

Communication and counselling Assignment 2

In this assignment Thomas (2023) will be discussing three different therapy approaches that counsellors use, while discussing these approaches Thomas (2023) will be comparing, looking at similarities and the differences in these approaches. These three strategies include Psychodynamic, Humanistic and Cognitive Behaviour therapy (CBT) which have been created by three psychologists which are Carl Rogers, Sigmund Freud and Aaron Beck. These strategies are used in a range of counselling and therapy sessions for the reason of individuals having multiple different Mental disorders. Medical news today (2020) states that a certain therapy might work very well on someone with a specific disorder compared to someone else. It is important that therapists and counsellors are aware of these different strategies so that they can use these techniques. Thomas (2023) will be looking at who developed these approaches and what they think about these methods of approach. Thomas (2023) will also look at unique needs that individuals with mental health need to go through which is known as Maslow's hierarchy of needs and why it is important for individuals to follow these needs.

The Psychodynamic approach was created in the 19th century by Sigmund Freud. Very well minded (2022) states that Freud had an interest on how people's minds work with their mental health, he found it remarkably interesting on how a client's mind would work with different mental health issues. Freud's most popular experiment was the 'Little Hans' experiment where a five-year-old boy had developed a fear for horses and Freud had found connection to this issue. The humanistic approach was created in the 1950s by a theorist called Carl Rogers, his theory was based on children to help parents have a better understanding on how the children's brains work and to provide unconditional love and acceptance (Structural learning 2022). Roger's theory also was based on individuals' compatibility with their real self and the ideal future self that they see themselves. For individuals to be able to reach their ideal self it is important for them to start at the bottom and work up to reach their potential goal and reach their ideal self (Study.com 2024). Carl Rogers had three especially important parts to his work which included the ID, the Ego and the Superego. The ID is the deepest part of the unconscious mind, the ego is the conscious part of the mind, and the superego was the part of the mind with self-criticism, self-observation, and idealism (Counselling tutor 2023). Cognitive Behavioural Therapy was discovered by Aaron Beck in the 1960s. His idea to develop this was that he was seeing patients that suffered from depression and realised his patients had 'cognitive distortion' when speaking about their feelings (National library of medicines 2022). When Beck was looking at an individual's negative thoughts which are automatic to provide himself with the patient's beliefs (Pearson 2023). Medical News Today (2023) states that Psychodynamic therapy is a strategy that gets their clients to talk about their feelings and their experience. Psychodynamic is usually used for clients suffering with mental health issues including personality disorder and certain borderline personality disorders (Evidence support psychodynamic psychotherapy 2018). Simply psychology (2023) states that a humanistic approach is used to understand and to have knowledge of the client fully rather than only parts. Very well mind (2023) describes Cognitive

Behavioural Therapies as a therapy that is used to help clients develop new skills, it also says that it is a type of therapy that helps with thought patterns that are negative.

There are many differences with these therapy approaches, and they sometimes can be difficult to use on individuals. It is important to use the correct approach on the correct client since it sometimes does not work (Medical News Today, 2020). A theory that is popular is the British Association for counsellors and psychotherapy (BACP) (Improving children's mental health 2023) BACP counselling changes lives (2023) states that the British association for counselling and psychotherapy is to help leading therapist and counsellors to provide and promote the material to ensure counsellors are improving their skills to benefit others well-being and mental health while ensuring that their practice is safe, moral and skilled. Owlcation (2023) states that the psychodynamic view and the humanistic views are two different therapies, but both are especially important. The difference between psychodynamic therapies and humanistic is that humanistic gives you the chance to have free will in a way only an individual can use and nobody else, this could mean they could use it in a negative or a positive way. Psychodynamic therapy is analysed to see individuals' coping mechanisms and how they would react to experiences in both a positive and a negative manner (Bernstein, 2010). The environment that the patients are in might be positive or negative which can impact the clients defence mechanism (IvyPanda 2023). Both of these approach have different goals that they want to meet, the psychodynamic approach was very important to Freud and his work which meant the outcome that Freud would want after his patients would leave the session would be to resolve any conflicts that was keeping his patients from moving on and becoming a better version of themselves internally. The humanistic goal and their outcome came down to the human need in life and that moving from Maslow's hierarchy of needs was an important part to reaching self-actualisation (Owlcation 2023). Simply psychology (2023) says that Maslow's hierarchy of needs is an important approach within humanistic. The five needs include: psychological needs (water and food), safety and security (personal security and health), love and belonging (friendship and family), self-esteem (respect and strength), self - actualization (desire to become the most that one can be). These hierarchy of needs are important for an individual to grow individually with their mental health and well-being. When looking at these hierarchy of needs it is important that individuals work through these needs, starting off with basic needs such as food and water to then continue developing and reaching needs such as self-actualisation. It is important that individuals go through these needs step by step to ensure that they are benefiting themselves and that their needs will be and have been met when going through this process. When looking at other therapies and comparing them to each other psychodynamic and Cognitive Behavioural therapy. Counselling direct (2023) suggests that psychodynamic looks more at what the clients' unconscious thoughts are compared to what cognitive behavioural therapy looks at how individuals pick up knowledge and learning through the environment that they are in. Cognitive behavioural therapies look at what behaviour we have learned when we were younger. When looking at these theories it seems as the biggest comparison is that the psychodynamic approach is more to do with the nature of the brain and how childhood experience have impacted us when we are older compared to cognitive behaviour approach which has been put down to more scientifically done, the psychodynamic theory is non-scientific as it look at the

