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Contemporary
Context of
Counselling
Skill
M4X00954

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Module Learning Outcomes

- ❖ Recognise health as a contested topic and Counselling's position in the discipline
- ❖ Evaluate a range of theories of causality relating to emotional distress and its impact on well-being
- ❖ Recognise the links between individual experience of health and health issues and the wider structural elements relevant to health and well-being.
- ❖ Employ appropriate academic conventions in the production and presentation of work suitable for this level

**Contemporary Context of
Counselling Skills**

Learning Outcomes:

- Recognise health as a contested topic and Counselling's position in the discipline.

Lesson Aims:

- Consider the various approaches to Counselling and Psychotherapy and how these contribute to our understanding of psychological health and wellbeing

**Contemporary Context of
Counselling Skill**

Consider the different
Approaches to
Counselling and
Psychotherapy?

What do we mean by a
Theory?

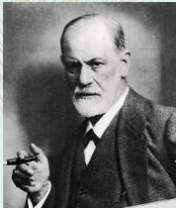
What do we mean by the following:
 'Approaches'
 'Perspectives'
 'Schools'
 'Paradigms'
 'Models'?

The 'Five Forces' in Psychotherapy

- ❖ First force – Psychoanalysis and Psychodynamic Theories
- ❖ Second force – Behaviour and Cognitive Therapy
- ❖ Third force - Existential-Humanistic Theories
- ❖ Forth force – Social Constructivism and Postmodernism
- ❖ Fifth force – Neuroscience and Neuro-psychotherapy

Psychoanalytic Tradition

Sigmund Freud
(1856 – 1939)



Iceberg Analogy



Psychodynamic Approaches

- ❖ Unconscious Processes
- ❖ Early Childhood experience
- ❖ Theory of Personality
- ❖ Psycho-sexual Personality Development
- ❖ Defence mechanisms
- ❖ Dreams and symbols
- ❖ Transference



The Post-Freudian Evolution

- ❖ Carl Jung (1875-1961) viewed the unconscious as encompassing spiritual and transcendental areas of meaning. Levels of consciousness and the collective unconscious
- ❖ Alfred Adler (1870-1937) View is holistic and phenomenological in nature
- ❖ Anna Freud (1895-1982) Ego Psychology
- ❖ Melanie Klein (1882-1960) 'Object Relation Theory'
- ❖ Erik Erikson (1902-1994) 'Theory of Social Development'
- ❖ John Bowlby (1907-1990) 'Attachment Theory'
- ❖ Mary Ainsworth – Relational Analysis

Major Contributors to Behaviourist Theory



J.B. Watson
(1878-1958)
'Little Albert Experiment'



Ivan Pavlov
(1849-1936)
Classical Conditioning

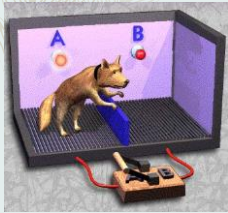


B.F. Skinner
(1904-1990)
Operant Conditioning
Reward/
Reinforcement
Punishment

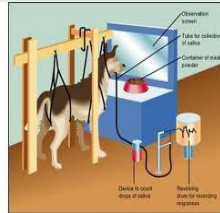


Behaviourist Tradition

Martin Seligman
'Learned Helplessness' (1975)



Ivan Pavlov (1902)
'Classical Conditioning'

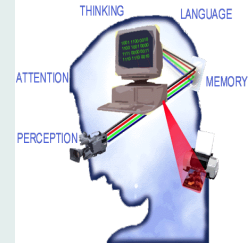


Cognitive Tradition

❖ Albert Ellis (1913-2007) –
Rational-Emotive
Behaviour Therapy
(REBT), Bandura, Aaron
Beck – Cognitive
Therapy.

❖ Albert Bandura (1925-)
'Social Learning Theory'

❖ Aaron Beck (1921-)
'Cognitive Therapy'



Humanists
Abraham Maslow (1908-1970)



Humanists
Carl Rogers (1902-1987)



- ❖ Person-Centred Therapy
- ❖ Non-directive
- ❖ Core Conditions
- ❖ Self Actualisation
- ❖ Therapeutic Relationship

Humanistic World View (Jones Smith, 2016)

- ❖ A positive view of the individual as self actualising.
- ❖ A belief that individuals have the creative capacity to actively and intentionally construct meaning in their lives.
- ❖ Maladaptive behaviour and emotions are the result of the individual becoming detached from their basic positive nature.
- ❖ Therapy characterised by a core group of necessary and sufficient conditions that enable the client to regain emotional and spiritual equilibrium.

