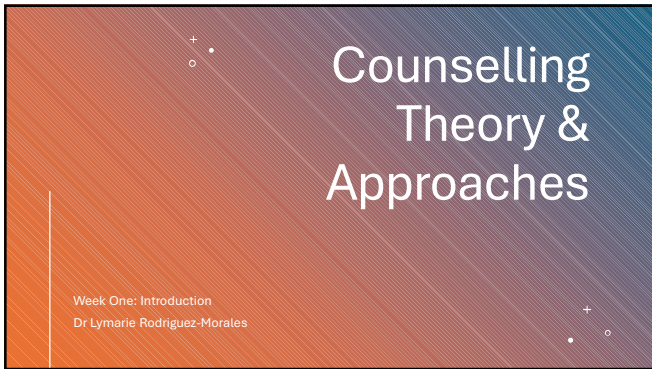
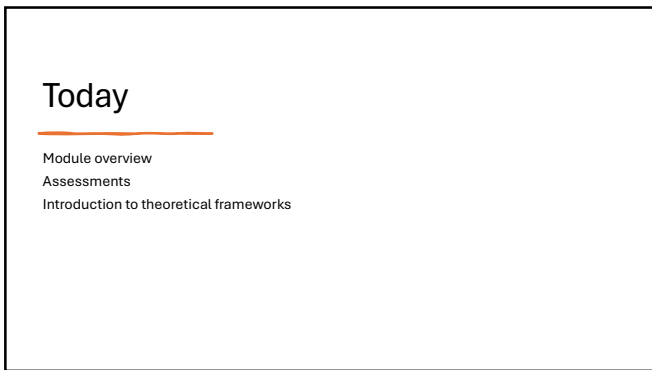
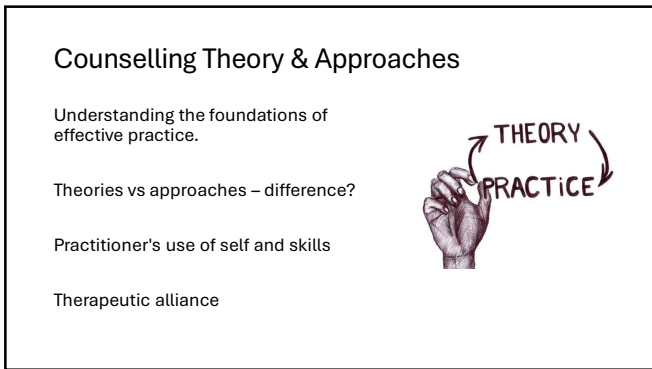




1



2



3

What is Counselling?

Define counselling

Define core conditions

Define core elements of a therapeutic relationship

4

Why Understanding Theories Matters

Theories provide:

- A **framework** for understanding clients' experience, behaviours, thoughts, and emotions.
- **Guidance** for interventions and techniques.

Emphasis on evidence-based approaches for effective outcomes.

Therapeutic relationship (**relational depth**) is key for an effective therapeutic alliance.



5

Counselling
Theory &
Approaches

Think of a metaphor
or an image for
'theory'

Think of a metaphor
or an image for
'approach'

6

Theory

Psychodynamic

Behavioural

Cognitive

Humanistic (also person-centred strand)

Existential

Systemic

7

Psychodynamic

Core Principles:

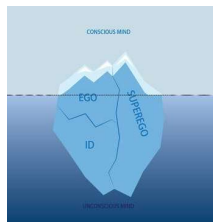
Unconscious processes shape behaviour.
Early childhood experiences are key.
Defence mechanisms protect against anxiety.

Key Figures:

Freud, Jung.

Approach: Helps clients uncover unconscious conflicts and unresolved childhood experiences influencing current behaviours. Techniques include free association, dream analysis, and exploring transference in the therapeutic relationship.

Example: Exploring unresolved conflicts from childhood to understand current issues.



8

Humanistic

Core Principles:

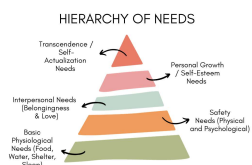
- Focus on self-actualisation and personal growth.
- Emphasis on empathy, authenticity, and unconditional positive regard.

Key Figures:

Carl Rogers, Abraham Maslow.

Approach: Empowering clients through a non-judgmental, supportive environment with core conditions.

Example: A client struggling with low self-esteem might benefit from person-centred therapy, where the counsellor provides a safe, empathetic environment, encouraging the client to explore their feelings and recognise their own potential for growth. - Application: Empowering clients through a non-judgmental, supportive environment.



9

Behavioural & Cognitive Approaches

Behavioural Theories: Classical and operant conditioning (Pavlov, Skinner).

Cognitive Theories: The relationship between thoughts, emotions, and behaviours (Beck, Ellis).

Approaches: Structured techniques like CBT to address maladaptive thinking patterns.

Example: A client with social anxiety may use CBT to identify and challenge negative thought patterns such as "Everyone will judge me," replacing them with more balanced thoughts. Techniques like exposure therapy and thought records can help reduce anxiety over time.



10

Systemic

Core Ideas:

- Individuals are influenced by their relationships and social systems.
- Focus on patterns, roles, and communication within families.

Key figures: Minuchin, Haley, Satir.

Approaches: Resolving family dynamics or improving communication. Genograms, reframing techniques.

Example: A family experiencing repeated conflicts may use systemic therapy to identify patterns of communication and roles within the family dynamic. For example, the therapist may use a genogram to explore generational patterns or help reframe interactions to foster understanding and change.

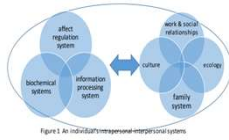


Figure 1 An individual's intrapersonal-interpersonal systems

11

[illegible]

Factors influencing the choice of approach

Client needs and goals.

Counsellor's training and personal values – levels of self-awareness and competence.

The nature of the presenting issue.

Context of therapy (e.g. NHS, local charity, private practice)

Importance of the reflective practitioner



12

[illegible]

Recap

Theories provide the "why."
Approaches guide the "how."
Counsellors must adapt to individual client needs.
Closing thought: The importance of reflective practice and continued learning.