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Introduction

The aim of the assignment is to evaluate and compare a range of counselling theories used within the nursing environment. The aim of this assignment is to find out the different types of methods that are used when counselling. Identifying the different types of counselling theories and finding more about them within a nursing environment. The aim is to evaluate the value of counselling and also effective communication skills within the delivery of the nursing practice. The aim of this paper is to also analyse and evaluate the current ethical codes and boundaries during professional counselling.

The importance of the assignment is to discuss the knowledge of counselling and processing new information on the subject to discover new information about counselling used within the nursing environment. The importance is to find out what type of methods are used when counselling, effective communication skills when counselling are vital they are very important to learn when working in a professional health background like nursing. To evaluate the value of counselling and the ethical codes and background that counselling have when working in a health professional background.

Counselling theories

Person-Centred

There are many types of counselling theories are three types of counselling theories, Person-centred, Cognitive Behavioural therapy and psychodynamic. A person-centred approach to nursing focuses on the person's personal wants, desires and needs and also goals, The importance of person-centred approaches to nursing care (Open learn, 2013). This is vital so that they become central to the nursing process. This can mean putting the person's needs above those identified as priorities by health care professionals. There are many different strategies that nurses or individuals from a health care background have been taught to implement person-centred care the key components of person-centred care, The importance of person-centred approaches to nursing care (Open learn, 2013).

Knowing the patient as an individual brings the patient and the nurse closer on a professional level so that the nurse can understand what their patient is like as a person and to show the patient that they care. Being responsive as a nurse is essential as it shows the patient that you care about their needs. Providing care that is meaningful is also essential as a nurse this provides a clear understanding to the patient that the nurse cares about their patient and that they are important as an individual.

Respecting the individual's values, needs and preferences is a vital part of nursing as it shows respect which is an important role when nursing, The importance of person-centred approaches to nursing care (Open Learn, 2013). Caregiving relationships are also important as the individual must feel like that their nurse cares and is trying their best to help the individual this will make the client trust their nurse and make their time in hospital more comfortable and relaxed. Depending on which sets of criteria are used in research, around 4-13% have mental illnesses (Daines, Gask and Howe, 2007, p.11). Emphasising freedom of choice is also important to help individuals help people to achieve the outcomes that matter to them in their life, How are local authorities performing? (In Control, 2015)

Promoting Physical and emotional comfort is very important as individuals may feel alone or scared with medical conditions or even personal problems, some individuals are alone and don't have many family members. Involving the patient's family and friends are also important as patients may be unconscious or their family and friends may be worried about them. Also visits in the hospital can make their day a little better.

Cognitive behavioural therapy

Cognitive behavioural therapy is a therapy where individuals manage their problems by changing the way you behave and think, Cognitive behavioural therapy(NHS, 2016). CBT is based on the concepts of the individuals thoughts, feelings, actions are interconnected and negative thoughts and feelings can trap the individuals in a vicious cycle, Cognitive behavioural therapy(NHS, 2016).

CBT helps individuals with overwhelming problems in a more positive way by breaking it down into smaller parts, Cognitive behavioural therapy (NHS, 2016). Individuals are shown how to change negative patterns. CBT looks at ways to improve individuals state of mind, Cognitive behavioural therapy(NHS, 2016). Cognitive behavioural therapy within the health care background is essential it helps patients improve their state of mind, and also help with your current problems so you're less stressed. It improves the patient's state of mind and builds a bond between the nurse and the patient so that the patient feels more at ease and has someone to talk to and someone to care for them. There are many benefits of cognitive behavioural therapy in counselling within a health care background like creating more of a positive energy and improve the way the patient feels. It is assumed that psychological disorders such as neuroses are caused by faulty or irrational patterns(Baum and Krantz, 1989, p.303).

Psychodynamic

Psychodynamic is equally focused on the patient's relationship with the patient's external world, it is less focused on the patient-therapist relationship, Psychodynamic therapy (Psychology today, 2019). Psychodynamic therapy is usually used to treat depression and other serious psychological disorders, this type of counselling is for patients that have lost all meaning in life, It is important for Nurses to show patients that they care and that each individual is unique and means something. Psychodynamic therapy helps maintain patients personal relationships.

Psychodynamic therapy focuses on recognizing, acknowledging, understanding, expressing and overwhelming negative thoughts and feelings, Psychodynamic Therapy (Psychology today, 2019). Contradictory feelings and repressing emotions improves the patient's interpersonal experiences and relationships, this includes helping the patient understand how repressed early emotions can affect relationships, behaviour and decision making, Psychodynamic therapy(Psychology today, 2019).

Phenomenological psychology suggests that the approach is particularly useful in helping a fuller understanding of a person's/client's view of the world, Morrison, P (1994), *Understanding Patients*, Cardiff.

Ethical codes and boundaries in counselling

The code sets out standards expected of all members of the national counselling community. Members of the society are expected to inform perspective and inform clients, as well as clients who contact a member following ending counselling, Code and ethical practice (The National Coding Society, 2019). Former clients or even current clients who believe a member has failed to provide good service to the society, after raising the concern to a member and having no satisfaction, Code and ethical practice(The National Coding Society, 2019).