Social Constructivism and Postmodernism

Theories of counselling and psychotherapy can be examined according to the dominant periods in human history.

- ❖ **The Premodern Era** (600BC – Middle Ages) focused on Dualism, Idealism and rationalism. Faith and religion were dominant in this era
- ❖ **The Modern Era** (Renaissance 14th-15th century through to 1950s -60s) this phase emphasised empiricism, logical positivism, scientific methodology, objective truth and validity (Raskin, 2002). According to Sexton (1997) the modern era solidified scientific and professional knowledge as 'The legitimate source of understanding the world through the logical process of science'

The Postmodern Era

- ❖ Moderists subscribe to objective reality that can be observed and systematically investigated (Sexton, 1997)
- ❖ Postmodernism focuses on human participation in the construction of knowledge – Social Constructivism.
- ❖ Constructivists believe in subjective rather than objective realities. All individuals construct meaning that reflect a particular point of view (Jones-Smith, 2016)

George Kelly's Personal Construct Psychology (1955)

- ❖ Helped pave the way for social constructionism and the development of an integrative psychotherapy approach
- ❖ Individuals organise their experiences by developing bipolar dimensions of meaning to predict how the world and people behave.
- ❖ Personal scientists who continually test the robustness of predictions about live events (Raskin, 2002)
- ❖ Stresses our human capacity to create meaning of life
- ❖ Constructive alternativism – People are capable of developing entirely new dimensions of meaning.
- ❖ According to Kelly, 'Self' is constructed, not discovered – 'Self constructs'
- ❖ Kelly's theories incorporate CBT principles

Individual Construction of Meaning



Neuroscience and Neuro-Psychotherapy

- ❖ The past two decades has seen an explosion of advances in knowledge of neuroscience (Wolpe, 2002)
- ❖ Focuses on the dynamic interplay between the mind, the body, social interaction and environment on the person's well-being.
- ❖ Emphasises an holistic view of people



Seminar

Working in Groups –
Discuss the process of
psychotherapy from
different perspectives

Seminar

As individuals, how do we
learn behaviour?

Counselling Skills

- ❖ 'Embedded Counselling Skills' are provided by people who are employed as teachers, nurses, social workers or any profession whose work involves front-line contact and interacting with people, and whose role involve supporting people. (McLeod and McLeod, 2011)

Professional Training Routes

- Counsellor
- Psychotherapist
- Counselling Psychologist
- Clinical Psychologist
- Psychiatrist

Reading

- ❖ Claringbull, N. (2011) *Mental Health in Counselling and Psychotherapy*. Learning Matters
- ❖ Claringbull, N. (2011) *What is Counselling and Psychotherapy?* Learning Matters
- ❖ Jones Smith, E. (2016) *Theories of Counselling and Psychotherapy*. London:Sage
- ❖ McLeod, J. and McLeod, J., (2011) *Counselling Skills: a Practical Guide for Counsellors and Helping Professionals*. Maidenhead: McGrawHill/Open University Press.
- ❖ McLeod, J. (2013) *An Introduction to Counselling and Psychotherapy*. 5th ed. Buckingham: Open University Press.
- ❖ Tantam, D. (2015) *Emotional Well-being and Mental Health: A Guide for Counsellors and Psychotherapists*. London:Sage

Preparation Reading for next week

Topic: Health and Well-Being

- Claringbull, N. 2010. 'What is Counselling and Psychotherapy?' Exeter: Learning Matters. Ebook . Chapter 1
- McLeod, J. 2013. *An Introduction to Counselling and Psychotherapy*. 5th ed. Buckingham: Open University Press.
- Morrison, V and Bennett, P., 2012. *An Introduction to Health Psychology* 3rd ed. England: Pearson Education Limited. Chapter 1
- Reeves, A. 2013. *An Introduction to Counselling and Psychotherapy*. London: Sage. Chapter 3