

The background of the slide features a soft blue gradient. Scattered throughout are numerous out-of-focus, glowing yellow circles of varying sizes, creating a bokeh effect. Thin, dark lines extend from the bottom of the frame upwards, some ending in the glowing circles, resembling stylized grass or light trails.

counselling

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What is counselling?

- A talking therapy with a trained professional counsellor
- Counselling is a process people seek when they want to change something in their lives
- Counselling helps people explore their thoughts and feeling in more depth
- Counselling is a two-way process
- Counselling is a talking therapy which is based on psychological concepts
- Types of counselling include educational, career, family and well-being and many more
- Different counselling approaches can be taken within these specialities such as cognitive therapy, psychotherapy and person-centred therapy,



How can counselling help?

- Counselling can get you the help you need
- Counselling can help you cope with mental health issues
- Counselling provides a confidential and safe service for clients in a private and relaxed setting
- Regaining emotional balance and build self confidence
- Stress relief and ability to set boundaries
- Trauma resolution and increased assertiveness
- CBT- Cognitive Behaviour Therapy is a great tool to use exclusively or integrated with other therapeutic models and helps with the thought process of the clients troubled mind

What is NOT counselling?



GIVING ADVICE



JUDGEMENTAL



ATTEMPTING TO SORT
OUT THE PROBLEMS OF
THE CLIENTS



EXPECTING OR
ENCOURAGING A
CLIENT TO BEHAVE IN A
WAY IN WHICH THE
COUNSELLOR MAY HAVE
BEHAVED WHEN
CONFRONTED WITH A
SIMILAR PROBLEM IN
THEIR OWN LIFE



GETTING
EMOTIONALLY
INVOLVED WITH THE
CLIENT

A Brief History of Counselling



COUNSELLING
STUDY RESOURCE



- History of counselling started from tribal times where people shared their dreams with other groups of people.
- Counselling helps with depression, anxiety and other psychological issues.
- As civilization developed, religion played a part to solve the problems and giving advices.
- In 1890's a German neurologist Sigmund Freud established the word 'psychoanalysis'.
- The concept of counselling started after world war 2.
- Counselling as a profession was introduced in 1900's.

(NHS,2017)

History of counselling

- 1951 American psychologist Carl Roger introduced his book Client Centered therapy.
- 1951 Fredrick Perl's Gestalt therapy.
- 1954 Abraham Maslow and Rolo May's existential approach.
- 1955- albert Ellis introduced cognitive behavioural therapy called Rational Emotive Behaviour Therapy (REBT).
- 1959, Viktor Frankl published English edition Man's Search for Meaning.
- 1967 Aaron Beck developed Cognitive Behavioural Therapy (CBT).

(Counselling history, 2019)

Uses of counselling



Counselling being use when we can not resolve our problem, and no one can help.



Your GP can refer you to seek help from a counsellor. Patients referred for counselling intervention on fighting spirit, helplessness, coping with cancer, anxiety and self- defined problems



At 4 months from baseline, Adjuvant Psychological Therapy (APT), APT had produced a significantly greater change than counselling on fighting spirit, coping with cancer, anxiety and self defined problems.



Psychological therapies may help cancer patients in various ways, ranging from reducing the side effects of cancer treatments to improving patients' immune function and longevity.

Uses of counselling

The common issues when people need counselling.

Grief and loss.

- Communication and relationship issues.
- Work and career issues.
- Mental health condition, such as stress, anxiety, depression and eating disorder.
- Parenting.
- Addiction.
- Abuse Sexual or mental.
- Trauma.
- Difficult emotions- for example low self esteem or anger.
- Life transition such as new baby born in the family, separation, divorce and the death of a family member or friend.



Uses of counselling



Counselling is not only for mental health, it's also used for a wide range of problems



Counselling uses different techniques and methods



Involvements of the patients in group therapy, education, structured counseling, cognitive behavioral therapy, communication skills training, and self-esteem building



With intervention they get encourage to fight with their disease and its effects.



Hope is a self-motivated process during which counsellor and client work together

Effectiveness of counselling



Counselling is proven to be efficient



It is a two-way talking process between client and counsellor



Qualified therapist



Tailored service for clients



Treatments help with mental health problems and personal problems



Counselling complements with conventional treatments



For more severe problems CBT is more suitable

contradictions

Vulnerable people

Grievance- early stages

Psychotic disorder

Severe depression

Rapport with counsellor

conclusion

- Counselling is more beneficial when integrated with conventional medicine
- No side effects known from counselling
- Can be expensive if not available on the NHS
- Counselling support groups are just as effective as online support groups
- Sharing your problems with someone is a problem halved, talking therapies lifts burdens and reduces guilt and stress
- Counselling is more effective than traditional treatments

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