

To provide a 2000 word essay analysing various theoretical perspectives used in counselling. To review the current ethical codes and boundaries that apply to professional counselling. To evaluate the role and importance of communication and counselling skills in Health and Social Care.

Introduction

The aim and purpose of this assignment is to look at the various amount of perspectives that are using in counselling. Current ethnical codes and boundaries will be reviewed and what applies to professional counselling and I will include issues that are arising of sensitive information being recorded and transferred. I will evaluate the importance of communication and counselling skills in the Health and Social Care sector. I will explore the comparisons in the different types of counselling.

Person centred approach

The person centred approach which is a humanistic approach that was developed from the work of psychologist Dr. Carl Rogers. His approach to psychotherapy and counselling was advanced at the time (1940s - 1960s). As part of this theory it was important that in a psychological environment, a persons personal potentials will be fulfilled and to do so it would include sociability, which is a need to be known and to be around other people. Being open to experience and being trusting and trustworthy is included. Carl Rogers described that the psychological environment was where a person could feel safe and free from any threats and be able to assist clients on a path, both psychologically and physically. Person Centred Approach is the need for positive regard. This is a persons need for appreciation, love, respect, etc. from another person. There are two different types of positive regard: unconditional and conditional. **Unconditional positive regard** is receiving positive responses from people no matter the action, behaviour, etc. **Conditional positive regard** is acceptance or love of certain actions, behaviours. Carl Rogers theory was originally called client centred approach. In his approach Carl Rogers wanted his clients to turn into subjects of their own therapy. It was acclaimed that Carl Rogers wanted individuals to invest in self-actualisation so that they could prepare for change difficult situations. Carl Rogers released a book on counselling and psychotherapy, in 1951 Rogers published his book Client-Centered Therapy, in which he presented his ideas. Carl Rogers had had replaced the term non-directive with the term client-centered.

Rogers, C. R. (1951). *Client-centred therapy: It's current practice, implications and theory*.

Congruence is an important aspect, it implies that the therapist/counsellor is genuine and/or real and open during their session with the client. Congruent is about being in touch with and genuine about your experience with themselves and the client. It also means that staying connected with self, client, space and time is important. Carl Rogers stated: "The therapist cannot expect, nor would it be wise, to share all feelings at all times, it is when a persistent feeling keeps welling up and is getting in the way of staying present with the client - that is when it is important to be congruent and share the feeling". Congruence is describes as the counsellor being genuine and real with the client. The counsellor doesn't present themselves as a distant expert, but is right there in the session, present and transparent to the client. Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy*. Belmont: Thomson/Brooks Cole.

Cognitive Behavioural Therapy - CBT

Cognitive Behavioural Therapy also known as CBT is a talking therapy that is there to help a wide range of emotional and physical health conditions in adults, young people and children. CBT looks at the different ways a person would react to certain situations and how an event can affect the way people react towards it. "The idea that it is a dire necessity for adults to be loved by significant others for almost everything they do -- instead of their concentrating on their own self-respect, on winning approval for practical purposes, and on loving rather than on being loved" - *The Essence of Rational Emotive Behaviour Therapy*, by Albert Ellis, Ph.D. Revised, May 1994. The cognitive

behaviour therapy (CBT) is an approach that involves talking. In the therapy, the clients will have to express their feelings and they will also have to discuss their thoughts and feelings, behaviours and thoughts to a therapist. The CBT focus is to determine the clients feelings and identify how they are affecting the client, in terms of their actions. Working together the therapist and client will look into whether any thoughts, feelings and behaviours could be unhelpful towards the client, and they will find a solution to how it can/could be changed. The National Institute for Health and Clinical Excellence (NICE) is an evidence based guidance source for the NHS. CBT was developed by two psychologists Albert Ellis and Aaron Beck during the 1960s. Rational Emotive Behaviour Therapy (REBT) was first used by Albert Ellis, it is a type of Cognitive Behavioural Therapy which looks at emotional and behavioural problems and finding a way how to resolve the issues. Albert Ellis also created the ABC - Technique of Irrational Beliefs. Activating event, Belief and Consequences are the first three steps in the process. A - Being in a challenging situation, B - Interpreting the situation, C - what is done or felt as the result of the situation.

