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Module: Complementary Therapies (BMHP5001_BIRM)

Introduction

Counselling, as defined by the National Health Service, is said to be a form of verbal therapy, that involves a therapist who is trained to listen to patients, in order to help them find different strategies, that are best suited to them, to help them recover from emotional issues, trauma and mental health issues. Counselling allows clients to see things more clearly, for example to view their situation from a different perspective. This allows the client to focus on feelings and behaviours and then they are able to come up with a goal of creating more positive change in their daily. Counselling is very important to some people, as it is built on a relationship of trust between the therapist and the client, in order for the client to freely open up to the therapist without the fear of being judged, threatened and even misled to the point where their 'secrets' are shared (www.skillsyouneed.com).

There are many different types and ways of practising counselling or psychotherapy, for example: Behavioural therapy, Cognitive Therapy, and Cognitive Behavioural therapy (CBT). Firstly, behavioural therapy is based on the theory that behaviour you have learned, can be unlearned and change your behaviour, without actually focusing on the reasons for said behaviour. This type of therapy can be best for people who have compulsive or obsessive disorders, phobias and addictions. However, on the other hand cognitive therapy is based upon the ideas that our feelings and behaviour is based on our thoughts, and not on external things, such as situations, events and people. In the field of counselling, originally behavioural and cognitive therapies were distinct and separate from each other. However, in order to improve performance and results for the clients, therapists have decided to merge the two different types of therapy together and create a new type known as "Cognitive Behavioural Therapy". CBT is most commonly used for depression, as well as other mental health problems. CBT begins with an assessment in which patients and cognitive behaviour therapists work together to clarify the patient's problems. It hopes to change irrational and negative thoughts and put effective behaviours into place. Some CBT therapists use Beck's cognitive therapy and/or Ellis's rational emotive behavioural therapy. Beck's therapy identifies automatic thoughts about the world, the self and the future and then tries to challenge these thoughts (Wills, F., 2013. Beck's cognitive therapy: distinctive features. Routledge.) However, Ellis's rational emotive behaviour therapy (REBT) has the central idea of identifying and disputing irrational thoughts, through vigorous argument. This can be done through empirical argument, where there is actual evidence to support negative beliefs of the patient, or through logical argument involving disputing whether the negative thoughts logically follow from the facts (Ellis, A. and Bernard, M.E., 1985. What is rational-emotive therapy (RET)? In Clinical applications of rational-emotive therapy (pp. 1-30). Springer, Boston, MA).

There are many different reasons as to why counselling and talking therapies are effective over a short term or long-term period. Firstly, it is very evident that working with specialists in helping you understand your feelings allows you to face your thoughts and emotions rather than bottling them up, which can most likely lead to more problems like depression and anxiety. By talking out loud to a trusted person, clients can practically process their feelings at their own pace, helping them find solutions that will prevent their current situation from appearing at a later date in the future. A second reason why counselling is said to be effective, as it has allowed for behaviours to be identified allowing people to gain self-awareness and a greater understanding of the reasons behind their emotions and thoughts. It is very important to

be aware of your own self-damaging behaviour to help control dilemmas and move forward by learning new coping skills (<https://www.onetherapybrighton.com>). A third reason why counselling can be very important or beneficial to patients is because it allows them to gain new skills, that can be used in everyday life. An example of this is the skills of communication. It is quite possible that a person may be incredibly anxious about speaking to new people due to mental illnesses like anxiety. However, as they start taking part in counselling it is quite evident that many people grow more confident as they begin to realise it is not that scary to talk to new people.

Over the past few years, counselling and other forms of therapy for mental health have become more widely accepted. This is evidence from a survey by the British Association for Counselling and Psychotherapy, which states that 94% of the British Public now believe that it is acceptable to attend counselling and have therapy for anxiety and depression, compared with just 67% in 2004 (<https://www.theguardian.com>). This increase in attendance and acceptance has occurred for a number of reasons. Firstly, counselling provides many people with a direction in life and allows people to relieve feelings of boredom and feeling trapped in your own mind. Secondly, it seems as though many people in relationships have started to attend counselling together, as a form of trying to mend their relationship in a healthy nontoxic way. Another reason for the increased in counselling may also be to the fact that more teenagers now experience a lot more stress, earlier in their life and have seemed to feel that counselling is a practical and effective method of dealing with their extreme feelings of anger, loneliness and guilt.

In conclusion is it very evident that counselling is very effective, and has benefits that has helped people from all age groups, situations as well as people with different mental illnesses. Counselling is a very important process in a person life, in helping people with situations that affect daily decision making, or even with living their life normally. It can be said that it can help grow self-confidence, understand self-control and find practical reasons to help patients with solutions if their problems ever re surface at a future, later date.

Reference

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