

Communication and Counselling

Comparison of three counselling theories used within counselling practice.

Introduction

Over the past 40 years there have been over 400 approaches to counselling. The three main approaches will be outlined and their differences recognised in their theory and delivery. Humanistic, Cognitive behavioral and Psychodynamic therapy are the three theories used within the counselling practice. A counselling theory addresses certain ideas with regard to past/present issues that have an impact on persons behavior, thoughts, emotions, interpersonal interactions. Counselling is a healing process where clients are able to openly talk about experiences and issues affecting the clients life. It is an understanding and intervention process, and the ultimate goal is to change the way the client view their underlying issues and change how the client behaves, thinks and feels about certain aspects, to a more positive way of presenting themselves.

MAIN BODY

Evidence suggests that whatever counselling structure s in place, all counselors are expected to accommodate all aspects relating to person-centered therapy. It is evident that counselors feel that all clients are experts on themselves an the counselors role is to assist in helping the client recognise self love and accepting who they are. The relationship between the client and the counsellor has to be of excellent quality as this is the main attribute to the therapy succeeding. It is believed that if the core conditions are in place humans can self heal. (counselling Theories compared and contrasted)

Counsellors will look into the background of the clients difficulties and address issues such as dissatisfaction with life, distress they might possibly have encountered and also the possibility of the clients loss of direction in life and their purpose. (BAC 2019)

Psychodynamic therapy focuses the least on the relationship between the therapist and the client. Psychodynamic is parallel to psychoanalytical, they both possess extensive talking therapy. (psychologytoday)

BACP addresses the importance of how Psychodynamic therapy focuses on past experiences and in turn can address how the clients feelings and behavior has been affected and present thoughts.

Sigmund Freud is known for the work of psychodynamic and psychoanalytical therapy. Psychodynamic therapy is predominately based on talking and addressing problems the client may have. This type of therapy is extremely important and the main focus is to address the clients relationship with their surroundings and their outside world. The clients may have problems present that need addressing in relation to their abilities, and self worth, this therapy is Humanistic therapy. (psychologytoday)

Psychologytoday explains there are numerous types of humanistic therapies.

Client centered therapy is person centered where empathy and unconditional positive regard are presented by the therapist. The talking process is recognised as non- directive.

Existential Therapy involves the encouraging the client to see their worth in the world. It focuses on what the client believes gives them meaning of life. This approach reflects on the factors and help teach people that positive changes can be in the power of their own choices.

Gestalt Therapy, this humanistic approach concentrates on a person's current life and doesn't dwell on the past.

Logotherapy therapy helps people to understand the importance of dealing with life's challenges and find a motive. The idea of this therapy and the client finding a purpose, will reduce issues such as depression.

Narrative Therapy concentrates on a person's skills and values. The therapist talks about personal stories and experiences and encourages the client to realise that these factors are separate from their actual issues. (psychologytoday)

Anxiety, Depression, low self-esteem, relationship problems are all conditions that have evidence of successful outcomes when the humanistic approach is used. This approach is focused on people who may have an interest in improving themselves focusing on their ability to increase their potential. (verywellmind)

Congruence technique shows a genuine approach when interacting during therapy. Empathetic understanding is listening to the client and understanding their concerns and replaying the information back which shows the therapist has understood and paid attention. Reflective listening involves the therapist taking the information spoken by the client and relaying this information back in the therapist's own words which will then allow the client to reflect on what has been said. Unconditional positive regard has an approach where the therapist shows care, and wants the client to be able to adopt the attitude of the feeling of self-worth. Humanistic approaches focus on the present. (verywellmind)

Cognitive Behavioral Therapy also known as CBT is a short-term therapy. CBT teaches the client to understand that their actions are reflective of their perceptions. CBT explains the bond with people's beliefs, feelings and thoughts. It is evident that if a person views something negatively I can have a negative approach of the way a person behaves. (goodtherapy)

Cognitive behavioral therapy appointments can take place in many different ways. These may be over the telephone, face to face, online or even a messenger service. Treatment for mental health has been recognised and CBT is the recommended therapy for anxiety, Obsessive compulsive disorder (OCD) post-traumatic stress disorder (PTSD), panic attacks, schizophrenia and health anxiety. (BACP)

Simply psychology relates to cognitive as similar to a computer. The process of information in the brain has an input, process, output pattern. The cognitive view is related to mental functions such as memory, perception and attention.

