

This essay is going to compare and contrast the different models of helping as specified by theorists Carl Rogers and Gerard Egan, it also will look at the skills they use in the counselling sessions they hold and the relationships they have with their clients. It will additionally talk about why each theorist believe that their models of helping is what they believe is the right way and which one tends to be used mostly in todays counselling session or if they both are used equally. Rogers model believed in person entered theory and Egan's trusted in the skilled helper theory which are both have quite different ways of looking at counselling but by the end of the essay it will be clear what the strengths and weaknesses are of each theory and which is believed to be more beneficial if it can be addressed.

Firstly this part of the essay is going to talk about the work and model of Carl Rogers, He believed in a person centred approach to his counselling sessions with his clients and is now known as the father of person centred counselling, it was created in the 1950's by Carl rogers himself. Person centred counselling also known as client centred counselling is a humanist approach to counselling that looks at the way people identify themselves consciously rather than how a counsellor is able to interpret their unconscious thoughts or ideas.

Throughout person centred counselling because Carl Rogers believed in a humanistic way of counselling that the client should be called a 'client' and not a 'patient' as the client is seen as an equal to the therapist and not a expert counsellor with a patient as thats not what humanistic counselling is about. However it also includes core conditions which are just as important to the sessions which is having empathy with the client, having congruence and having unconditional positive regard as these are 3 conditions to practice

in a person centred therapy as the client can see that the helper is feeling with the client and is understanding how they feel so will then feel more open to talk about how they are feeling as they will feel comfortable to, its also very important to have a therapeutic relationship between counsellor and client as it will help the client to feel more comfortable with the counsellor to open up and not feel judged from what they are saying if there is a good relationship there.

Whereas Egan has a different approach called the skilled helper model but does support the core conditions that Rogers uses such as empathy, congruence and unconditional positive regard and uses them in some of his sessions but he believes that they are not sufficient and the session will need some 'doing' instead of just 'being'. Egan looks at how the counselling sessions should go differently to Rogers and doesn't see the client as the expert he treats the sessions as he is the expert.

In Egan's sessions with his clients he works with a 3-stages model which addresses 3 main questions for the client and they are

1. 'What is going on?'
2. 'What do I want instead?'
3. 'How might I get to what I want?'

These aims to help people solve their problems and develop opportunities as Egan understands that if people developed on their skills they could solve their own problems and would help the clients to use these under used skills, so it can focus on the positives and their strengths not weaknesses as he got to learn that clients tended to dwell on their weaknesses not their strengths so would work on that in the sessions. The end goal of this theory is to help people 'to manage their problems in living more effectively and develop

unused opportunity more fully' and to 'help people become better at helping themselves in their everyday lives.' (Egan G., 'The Skilled Helper'. 1998,p7-8). Which would leave the clients to 'doing' rather than just 'being' as he believed there would be better results from doing as clients would learn more whereas Rogers believed differently and thought that by just being they would understand themselves better.

So there are a few strengths and weaknesses to both models Rogers and Egan, To start off with the essay will view the strengths of Rogers theory and then the strengths of Egan's and then view the weakness of both models so we can see if there is a pattern or not. Firstly the first set of strengths that is noticeable from research done for the person centred counselling is that:

- The clients have more of a positive experience and outcome since the focus and attention is on their problems and them during therapy.
- Its a soft and gentle approach.
- Lets the client have autonomy over their sessions and lead it to where they want it to go.
- There seems to be more positive results when there has been a good. therapeutic relationship, which is what Rogers aims is sessions to include.
- Clients should feel as if they can express what they want and not feel judges as the sessions are heavily based the counsellor having unconditional positive regard.
- Its can be seen by clients as a non- intrusive form of counselling.
- Clients can also been empowered after a person centred counselling session as they are taking on the role of making decisions for themselves where they may struggle with being able to do that in their personal life.
- The sessions are compassionate for the clients.

- The theory was evolved in later years which shows that Rogers always wanted to improve and develop the theory to the best of its ability.

The strengths that are noticeable from the skilled helper model are:

- Is good for clients to focus their attention on problem solving and setting goals as they have something to work towards which would make them want to work harder.
- Gives good variety for different type of peoples problems and getting the appropriate help needed.
- Gets the client to arrange the self-help tools that they are given to solve problems so when they finish the counselling sessions they are able to deal with any problems that may occur.
- Develops clients thought of ability to do tasks in daily life.
- Its been seen to work best for clients who need help with time restricted problems.
- Makes the client put things into perspective.

As well as there being positives to both model there are some negatives, the first set of negatives is for Rogers person centred approach and these include:

- Can take up a lot of time as the clients the expert not the counsellor so it depends where they want to take sessions which can take up a lot of time.
- Can become repetitive as the client may want to talk about the same issue over and over again
- certain types of people can only benefit from this as some people like to be told what direction to go in and this model isn't based around that.
- Client could become dependent on counsellor as they feel too 'safe'

- Doesn't prepare clients for when they finish the counselling sessions.

The negatives for the skilled helper approach is:

- Clients may not go home and do the homework that is set for them which will then delay the process.
- Vulnerable clients may find it too much for them to handle.
- Doesn't have any humanistic approach towards matters.
- Clients may not want to leave their comfort zone
- The model tends to lack strength for more advanced counselling matters.

To conclude both models there are good points for the person centred theory and the skilled helper theory where they seem to work well in counselling sessions but there are also a few negative which can delay counselling sessions for the client to improve. Such as the skilled helper model can confuse a lot of clients as they are may find it a lot of talking and not much listening when they are given task to use their underlying skills and with Rogers there may be a lot of time taken up which is no benefit to the client. Also when research was made there was mostly a large range of information only for Rogers approach and not so much for Egan, Which looked as if there had been more research put into Rogers models. However to conclude both models give clear instructions to clients and from research made throughout this essay it comes down to it truly depending on the type of person and the type of problem someone has is to which type of model they would benefit from in the long run and the time they have to want to grow and become a better version of themselves.

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