,
discrimination and
isolation?

Diversity and Difference

- Different societies and cultures are at different stages and within each social grouping there will be broad differences between people's understanding of diversity and their willingness to challenge oppressive thinking and behaviour.
- Consider ways in which we as individuals can be more aware and open to difference and diversity?

Sociocultural Factors

- ❖ Research show us how sociocultural factors such as gender, sexual orientation, race, culture, ethnicity and socio-economic status can contribute to psychological disorders.
- ❖ Environmental factors can trigger, exacerbate or maintain symptoms.
- ❖ People who live in deprived areas are likely to live ten years less than those living in affluent areas.
- ❖ People in ethnic minorities may experience poorer working conditions and stress related prejudice
- ❖ Depression is nearly twice as common among women than men.
- ❖ Women are more likely to experience work stress and its associated ill health
- ❖ Antisocial personality disorder and alcohol use disorder are more common in men
- ❖ People living in poverty are more likely to experience anxiety , personality disorders and depression

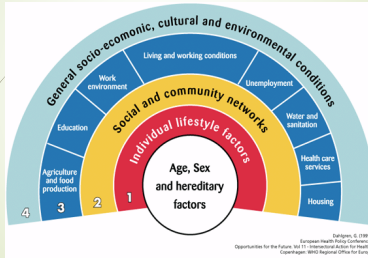
(Kring, Johnson, Davison & Neale, 2013)

Is There a Clear
Relationship Between
Income and Health?

Inequalities in Health

- Health inequalities are the unfair and avoidable differences in people's health across social groups and between different population groups. They are most commonly associated with socio-economic inequalities but can also result from discrimination

Factors Influencing Health



Social Inequalities and Health

- ❖ The greatest killer in the world is poverty – poor nutrition, unhealthy water supplies, poor access to health care.



Social Determinants of Health

- ❖ In 2003, the British Government made it a priority to reduce health inequalities by 10% by 2010 (DOH, 2003)
- ❖ In fact the gap has increased by 4% in women and 11% in men (House of Commons Committee Health Inequalities Report 2009)

Some of the Reasons:

- ❖ Nutrition is much worse among poorer population
- ❖ Tobacco smuggling and smoking
- ❖ Cheap alcohol
- ❖ Out of town shopping mean more people travel to shops by car or bus
- ❖ Healthy Schools Initiative lacked poor targets and evaluation

Social Inequality and Health

- ❖ The past twenty years has seen a steady increase in social inequality in many Western societies.
- ❖ In the UK the proportion of individuals living in poverty increased by 15 per cent in 1981 to 24 per cent in 1994. There was a slight decline to 22 percent in 2003 but this still represented 12.4 billion people (Paxton & Dixon, 2004)
- ❖ The richest have increased their share of income from 6 percent in 1980 to 13 percent in 1999. The percentage of wealth held by the richest 10 percent of the population increased from 47 percent in 1990 to 56 percent in 2001

Living in Poverty

- ❖ According to Age UK, 84,000 older people are estimated to be living in poverty in Wales.
- ❖ 16 per cent of pensioners live in poverty in UK
- ❖ Almost one in four people in Wales lives in poverty which means they get less than 60% of the average wage (Oxfam, 2015)
- ❖ 200,000 children are living in poverty in Wales.



Bronfenbrenner's Ecological Systems Model

Ecological Theory assumes that human development can only be understood in terms of structural ecosystems

- ❖ Micro systems: Families, Schools, Neighbourhoods – Classroom practices (low birth-weight, poor nutrition, family instability; parental smoking/drinking, poor schools and neighbourhoods)
- ❖ Mesosystems: Peer Groups – Professional Collaboration- (Bullying, gangs, smoking, drinking, drugs, unprotected sex)
- ❖ Exosystems: Parental Support systems, Parental Workplaces -Organisational Structure and Policies (Less social support, unemployment, High stress, low self-esteem, poorer physical or mental health)
- ❖ Macro system: Politics, Social Policy – Cultural (Poverty, poor housing, pollution, unemployment, poorer access to health care, inadequate social services, Values.