A collaborative project the scope of practice and education for the counselling and psychotherapy profession, also referred to as SCoPED, is collaborated between the British association for counselling and psychotherapy (BACP), the British psychoanalytic council (BPC) and the UK council for psychotherapy (UKCP). The project is aimed at evidence-based generic competence framework. This is in place for counsellors and psychotherapists to be informed of practice standards, competencies and training requirements. (BACP)

Counsellors and psychotherapists who work with adults, need the core training requirements, practice standards and competences. The SCoPED framework is exactly what is needed to achieve these skills. When it is necessary to engage in issues with MPs and Ministers the SCoPED framework makes it simple

to relay to policymakers, what it is that psychotherapist and Counsellors actually do. It is advantageous to have a solid framework which provides transparent mapping competency and significant quality assurance. The mental Health environment is filled to capacity, which is not understood but the population, and because of this the tighter the SCoPED framework the more beneficial it is for the credibility of the profession. (psychotherapy)

NHS staff preparation are based on competency and interventions. The SCoPED framework introduced into the NHS commits to training, providing benchmarks and job description to maintain excellent all round understanding of what is expected when recruiting counsellors and psychotherapists all over the country. The ability to map SCoPED knowledge into the twelve psychological professions, have been recognised by Health Education England and will be in place for the long term plans in the NHS. (psychotherapy)

The major concern with regard to the SCoPED framework is that it has a one size fits all approach which is not going to be advantageous when dealing with so many complex cases, each therapy session will be different and can not be communicated in such a rigid manner. Clients have specific problems relating to them and will not be the same as anyone else even if they possess similar experiences, still the outcome of their action and feelings and beliefs will ultimately be unique. (ncip)

Ncip also recognises that the SCoPED framework is unambiguous, referring to the framework as having very little information with regard to the wider community of the psychotherapy and counselling existence. The views relayed from the British Association for Counseling Professions, UK Council for Psychotherapy and the British Psychoanalytic Council is only a minor finding and does not reflect on the broader views from many other psychotherapist and counselors within the UK.

Psychodynamic perspective engages in the decisions a person will make relating to their exposure to life events and appreciating the conflicts and routes taken to compromise. (sciencedirect)

Humanistic perspective concentrates on personality. Its aware of well being and self worth and generates positive possibilities to benefit others. This perspective recognised noticeable behavior that has an impact on isolation and unchanged components. (researchgate)

Cognitive perspective was developed from the initial philosophers Plato and Aristotle. This approach is now in most recent times as cognitive psychology. Wilhelm Wundt established the very first psychological laboratory, and as far back as 1879 psychology was developed as a science. (simplypsychology)

Simplypsychology believes that Sigmund Freud suggests the experiences in a persons childhood can have a significant impact on a person adulthood. Sigmund Freud also compares the human brain as an iceberg, suggesting that only part of it is visible whilst the rest is hidden. It is explained that the visible element of the human brain consists of a person observable behavior whilst the hidden element the unconscious part is really the underlying influence on someone's behavior. (simplypsychology)

The comparison of approaches there is a nature verses nurture approach where nature has a biological approach and nurture take a behaviorist and social learning theory. (studymind)

Studymind relates to Smoking and suggests it can be seen as a learned behavior (studymind) explains that learned behavior is a continuous element.

Smoking has been noted as a cognitive process, a person's beliefs about smoking. Smoking can be addressed as an unmet need for a person's self-actualisation and personal growth, which humanistic psychology may believe. (studymind)

Psychodynamic psychology may describe smoking as an element of coping with past events during someone's childhood experiences that could potentially still be unresolved issues. (studymind)

Biological psychology may direct smoking as a habit obtained as a result of genetic or psychological factors. This is described as possibly an addiction or possible brain chemistry. (studymind)

Conclusion

The differences between Humanistic, Cognitive Behavioral and Psychodynamic therapy have been analysed. They all relate to how a person thinks, how a person feels, and how a person behaves and the decisions made. Everyone is unique and has different feelings on different aspects relating to life experiences. These therapies concentrate on self-actualisation and the will to be the very best a person can be. Person-centered therapists have expressed that the core conditions are not just a necessity but are considered to be a significant aspect in a client's mission to heal themselves. Counseling theories lend themselves to the center of therapeutic practice. The approaches that are structured focus are the eyes to which a therapist can see their client's challenges, and all are a unique perspective on human behavior. The theory helps counselors maintain effective knowledge and understanding and provides direction for the counselor to support the client by facilitating their understanding and knowledge. One critical aspect of effective professional counselling is that a counselor is expected to always show respect and understanding that the client has choices. A counselor must never attempt to unduly influence what a client does. The foundations to which a counselor is built on involve integrity, generosity, honesty, respect. These values along with many other supporting techniques guide decision making as counselors strive to leave a lasting impact on the client and communities.

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