Psychotherapy

Psychoanalysis was founded by Sigmund Freud in 1896. He wanted to understand why people's lives and relationships are full of confusion and pain. He explains how life is hard and teaches people how to cope. His theory was popularised as a treatment for people with mental health disorders. Psychoanalysis theorises that a human's personality can be divided into two parts, the conscious and unconscious minds. The conscious part of the mind is the one people always use while the unconscious is part of people's minds and people are not aware that it is also the one that drives people's behaviour. More specifically, the mind is driven by the conflict between the Id, Ego and the Superego. Sigmund Freud has an important idea which is a human psyche that is made up of three parts which include Id, Ego and Superego (personality). The ID is the part of the mind that exists entirely in the unconscious so people are not aware it also contains sexual and aggressive drives and a hidden memories, it works as a pleasure principle, the Ego develops after the ID and it works on the reality principle, the Ego negotiates between the ID and the environment, it is also what everyone sees as a personality. The Superego is the last to develop, it's our conscience, it is what people think the difference is between right and wrong. The Ego often meditates between the Superego and the ID. *'The mind is like an iceberg, it floats with one-seventh of its bulk above water.'* - Sigmund Freud. In the theory Sigmund Freud had a number of Ego defences. Defence mechanisms are strategies that are used psychologically and are used to protect a person from arising anxiety when thinking about displeasing thoughts and feelings. Defence mechanisms are used to keep people safe from the feeling of anxiety or guilt, people could be experiencing feeling like that if their ID or Superego is too challenging. *Freud, A. (1937). The Ego and the mechanisms of defence, London: Hogarth Press and Institute of Psycho-Analysis.*

The final theory I will be focusing on is another type of psychotherapy called Gestalt therapy. It was developed by Fritz Perls, it is an humanistic form of therapy and it was designed originally as an alternative to psychoanalysis, it is also a theory of contact or figure forming. Gestalt therapy is very similar to person-centered therapy. It emphasis on the use of empathy, understanding, and unconditional acceptance. Gestalt therapy is used for a wide range of different mental health issues such as, addiction, stress, anxiety and depression. Gestalt therapy is used to restore a persons self awareness which is lost. Gestalt therapy can either be carried out 'one to one' or as a couple, small or large groups and with families. There are key concepts to Gestalt therapy which are Person centred awareness which focuses on the the present time. It allows an individual to experience seeking out their unconscious, but while in the present and still be aware. Respect, clients of Gestalt therapists will always be treated with respect, this will continue if the person is individual, in a group or family. Relationship is the central consideration to a persons experience and that the client is to feel whole when they have a good relationship with those who surround them. Fritz Perls approach focused on the here and now, the what and how of experiencing. *"Anxiety is the gap between now and later"* - Fritz Perls. Gestalt therapists mainly focus on the energy that is in the body, how it is used, and how it may be causing a obstacle. *Corey, C. (2005). Theory and practice of counselling & psychotherapy. (7th ed.). Belmont, CA: Thomson Learning.* Energy that is being obstructed is a form of opposition. Gestalt therapy is releasing the bad energy that may be holding back.

Comparison

When comparing and the three major approaches, I found the following similarities between the Person Centred Approach and Cognitive Behavioural Therapy. They both deal with the conscious mind, the here and now and focus on current problems and issues the client may have and want to discuss. The theories/approaches both attempt to improve a persons well being and create a therapeutic relationship with the client. They both also have a positive outlook on the nature of a human being, but they also have their differences as Person centred helps the client find their own answers and CBT tells the client what is wrong with them. The Person centred approach relies interaction from the client themselves, where as CBT the therapist is more likely to drive the session, this is a similar to how psychodynamic approach works. In comparing the similarities between Person Centred and the Psychodynamic Approach, they both have the same concepts of self actualisation. The super-ego and the self-concept, both have rules and moral values which have been appointed by significant others. "Freud emphasised that the need to modify defences, to reduce the pressures from the superego so that the patient could become less frightened of the superego and to strengthen the ego" Dryden, W (2002) *Handbook of Individual Therapy Fourth Edition*. Page 27. There are some main similarities between the Person centred approach and psychodynamic approach. They are both approaches in counselling to help clients overcome any issues that stop the client to progress their personal growth and to help the client gain a much better quality of life. Also both approaches have a main focus in on the problems/issues that may or have prevented the client from their relationships being successful. There are a vast amount of differences between the theories, but between Person centred therapy and CBT the differences are that CBT is a behaviour school and Person centred is a humanistic school. With CBT when a client has a session the therapist can give the client 'homework' where as Person centred doesn't. They also difference in client and counsellor relationships, as with Person centred it is only the client and counsellor with CBT there's is client, counsellor and techniques. https://youtu.be/FOyYeDB_N3c

Conclusion

In conclusion I believe that I have described three approaches, including CBT, Person Centred and Psychoanalysis. I have identified each of the goals that the three approaches have set for themselves. I have also explained the different relationships the approaches have with clients. I have found different comparisons and differences within the approaches and I believe that it has helped me to understand that not all counselling strategies are the same. I now understand that different approaches to certain issues are better than others.