The purpose of code is to set out the standards expected for all the members of staff/National Counselling Society, for the guidance of members, code and ethical practice(The National Coding Society, 2019).The members of the society are expected to inform the ethical codes and boundaries, expect to inform perspective and present clients and also former clients who contact a member following ending counselling, both of code and how to access it, code and ethical practice(The National Coding Society, 2019).The values of ethics are a useful way expressing ethical commitments that underpin the purpose and goals of their actions, Ethical Framework For The Counselling Professions(BACP, 2018).Reading the ethical framework before working with clients is important. As a framework is creates a shared structure which everyone works with but with the flexibility to respond to the needs of different context and client groups in which there is 3 main sections, Ethical Framework For The Counselling Professionals(BACP, 2018).

Ethics is designed to help individuals understand the thinking behind how individuals work with clients, it can be used in supervision to solve dilemmas, Ethical Frameworks For The counselling Professionals (BACP, 2018).Good practice considers the practical's of putting individuals ethics into action. The commitment to the clients a good summery and overview. This may be used as a separate document to give the clients or include them in the information that has been provided from the service, Ethical Framework For The Counselling Professionals (BACP, 2018). An example of ethical code is a professional nurse may discover that the disclosure he/she is hearing from another nurse during a counselling session is something which she/he has obliged to act upon according to the nurses professional code(Russel, Dexter, 2008)

Ethics is designed also to make sure there is respect between the client and the staff member. Putting clients first is one of the rules that BACP follow to make sure clients are their primary concern and also this helps to provide an appropriate standard of service to their clients, Ethical Frameworks For The Counselling Professional's (BACP, 2018). Working by professional standards by working with the components and keeping the skills and knowledge up to date while collaborating with skills. Showing respect is important by valuating every client as a unique individual, protecting client confidentiality and privacy and also working in partnership with the client, Ethical Framework For The Counselling Professionals (BACP, 2018).

Building an appropriate relationship with clients is important by communicating clearly and listening. Maintaining integrity is important as its being honest about the work and working ethically. Demonstrating accountability and candour by reviewing the work with clients in supervision and being able to discuss with clients, Ethical Framework For The Counselling Professionals(BACP, 2018).Often in counselling trust should be a main part to counselling, clients with ongolnig medical problems will need to monitor their own physical changer or take medication as part of the treatment plan(Bradley, Edinburg, 1982, p.7)

The importance and value of counselling

It is importance to study counselling to study counselling theories in a field of work. Counselling theories provide a foundation to be able to learn and develop new techniques. Counselling theories are extremely important for counselling professionals, six reasons theory is important, Masters in counselling, 2013). The emergence in counselling as a recognised profession has led to the introduction of higher standards of counsellor education, The values of theories for counselling practitioners (Drapelar, 1990, p. 19) .

Emphasis has been placed on a balance between theoretical erudition and practical training although some counselling practitioners minimize the value of theoretical knowledge and doubt its importance for professional effectiveness, the values of theories for counselling(1990, Springer Link).Its important in nursing that the nurses know how to deal with clients who do not respond to “traditional” communication methods(Russel, Dexter, 2008). Counsellors or health care practitioners are taught how crucial it is for the counsellor, traditionally, responds with verbal empathy, (Russel, Dexter, 2018).

It is helpful to know some general rules such as clients suffering from psychotic illnesses should require expert attention. As a nurse mental health issues can be challenging so knowing about mental illnesses is essential. Psychoses, more commonly known as Psychotic illness is a term used mostly for serious mental illnesses, Little or no insight into the disorder, their personality also begin to change and serious symptoms like hallucinations. This may require serious treatment, usually tablets or injections to prevent relapses (Russel, Dexter, 2008).Psychotic patients are also triggered by circumstances involving some degree of stress, as a nurse this is important to know as it will be easy to identify from a client(Russel, Dexter, 2008).The doctor/Nurse should ask questions in clear , unambiguous language suitable for the patients age. (Myerscough, 1989, p.31)

The common term Neuroses is essential to learn when nursing, this is commonly viewed as less serious disorders: however, they are not trivial(Russel, Dexter, 2008).Some Neuroses are viewed are extremely serious and even life threatening(Russel, Dexter, 2008). Neuroses is a condition that have less serious symptoms with the exception of suicidal risk, neuroses is treatable and patients can have full recovery , health problems associated with some Neurotic Behaviours for example anorexia or depression(Russel, Dexter, 2008).

Among the many social changed that have taken place in post-war in Britain, counselling has been an Important role in many work professions for many years , especially in the health profession(Mabey, Sorensen, 1990).Knowing Cognitive behavioural therapy, Person-centred approach and also psychodynamic is important, its also important for Nurses or other work place professions to use these skills when working with clients. Counselling is important as the need for highly trained mental health are needed for many individuals who are suffering with an addiction, trauma, addiction or depression (Hodges, 2014)was a useful piece of information.

The conclusion

This assignment has discussed the different type of counselling skills used within the nursing environment. The different types of counselling theories . A person-centred approach to nursing focuses on the person’s personal wants, desires and needs and also goals, The importance of person-centred approaches to nursing care(Open learn, 2013).

Cognitive behavioural therapy has also been discussed in this assignment, Psychodynamic is equally focused on the patients relationship with the patients external world, it is less focused on the patient-therapist relationship ,Psychodynamic therapy (Psychology today, 2019).The ethical codes and

boundaries have also been reviewed, The purpose of code is to set out the standards expected for all the members of staff/National Counselling Society, for the guidance of members, code and ethical practice(The National Coding Society, 2019) and also the importance and value of counselling which is to learn and provide new techniques.

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