

The purpose of this assignment is to define the main psychology theories of counselling including: Person Centred Theory (PCT), Psychodynamic theory and Cognitive Behavioural theory (CBT). On doing this we will identify and unpack the key elements of each theory and then evaluate weakness and strengths of them, also compare, contrast and highlighting the differences between above theories and explaining them, then end with conclusion.

One of the main theory in psychology which we want start with is Person Centred Theory. This theory developed by American psychologist, Doctor Carl Ransom Rogers in 1950s. He is the founder of Person Centred Theory and he had a profound effect on how psychology developed. This therapy is based on Rogers's opinion about human relationships and understanding personality, and on the view that everyone has the capacity for change and growth. Is the study of the relationship between person and client, also known as Rogerian psychotherapy, client- centred therapy, person- centred counselling and person centred psychotherapy.

This theory is talk theory and use for building the therapy and make relationship.

In person centred theory, psychotherapist or counsellor try to use with understand an individual's experience from their points of view. Counsellor should respect the client as a person with human dignity. Facilitate the client's actualising tendency is one of the person centred purpose, also increased the self-esteem and greater openness to experience.

Rogers believed for a client's situation to improve therapists have to be genuine, warm and understanding.

Congruent, unconditional positive regard and empathetic are core conditions of person centred theory.

- Other name of congruent is genuineness and according to Rogers, is one of the attribute in counselling.

- The next core condition is unconditional positive regard, is the basic acceptance and support of a person regardless of what the person says or does, especially in the context of client-centred therapy.

Rogers, writes:

The central hypothesis of this approach can be briefly stated. It is that the individual has within him or herself vast resources for self-understanding, for altering her or his self-concept, attitudes, and self-directed behaviour—and that these resources can be tapped if only a definable climate of facilitative psychological attitudes can be provided. (Rogers, 1986)

- And empathy, in the meaning is the ability to understand and share the feelings of another. Therapist have to use this ability to understand completely and accurately the client's feeling and experience. As Rogers explained: *If I am truly open to the way life is experienced by another person...if I can take his or her world into mine, then I risk seeing life in his or her way...and of*

being changed myself, and we all resist change. Since we all resist change, we tend to view the other person's world only in our terms, not in his or hers. Then we analyse and evaluate it. We do not understand their world. But, when the therapist does understand how it truly feels to be in another person's world, without wanting or trying to analyse or judge it, then the therapist and the client can truly blossom and grow in that climate.(Rogers, 1975)

Also there are lots of essential tips and ethics for person centred theory, such as: do not be judgemental, do not make a decision for client, be genuine, active listening, body language, ask open ended question, clear voice, confidentiality, reflection, make a good communication, eye contact, privacy and responsibility.

The second theory that we want explain about is, Psychodynamic theory. Also known as psychodynamic psychology and this theory explained personality like unconscious desires and beliefs, and said: your behaviour is for past events and they effect in present and focuses on immediate problems and find a quick solution. The Psychodynamic approach was developed by Sigmund Freud (1856- 1939) in the 20th century in Vienna. He presented this theory and looks at the internal conflicts and according to Freudian view of the human, person's personality is three parts: (Freud 1923)

The ID contains all inherited personalities, including primitive instincts and impulses. The function of the institution is based on the principle of pleasure and requires urgent and urgent criminality. The institution wants to meet the needs of social such as: sexual desire and the elimination of hunger. This part of the selfish, irrational, emotional and pleasurable personality is indifferent to the needs and desires of others as well as the facts. Avoiding pain and tension and maximizing the pleasure and innocence of the characteristics of the institution. The entity is not a single criterion. The institution can be called the soul.

The EGO: restrict and control the entity, also it is aware of reality and follows the "principle of reality". The other task of "EGO" is to balance between ID and SUPER EGO, because they are constantly in conflict and struggle, EGO try to create a compromise in terms of the conditions and constraints of the environment and the realities.

The superego is about: values, ethics, rules and norms defined by the society or parents. This is the "conscience" of the person who has the duty to judge between proper and inappropriate behaviour, good and fortune, and then evaluate them.

Also based on the "moral principle" and the "principle of reward and punishment".

