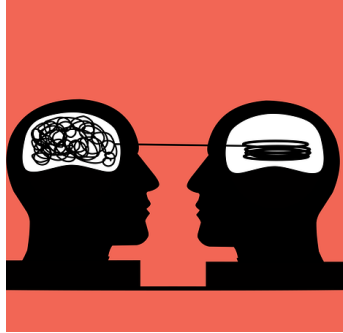


Counselling Skills and Approaches ECPSS019

Week 2
Counselling Theories and
Approaches



1

Schedule for the Day

4 Schools of Psychotherapy (overview)
5 Forces of in Psychotherapy & Counselling – Neuroscience and
Social Justice
Psychological Intervention or Approaches use in Mental Health
Services/NHS Settings
Psychotherapy Perspective
Counselling Perspective
Modes of Delivery of Practice
Journal Article
Next Week
☐ Psychodynamic



2

4 Schools of Psychotherapy

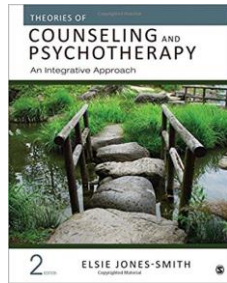
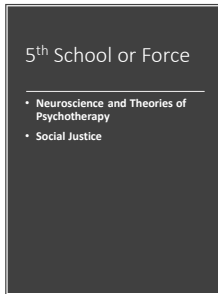
Psychoanalysis and
Psychodynamic

Behaviour therapy/Cognitive
Behaviour Therapy

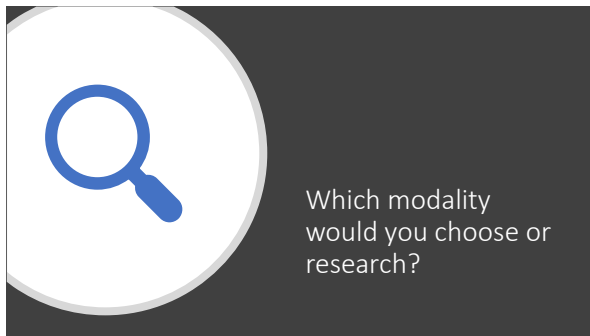
Existential and Humanistic
Therapies

Systemic - Postmodern

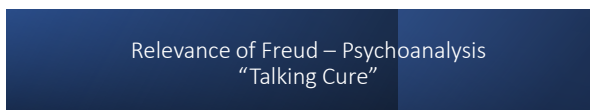
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4



5



Freud began working on his theories towards the end of the 19th century. He died in 1939, however his legacy is still being developed, revised and discussed.

Even in the earliest days of his therapeutic work, Freud valued the relationship. In today's counselling world, these basic tenets are still as important as they were in the earliest days of psychoanalysis.

6



It's important to note that Freud's ideas were sometimes original, but often they were a convincing development of ideas that were around at the time.



He did, however, create a new approach, he did produce a framework of practice and he was able to develop those various ideas and synthesise them to produce the psychoanalytical approach.



As has been mentioned earlier, many of the original concepts of psychoanalysis can be seen in the foundations of many of the counselling approaches that developed later in the 20th century.

7

Impact & Influence

The very early experiences from in utero have on our adult mental health.

Rapid brain development from birth to age 7.

8



Psychological interventions

- Psychological intervention is defined as a relationship aimed at promoting a better adaptation of the individual to a given situation and thereby optimizing his or her personal resources in relation to autonomy, self-knowledge and self-help, Ricou, Marina, Vieira, et al, 2019)

9

Type of psychological interventions

- Broadly, psychological interventions can be classified into **behavioural, cognitive, psychodynamic, humanistic, systemic, motivational, disease, and social and environmental**.

10

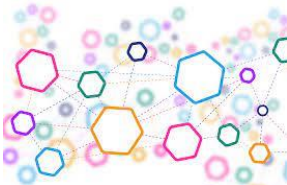
Psychological Interventions

[Psychological Interventions – YouTube](#)

Interesting YouTube video for further understanding

11

MATRICES CYMRU & MATRICS PLANT



- Guidance for Delivering Evidence-Based Psychological Therapy in Wales
- Guidance on the Delivery of Psychological Interventions for Children and Young People in Wales

12

MATRICES CYMRU – Definition

- Psychological therapies are treatments and interventions that are derived from specific psychological theories and formulated into a model or treatment protocol. Psychological therapies are delivered in a structured way over a number of sessions by a suitably qualified practitioner, with informed consent from the service user or where a service user lacks capacity to consent to therapy, it may be contracted on their behalf after an assessment of what is in their best interests.

phw.nhs.wales/services-and-teams/improvement-cymru/our-work/mental-health/psychological-therapies/resources/psychological-therapies/matrices-cymru-guidance-for-delivering-evidence-based-psychological-therapies-in-wales/



13

Cont.

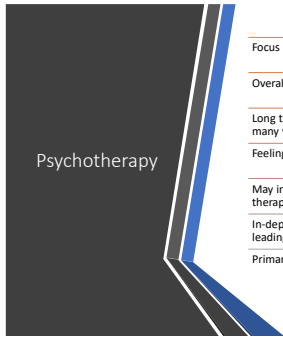
- Psychological therapies help people understand and make changes to their thinking, behaviour, feelings or relationships in order to relieve distress and to improve their functioning, wellbeing and quality of life and are mediated by the therapeutic relationship. The quality of the relationship between therapist and service user is an essential component in the delivery of effective psychological interventions.



14

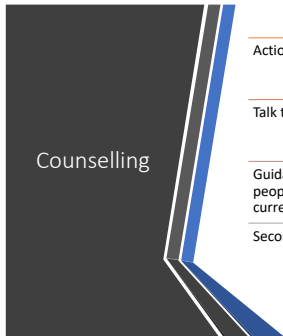
Is there a difference
between – Psychotherapy
and Counselling?

15



- Focus on chronic or recurrent problems
- Overall patterns, big picture oriented
- Long term therapy, either continuous or intermittent over many years
- Feeling and experience focused
- May include testing (such as personality, intelligence), talk therapy, other therapies such as cognitive behavioral therapy
- In-depth focus on internal thoughts/feelings (core issues) leading to personal growth
- Primary process

16

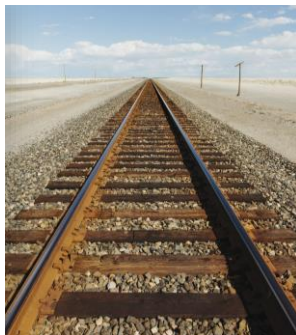


- Action and behaviour focused
- Talk therapy
- Guidance, support, and education to help people identify and find their own solutions to current problems
- Secondary process

17

Modes of the delivery services

•Can you name them?



18



19

Evidence-Based Psychotherapy: Advantages and Challenges
Sarah C. Cook¹ & Ann C. Schwartz¹ & Nadine J. Kaslow
(Please see moodle for the article)

Next Week

- Psychodynamic Perspectives.



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Any Questions & Feedback



21