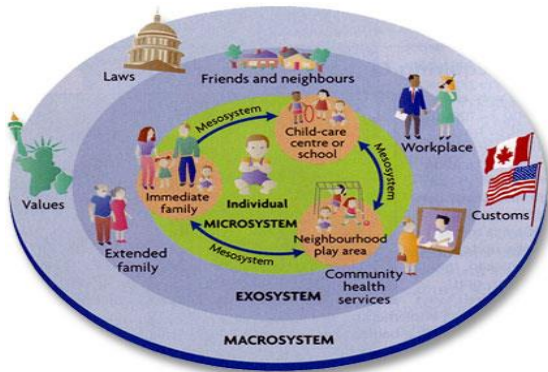


Figure 1. Bronfenbrenner's ecological systems theory (in Berk & Roberts, 2009, p. 28)

Inequalities in Health

- ❖ Differentials between countries. According to the World Health Organisation (WHO) Japan has the highest and Africa has the shortest life expectancy (WHO 2007)
- ❖ USA fairs badly with an average life expectancy of 70 years. Factors such as high rates of smoking related cancers, HIV, violence and inner-city poverty

Socio-economic Factors

- ❖ Lynch Davey Smith (2002) argue there is more to social inequality than inequality of income.
- ❖ Does socio-economic status influence health or does health influence socio-economic status?
- ❖ The social causation model suggests that low ses' causes' health problems
- ❖ The social drift model opposes this view – health problems 'cause' low socio-economic status (Marmot et al, 1991)

Inequalities of Health Provision

- ❖ Prescriptions free in Wales but cost £6.10 in England
- ❖ Cancer care is subject to a postcode lottery, Some Trusts spend three times more on patients than others. Patients could have 20 percent better survival rate in higher spending areas.
- ❖ This could be to the detriment of other treatments and may not be representative of the quality of service provided

Socio – economic factors

- ❖ Work status and stress
- ❖ Work-life balance and stress
- ❖ Having a stressful job impacts on health
- ❖ Unemployment -Not having a job may have adverse health consequences.
- ❖ Social support
- ❖ Stress

Gender and Health

- ❖ An average woman's life expectancy in industrialised countries is significantly higher than a man. In UK women live on average 81.6 years compared to 77.4 for men (www. Statistics.gov.uk).
- ❖ More men engage in specific health risk behaviours, including smoking, drinking, drink driving and not attending health screening.
- ❖ About 6-7 percent men drank alcohol heavily compared to 2 percent women.
- ❖ Women more likely to eat healthy, Men more likely to engage in exercise
- ❖ In UK, 30 percent of women economically inactive or in low-paid work.
- ❖ About two-thirds of adults in poorest households are women.

(Morrison & Bennett, 2012)

Individual Health Beliefs

Trawsnewid Addysg.....Trawsnewid Bywydau Transforming Education.....Transforming Lives

What is the Welsh Government Doing to Tackle Poverty in Wales?

Trawsnewid Addysg.....Trawsnewid Bywydau Transforming Education.....Transforming Lives

Reading

- ❖ Feltham, C. and Horton, I., 2012. *The Sage Handbook of Counselling and Psychotherapy*. London: Sage. P21 -54
- ❖ Morrison, V. & Bennett, P., 2012. *An Introduction to Health Psychology* 3rd ed. England: Pearson.
- ❖ Ogden, J., (2012) *Health Psychology* (5th ed) Berkshire: Open University Press
- ❖ Tantam, D. (2015) *Emotional Well-being and Mental Health: A Guide for Counsellors and Psychotherapists*. London: Sage
- ❖ <https://www.nice.org.uk/advice/lgb4>
- ❖ <https://www.nice.org.uk/advice/lgb4/chapter/introduction>