Third theory is: Cognitive Behavioural theory (CBT). The Cognitive behavioural therapy is based on the combination of the basic principles from behavioural and cognitive psychology. (Beck, 2011)

This theory is about how we thinking, how we felling and acting and it focuses on current problems, and the aim is about to change the client thinking and poor mental about themselves and confidence to help them deal with problems. This theory mostly works for stress, phobias, and drug treatment or depression problems.

Most aims of Cognitive Behavioural Theory is, help to client to change:

Thought

Felling

Physical felling

And find a way to deal with problems

Professor Aaron T. Beck, founder of Cognitive-Behavioural Therapy, explains that the thinking, perceptions and perceptions of depressed people about life events are completely distorted and unrealistic. Depressed people are widespread with "cognitive errors." For the purposes of cognitive errors, the mental patterns of our minds interpret the reality of the events of life completely incorrectly and unrealistically. (Beck, 2017)

CBT used in many conditions, and it is not suitable for everyone, but the most is in anxiety and depression.

For depression, CBT should be used with antidepressant medication. When you are very low, you may find it hard to change the way you think until the antidepressants have started to make you feel better.

CBT is not a very fast solvation, counsellor will advises and encourages, but cannot 'do' it for client, just help the client to find best solutions to current problems. It is also worked with how you think and act (now), not in past issues or future issues. It may be helpful in cases where medication alone has not worked.

Compare, contrast and highlighting the differences between three theories:

According to Carl Rogers and Gloria- Counselling, Is the best and very interesting to see differences between theories in real counselling session. There are three approaches to psychotherapy in this video. Film made in 1964 and showed a real client, who interviewed with Carl Rogers, Albert Ellis and Fritz Perls.

Seeing Carl Rogers approach about person centred theory and the skills with body language was great. Rogers try to get her to decide herself.

Fritz Pearl was difficult but he goes to the core of Gloria's self-weakness immediately and identifying her need of respect, help and care, but he did very poorly in actually connecting with her. Pearls and his theory was cold and did not connect at first while Person Centre Therapy and Rogers Theory is a way too soft, but this is a way to hard. He did not smile and interrupting all the time by physical movement instead of trying to hear what she is saying. He is trying to force his perception and understanding on her, while Carl Rogers was very calm and relax with active listening. Rogers gives her a sense of being understood and supported and she felt close.

Differences are visible but both of the therapist tried to makes Gloria to become herself.

In Ellis video we can recognise he talks over than client and gave too much information so the client confused, but in Ellis Therapy, he gave a lot of opportunity to looking inward and he is willing to challenge her more. Lots of summarising and he used much more open ended question and was completely focused on his theory.

In my understanding I prefer Rogers and Person Centred Theory because Rogers lets Gloria speak more, whereas Ellis and pearl talks and even sometimes interrupts the client. Active listening cause the client try to open up and trust.

Pros and cons of theories:

Advantages of Person Centred Theory are valuable, it is about working with client and focuses on the personal relationship between counsellor and client, also based on trust and understanding. In Person Centred Theory, counsellor enable and guidance the client to find the problems and solve them. This theory is for now, and help the client to think for in present not past or future.

Person centred is a way to allow the client to talk about their thoughts, feelings and emotions in a warm environment, and gives the opportunity to find a weaknesses, awareness, self-experience and understanding.

Also Cognitive Behavioural focuses in on the present time and help the client to stop thinking about problems in past. Allows to the counsellor and client to think together and look at the problem and enable the client recognise what he/she think and what is the feeling, and also same as Person Centred Theory is about understanding. But this theory may make the client disappointment like Gloria. And client think the counselling session was not useful.

Psychodynamic Theory is about events in childhood experiences which will effect in shape of personality and caused by unconscious factors that client do not have control, it is for immediate problems and find a quick solvation. This theory use for personality and bring the unconscious mind to the conscious. According to Freud (1915), the unconscious mind is the primary source of human behaviour. Like an iceberg, for example you may feeling thirsty at this moment and decide to drink

water. , the most important part of the mind is the part you cannot see. This Theory is focuses on behaviour, but this theory is lack in supporting and it is depend to the counsellor to help client to think about the issues and feelings.

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