

EDPY 442: Introduction to Counselling

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EDPY 442 *Introduction to Counselling*

Brainstorming Questions...

- What is Counselling?
- Where does this knowledge about counselling come from?



Counselling in
the movies &
TV...



The nature of counselling

- Counselling involves an interpersonal relationship built upon the collaboration of two experts that is geared towards the achievement of the client's goals; the client is viewed to be the expert on his/her own experience and the counsellor is viewed to be the expert on the helping process

Specific Aspects of Counselling

- Interventions are based on theory
- It is guided by ethical and professional standards
- Counselling involves a unilateral relationship that is client-centered
- Counsellors refrain from advice-giving to promote client self-sufficiency
- It is important to note that there may be life circumstances, social, cultural, and political factors that may limit a person's options in improving his/her life situation.

Specific Aspects of Counselling Con't

- Counselling relationships are time-limited and short-term. Average length of counselling is 12 sessions over 3 months
- Counsellors often work beyond their one-on-one interactions with clients by participating in Public Advocacy
- Counselling has a broader scope of practice than related professions and addresses prevention, growth and remediation

Specific Aspects of Counselling Con't

- Counselling aims to assist individuals in making major life decisions, adapting to challenges and stressors, and in promoting wellness and alleviating psychological distress across all stages of development

Summary of What Counselling IS NOT...

- Talking to someone like a friend
- Giving advice (guidance)
- Solving other's problems
- Creating major personality change
- Prescriptive or diagnosis/pathology focused (psychiatry)

Summary of What Counselling IS...

- Based on working relationship with client
- Focused on prevention, early intervention, wellness, empowerment
- Confined to specific setting
- Provides client with resources to enhance their world or environment

Typical Issues Presented in Counselling

- Depression
- Anxiety
- Relationship difficulties
- Family difficulties
- Trauma experiences
- Educational/learning difficulties
- Grief and life transition
- Addictions etc...

Who is the Counsellor?

- Counsellors are people concerned with “people problems”
- Counsellors work in a variety of settings: schools, mental health institutions, hospitals, police departments and in private clinics

Why Become a Counsellor?

- People become counsellors for a variety of reasons, but generally because they *believe they can make a difference and be helpful to others*
- Unless our reasons for becoming counsellors are understood, they may have a negative effect on our clients.
- Before becoming counsellors, people must deal with their personal problems and issues – SELF REFLECTION IS A MUST...

Some Reasons for Becoming a Counsellor

- A desire to make a difference and contribute
- A need to be helpful and care for others
- A need for power, influence, and status
- A Need to understand and solve their own personal problems- “wounded healer”, which has its advantages and disadvantages

Key Counsellor Qualities or Characteristics

- Skills that help to form a therapeutic bond are:
 - Communicating empathy
 - Respect
 - Concreteness
 - Confrontation ***
 - Self-disclosure ***
 - Immediacy
 - Self-awareness of attitudes, values, and feelings

Comb (1986) found 6 beliefs that distinguish a “good helper”. Good counsellors are said to believe:

- that personal meaning within someone’s worldview is important, not external behavior
- in being sensitive and empathic
- positively in people
- positive thoughts about themselves
- in “purposes” and “priorities” and have goals and solid interpersonal relationships
- strongly about methods for helping

Attributional Models

What do Counsellors Attribute Client's Problems to???

1. Medical Model:

- Clients are not held responsible for causing their problems or for solving them, so the counsellor acts as an expert in promoting change

2. Moral Model:

- Clients are held responsible for both causing their problems and for solving them, so the counsellor acts as a facilitator of change

Attributional Models Con't

3. Compensatory Model:

- Clients are held responsible only for solving their problems but not for causing them; the counsellor provides guidance or acts as a teacher to move them towards problem resolution or wellness

4. Enlightenment Model:

- Clients are held responsible for causing their problems but not for solving them (i.e. they are seen as being "out of control"); the counsellor acts as an expert problem-solver similar to the case in the medical model

- Research indicates that counselling psychologists tend to have high rates of depression, anxiety, and usage of counselling services.

Why?

- 1) Higher rates of openness to help-seeking on their part since they are mental health professionals
- 2) The nature of counselling practice which makes personal issues salient
- 3) Counsellor Burnout

Dr. Everly's Burnout Club: Rules and Regulations

- Be a "perfectionist" never accept anything less
Work at least ten hours a day; work as many holidays as possible
- Adhere to a diet of "fast foods" and candy bars
- Adhere to inflexible idealism
- Assume the responsibility for solving the problems of all your friends, family, and co-workers
- Never delegate any responsibility
- Never say "no" – try to please all of the people all of the time
- Never waste time relaxing
- Never exercise
- Never take any time off for yourself - if you are ever forced to do so, feel as guilty as possible about it
- You must remember that everyone else comes first! Your needs come last!
- Above all, get emotionally involved in everything you do. Learn to empathize in all aspects of your life.
