

Introduction to Counselling EDPY 442

Counselling Process and Theories:
*Psychoanalytical, Adlerian, and Humanistic Theories of
Counselling*
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Importance of Theories in Counselling

- All counselling approaches are based on some theoretical framework
- It is the foundation of good counselling
- A theory provides the counsellor with a lens from which to view the counselling process, the client-indicated concern, and ways of working to achieve client improvement
- Without a well thought out theory, counselling can risk being ineffective

Importance of Theories in Counselling Cont'd...

- In the text, Boy and Pine emphasize the practical merits of theory and indicate 6 functions of theory:
 - 1) Theory helps counsellors find unity and relatedness within the diversity of existence
 - 2) Theory compels counsellors to examine relationships they would otherwise overlook
 - 3) Theory gives counsellors operational guidelines by which to work and helps them evaluate their development as professionals
 - 4) Theory helps counsellors focus on relevant information and tells them what to look for
 - 5) Theory helps counsellors assist clients in the effective modification of their behavior, *cognitions, emotional functioning, and interpersonal relationships.****
 - 6) Theory helps counsellors evaluate both old and new approaches to the process of counselling

More about Counselling Theories....

- There are more than 400 systems of psychotherapy and counselling
- It is important to keep in mind that *no one theory can provide all the answers our clients*
- Therapists need to discriminate among the many theories to find the one (s) that seem to fit for them and for their clients or client issues
- Many counsellors identify themselves as being "eclectic" in their theoretical orientation – indicating that counsellors tend to use what seems to work for the particular client or client issue/need
- Under the eclectic framework, a counsellor is flexible in his/her approach and considers the client on an individual basis

Keep in Mind....

- Research is indicating more and more that regardless of what theoretical orientation a counsellor is operating from, there are certain common factors that appear to be connected to client improvement:
 - 1) Client factors (40%)
 - 2) Client-counsellor relationship (30%)
 - 3) Hope and expectancy (15%)
 - 4) Technique (15%)

Theories to Explore....

- 1) Psychoanalytic***
- 2) Adlerian (psychodynamic –READ in text book)
- 3) Humanistic ***

Psychoanalysis...

- One of the first theories to gain public recognition and acceptance
- Psychoanalytic theory has been the foundation from which the more than 400 counselling theories have developed
- Case example of "Karen" and "Cathartic Recollection"

The Founder of Psychoanalysis...



Sigmund Freud

- Viennese Psychiatrist (1856-1939)
- Entered into the University of Vienna at age 17 and worked as a research scholar in an institute of physiology... later earned his MD in 1891
- Married at the age of 30 and began to develop a private practice shortly thereafter and had a daughter named Anna Freud
- During his work with patients, he became convinced that the basis of neurosis was sexual conflict. This insight was met with professional insults and his private practice quickly declined
- He then began the painful and lonely process of self-analysis in order to serve as his own subject in his studies of the unconscious
- Finally in the early 1900's his risky work began to be recognized by scholars and he worked with William James, Alder, and Jung
- Freud worked 18- hour days and worked until he died from bone cancer at the age of 85

Psychoanalytic View of Human Nature...

- **Conscious Mind:** What we are aware of in the outside world
- **Pre-conscious Mind:** the part of the mind that contains hidden memories or forgotten experiences that can be remembered
- **Unconscious Mind:** the part of the mind that contains the instinctual and repressed forces

Psychoanalytic Theory of Personality



- According to Freud, the personality consists of three parts:
 - 1) Id – basic needs and instincts and operates according to the “pleasure principle”
 - 2) Ego – the “executive of the mind”, the conscious and decision maker and operates according to the “reality principle”
 - 3) Superego- the “conscience” of the mind that contains the values of parental figures and operates according to the “moral principle”
- The id and superego are confined to the unconscious and ego operates in all three (conscious, unconscious, and pre-conscious)

Psychoanalytic Theory of Personality

- Freud believed that the basic dynamic forces motivating personality were Eros (life and sex) and Thanatos (death and aggression).
- These complementary forces are instincts that possess a somatic basis but are expressed in fantasies, desires, feelings, thoughts, and actions.
- The individual constantly desires immediate gratification of sexual and aggressive impulses.
- The demand for immediate gratification leads to inevitable conflicts with social rules that insist on some control over sex and aggression, if social institutions are to be stable and orderly.
- The individual is then forced to develop defense mechanisms or inner controls that restrain sexual and aggressive impulses from being expressed in uncontrollable outbursts
- The development of defense mechanisms keeps individuals from becoming conscious of basic inner desires. The defense mechanisms serve to keep the individual out of danger of punishment for breaking social rules.

Role of the Counsellor and the Therapeutic Relationship in Psychoanalysis...

