

Comparative Theory

Psychotherapy theories provide a framework for therapist and counsellors to interpret the client behaviours, thoughts and feelings to help them from diagnosis until and during treatment.

Palmer (2005) classified various counselling approaches, to have a better understanding, will have a more deep look into three of main theories and these are Psychodynamic Theory, Behavioural Theory, Humanistic Approach.

In this essay will have a best description of three main types of counselling approaches, by means, by comparing and contrasting with references to their different theoretical, therapeutically intervention and process of change.

The Psychodynamic Theory originator Sigmund Freud (1856-1939) focuses on individual unconscious thoughts that stem from childhood experiences and how affect their current behavioural and thoughts.

The story of Sigmund Freud like most other people starts from others, on this occasion was his mentor and friend Dr. Joseph Breuer and his patient Anna O.

Anna O. was doctor Breuer's patient for two years and she developed an unusual and strange series of symptoms, study this physical symptom, they found no demonstrable physical cause and later he diagnoses like hysteria.

Breuer and Freud eleven years later in 1895 wrote a book "Studies on Hysteria" where they explained their theory.

Freud did not exactly invent the concept unconscious versus unconscious but made it very popular.

The unconscious region of the mind included all those things that are not accessible to our conscious such as impulses or instincts which have a disturbing or threatening and we cannot access voluntarily.

The conscious region of the mind is all that we realize in a moment like memories, thoughts, fantasies, feelings, etc.

And between there is the preconscious mind, it refers to everything that we can remember.

To Freud the human personality is the product of the struggle between our destructive impulses and the search of the pleasure, from the concept unconscious motivation.

Freud developed three methods to discover unconscious processes and these are: the free association is a technique that aims to express the client, in psychotherapeutic session all ideas, emotions, thoughts, or images they are represented without repressing themselves.

Second method is dream interpretation, like the name says this technique assumes that dreams contain hidden meanings that provide clues to unconscious, thoughts or wishes.

And the third techniques are Slips, are mistakes of the tongue that we make every day speech, are thought to reflect unconscious thoughts and desires. The best way to understand Freud theory is the iceberg theory, will easy recognise many of the terms including id, ego and super ego.

Freud used the metaphor of the parts of the iceberg to facilitate the understanding of the three regions of the mind.

The tip of the iceberg is equivalent of the conscious region of the mind and is the visible part, have to do with everything that can be perceived at a particular moment: perceptions, memories, thoughts, fantasies and feelings.

The part of the iceberg that submerges, but can still be visible, is equivalent to the preconscious region of the mind.

It has to do with everything that can remember, moments that are no longer available in the present, but can be brought to consciousness

The thickness of the iceberg that is hidden under the water, is the equivalent to the unconscious region of the mind. In this area all the memories the feelings and thoughts inaccessible to the conscious would be stored.

It keeps contents that can be unpleasant, unacceptable, painful, conflictive and above all distressing for the person.

This model in the Theory of Personality Freud stands out for the separation of the region of the mind.

The id is the top one and is the primitive and cultural and ethical thoughts received from the culture. It represents the law and the norms.

Dynamic models it has to do with the psychic dynamic and occurs in the mind of the subject ,between impulses that seek unmeasured gratification and the defences mechanism that seek to inhibit them.

The defences mechanism derived from this model are; repression, reactive formation, displacement, fixation, introjection, and sublimation.

The stages of psychosexual development in Sigmund Freud theory of Personality, characterized by the search for gratification in the erogen zones of the body, whose important depends on the age. And this are:

Oral stage :0 – 18 months, the focus of pleasure is in the mouth; such kissing and bite.

Anal stage :18-4 years old, the focus of the pleasure focuses is the anus, hold and reject.

Phallus stage :4-7 years old, the focus of the pleasure focuses on the genitals.

Latency stage :7-12 years old, during this period Freud suppose that the sexual drive was suppressed at the service of learning to facilitate a cultural integration of the subject to its environment.

Genital stage :12 years old, it represents the appearance of the sexual drive in adolescence.

Some of the Freud friends didn't agree with him like Adler and Jung and they have their own theories

In 1956 Albert Ellis started a new trend, and after changing the name a few times, ended calling it "Rational Emotive Behavioural Therapy" (REBT)

This current recognizes many variants and schools among which the. one of "Cognitive Therapy" of the doctor. Aaron Beck stands out for it is investigation and amplitude resources.