unconscious behaviour (Get revising 2023). Psychodynamic therapies often are used on patients suffering from mental health issues such as depression, eating disorders and anxiety disorders while cognitive behaviour is used for the same reasons such as depression, anxiety, eating disorders and insomnia. The difference between psychodynamic and cognitive behaviour are the outcomes and the goals they want for their patient. The psychodynamic approach has a goal for patients that have a greater understanding of themselves both in the past and present. It also means to have peace within themselves (Zencare 2023). The cognitive behavioural goal is to have a much more positive cognition rather than having a negative one (National library of medicine 2022). The other outcome that is approach in cognitive behaviour therapy is to build on a clients resilience and to ensure that they have a good mindset to enable them to go through barriers. (ThinkCBD 2023). Another therapy has comparisons in them include humanistic approach and Cognitive Behaviour approach. Both of these have different ways of treating a patient. Humanistic approach looks at the clients and sees what concerns them about themselves and drives them while the cognitive behaviour approach is more to do with how you see patients and the concerns about themselves and also the world around them (Study.com 2023). When dealing with a client that has mental health disorders the humanistic and the cognitive behaviour approach are different as the humanistic is nondirective while the cognitive behaviour approach is directive. (Industrial safety and hygiene news 2019). The end goal of humanistic approaches and the cognitive behavioural approach are opposites. A humanistic approach has a goal for individuals that is about being free and having a much better attitude on themselves, so they can continue with life in a much brighter aspect than before. The therapy focuses on individuals' growth and self-actualisation rather than scientifically on the individual's disorder or illness (national library of medicine 2023). Cognitive behaviour therapy's goal is to have their patients build on their resilience and their thought process to enable them to have a better future when dealing with barriers (national library of medicines 2023) When looking at these therapies there are obvious differences between them but there are also similarities between them. The end goal for these therapies is remarkably similar as all of them look for an end goal with their clients in mind. The psychodynamic approach shows that the goal for the patients is to create peace within themselves to move forward, it is important for clients to have healed their internal self from the past and the present (Zencare 2023). The humanistic approach looks at goals for patients mentally and having a chance to use their free will, whether negative or positive. Another goal for the humanistic approach is that clients are able to go through the Maslow's needs of hierarchy to be able to become the best possible version of themselves (Owlcation 2023). For the cognitive behaviors therapy, it seems as the goal for patients would be to build on their resilience for it to become stronger to enable them to go through live without having so much negative thought and to enable them to go through barriers (national library of medicine 2023)

When looking back at this assignment the overall outcome on these approaches created by Freud, Beck and Roger conclude that they are all very similar in trying to find out how to benefit

an individual and provide good care to individuals but also opposite since their work is created based on different types and environments on these individuals, these approaches also have goals which are similarly but also are very different. Their outcome with their therapy is to build confidence and resilience and their mental capacity to create a much more positive environment and mental health for individuals that are suffering. It is important that counsellors and therapists use these three different techniques to ensure that the individuals that they are treating have the best possible care and have a better outcome in their future from where they first started. From these theories the British association for counsellors and psychotherapists has been created to ensure that counsellors have a much more beneficial and have a much better outcome on counsellors and their practice in their work but also their patients when dealing with them.

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