- The therapist is seen as the expert who makes interpretations about the client's life and issues
- The therapist utilizes several techniques in order to achieve integrated interpretation (i.e., dream analysis, free association etc.)
- There is often a focus on childhood experiences
- The therapist does little in the way of self-disclosure and encourages the client to speak freely about his/her experiences
- Therapist's role is to let clients gain insight by working through unresolved past experiences

The therapeutic relationship

- Within the patient-analyst relationship, "the working alliance is based on the relatively non-neurotic, rational, realistic attitudes of the patient toward the analyst. This alliance is a precondition for successful analysis, because the rational attitudes allow the patient to trust and cooperate with the analyst..." (Prochaska & Norcross 2002).
- Transference is seen as one of the most important sources of content for analysis
- Through displacement, impulses, feelings, and defences pertaining to people in the past are shifted to the analyst and this becomes the actual content of psychopathology for analysis
- The analyst's own reaction to the patient must be a delicate balance between being warm and human enough to allow a working alliance to develop, yet depriving and blank enough to stimulate the patient's transference reactions
- Analysts must also be aware of their own unconscious processes, as another source of accurate interpretation and guard against reacting towards their patients on the basis of countertransference

Psychoanalytic Goals for Therapy

- Primary goal is to make the patient become more aware of the unconscious aspects of his/her personality
- Help the client work through a developmental stage not previously resolved
- Helping patients cope with the demands of society and work to strengthen the ego

Practicalities of Psychoanalysis

- In order for analysts to be considered competent to analyze their own countertransference reactions, they must have been psychoanalyzed by a trained analyst and must have graduated from a psychoanalytic institute
- 99% of classic psychoanalysts have undergone personal therapy themselves and their therapeutic experiences average 400-500 hours
- Classic analysts prefer seeing patients 4-5 times per week, although some will see patients at least 3 times per week
- Psychoanalysis currently costs between 100-150 per 50 minute session with cost varying according to the city and the reputation of the analyst
- On average actual work with an analyst is completed in an average of 4-6 years (there is always more in the unconscious that could be made conscious)

Humanistic or Person-Centered Counselling

- Humanistic counselling focuses on the potential of individuals to actively choose and purposefully decide about matters related to themselves and their lives
- The focus in this approach is to increase self-understanding through experiencing one's feelings
- Within the humanistic theories – there are person-centered, existential, and Gestalt theories

Founder of Person-Centered Counselling: Carl Rogers (1902-1987)



Carl Rogers (1902-1987)

- Rogers personally experienced the devastating effects of parents imposing conditions of worth
- He got his Ph.D in clinical psychology and worked for 12 years as a psychologist at a child's guidance clinic
- He looked to his clinical work to develop the basis of his theory
- He believed in the importance of humanity versus technique to remedy human problems
- His students were very important in encouraging him to do empirical work on his theory of which he subsequently became very popular for

View of Human Nature

- People are essentially good
- " humans are positive forward-moving, constructive, realistic, and trustworthy"
- Self-actualizing tendency which is the "inherent tendency of the organism to develop all its capacities in ways which serve to maintain or enhance the organism" – this includes not only the tendency to reduce tension, but also to meet physiological needs (air, food etc)
- He believed that each person has the capacity of finding personal meaning and life purpose

View of Human Nature Cont'd

- Individuals are viewed from a Phenomenological perspective- it is the meaning that people make of reality rather than reality or the event itself
- For a healthy person to emerge, a person needs positive regard- love, warmth, care, respect and unconditional acceptance from parents and others including a therapist
- Feelings of worth develop if the person behaves in certain ways because conditional acceptance teaches the person to feel valued only when conforming to others' wishes
- There is a tension between the ideal self(what the person is striving to become) and the real self(what the person is). The further the ideal self is from the real self, the more alienated and maladjusted a person becomes

Role of the Counsellor and Therapeutic Relationship

- The counsellor sets up and facilitates a climate in which the client is free and encouraged to explore all aspects of him/herself
- Focus is on the client-counsellor relationship
- The therapist is aware of the client's verbal and nonverbal behaviour and reflects that back to them
- The counsellor trusts the client to develop an agenda on which he or she wishes to work
- The Therapist is the process-expert and expert learner of the client.

Goal for Therapy

- Ultimate goal is to increase congruence between the *ideal self* and the *real self*.
- Goals are centered around the client as a person and not their problems
- People need assistance to learn how to cope with situations
- Goal is for the client to develop a greater acceptance of self and others and become a better decision maker in the here and now
- The therapist works on encouraging the client's strengths to surface and to integrate these resources into their lives

Process of Therapy

- Given the atmosphere of positive regard, clients are to take the initiative to inform the therapist about their personal experiences
- The therapist is to actively listen and to be able to sensitively capture the essence of the client's experience
- Therapist is to understand and **not** interpret
- The therapist is to help the client relocate their attention, so that they can make greater use of the information generated by their own feelings
- By the therapist really attending to the client, this will facilitate the client's process in breaking through some of their perceptual rigidities or attend to things not previously attended to.

Therapeutic Techniques

- The quality of the therapeutic relationship is the MOST important technique
- Rogers believes that there are three necessary and sufficient core conditions of counselling
 - 1) Empathy
 - 2) Positive regard and acceptance
 - 3) Congruence (genuineness)

Techniques cont'd

- Empathy- the counsellor's ability to feel with the client and convey this back to them
- Positive Regard- is a deep and genuine caring for the client as a person and prizing them for just being
- Congruence- the process of being transparent in the therapeutic relationship