Albert Ellis like most of the psychoanalyst of that time he became interested in psychoanalytic theories. It is not things that upset us, but the interpretation we make of them.

The REBT emphasis the power of the person to feel one way or another. Well-being no longer depends on our past or our social environment .At least not only .

The only person can be their own therapist, just like Ellis did from his pre-adolescences.

Ellis believes that the core of this theory is represented by a simple sentence attribute to the Greek philosopher Epithet:" People are not disturbed by the facts " .

Synthetically and graphically Ellis summed up this theory in what he called the "ABC";

" A" represents the activating event ,situation, like images , thoughts , assumption ,emotion ,etc .

"B" represents the believes system, but can be considered to include all the content of cognitive system, thoughts, images, assumption, values, etc.

"C" represented the consequences or reaction to "A".

Relationships are considered more complex, with all the elements being related and interacting .In a deeper analysis , it is explained that the relationships are neither exclusive nor linear nor unidirectional ,but that is the basic and most didactic model to explain the origin and treatment of disorders .

REBT is a collaborative work team and effort between counsellor and client.

The client defines goals, express concerns or thoughts, and learn how to implement learning.

The counsellor role is to help the client to define goals, listen, teach and how to examine and change irrational thoughts patterns and believes.

The client has to try and use what they have learned during the session therapy, the client has homework's and this can be applied day by day.

REBT can be applied to help with depression, anxiety, phobias, post-traumatic stress disorders, etc. Sexual abuse recovery, health problems, physical or mental disorders.

This can be a long-term therapy.

Carl Rogers 1902-1987 was a humanistic psychologist who agreed with the main assumption of Abraham Maslow, but added that for a person "grow" they need an environment that provides them with genuineness, acceptance with unconditional positive regards, and empathy, being listened to and understood.

Rogers believed that every person could achieve their goals, wishes, and desires in life.

This idea that personal development and the way in which the individual struggles to become what they want to be is a central idea of humanistic psychology but for Carl Rogers it is especially important because it is through personal development how character and way of being are formed.

Client Centred Therapy was developed by Rogers in 1940-1950; this contribution was fundamental to the development of scientific psychotherapy we know today.

Listening is one of those skills that everyone thinks they have but actually a few do. Rogers introduced a technique known as reflection, the therapist listens to the client and reflects the significant thoughts and feelings by telling the client what he or she heard them saying. Rogers believes that the therapist's job is not so much to do this or that, but to be there for the client.

Counsellors must be congruent, basically being honest with the client; the client can fake but in order to build that trust in the therapeutic relationship, congruence is necessary.

Counsellors must be empathic, identify with the client, not as much such a psychologist but as a person who also sees part of their problems.

The counsellor must show the client unconditional positive regard; it means that the counsellor must respect them as a human being, and not to judge them.

These three main theories are not very different from each other, and can help in many aspects of life; the most important thing they have in common is the client.

When a person starts a therapy or thinks about it and starts looking for information, choose someone fully confident and someone who we know will not be vulnerable when we open to them, for that we have BACP.

BACP is the Ethical Framework for the Counselling Professions and the members are committed to complying with this framework as part of their condition.

Ethics carry a role in the context of the counselling profession; they help in a way to keep supervision and how far the work was done.

BACP provides a common set of beliefs and standard care, behavioural and standards for the professional and client. General public wants to know they have ethical body, because know if something goes wrong there is complaints and procedures.

Protect the counsellor as well if there is a non-founded complaint against, the professional can prove the work has been done in the framework BACP provides, is there to protect.

Confidentiality should be based on informed consent, clients should be fully understand the limits of it, before entering in therapeutic relationship, the professionals should reassure the client, give a copy of documents and it is possible read it to make sure if fully understand to not put the vulnerable individual in more risk.

Sigmund Freud psychoanalysis presents and explication of the psyche in which unconscious desires and their clash with social norms govern our behaviour, and the Behavioural Therapy has been accusing of presenting people like machines that react to external stimuli.

The idea of non-directive therapies of the Person-Centred Therapy is not all true, the counsellor still introducing in the client session, another critiques that takes long time to achieve improvements.

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