**Counselling Application Questions**

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| **Explain your reasons for wanting to embark on this course at this time in your life**  I am interested in therapies. I have been studying and using complementary therapies (meditation, massage, energy healing, regression, etc.) for many years. Also, I studied psychology and sociology. I wanted to continue my academic education, but I missed spirituality in most academic courses. For some time I did not know what to do. I did not know much about counselling, yet, I listened to my intuition and I enrolled introductory courses (Foundation in Theory and Counselling Skills courses). I realised that counselling is something I was always looking for. I would like to continue my academic progression in this direction. My dream is to have a private practice in a future where I can provide counselling and other complementary therapies.  Also, I believe that studying and practising counselling would help me to become who I want to become (self-actualisation). |
| **Describe present strengths and weaknesses in the role of the helper as you perceive them**  I am an emphatic and understanding person. I believe that I have a good understanding of the human nature and its needs. I have experience in different helping roles. I need to work on my communication skills and on my self-esteem to improve my helping skills. Furthermore, I want to continue my personal development because I believe that an effective therapy not only depends what I do, but who am I and how I regard others. |
| **Please detail on the ways in which person centred philosophy, theory and practice, as you currently understand them, relate to your own personality and experience**  Occasionally, my everyday attitudes and habits are conflicting with person-centred ideas. For example, sometimes I want to rescue, conclude too early or to force my ideas. But recently, I realised that advising and enforcing things that I want can be very unhelpful for the other person and bad for our relationship. Therefore, I am making an effort to be more aware of these kinds of attitudes in order to be more person-centred.  In general, the person-centred therapeutic approach stays close to me because it seems to me that it is a very natural way of helping, without enforcing any theory (or judgement) on the other person. I am usually against medicalisation, institutionalisation and labelling. I believe that people have the ability to heal themselves and they have a potential for self-actualisation. New experiences that can be facilitated by helpers, can lead to self-healing process. This to happen, the right conditions need to be provided. Counselling stays close to me as it promotes personal growth and self-development. Besides, I believe that the effectiveness of all therapies largely depends on common factors of psychotherapies (Rogers called them "sufficient conditions"). |
| **What role (if any) has spirituality played in your life?**  I became interested in spirituality several years ago when I had many difficulties in my life. I started to learn natural healing, meditation and self-development. Later, I have changed my technical profession to a helping profession and I started to study psychology and sociology. I am interested in religion and eastern philosophies as well. When I started to study counselling I realised that the theory of counselling fits well with my views and beliefs, which go beyond scientistic materialism.  Since I am interested in spirituality almost all aspects of my life have changed. I am able to live a more balanced life and I am more able to help other people. Counselling has been helping me a lot in my personal development and it has been an important element of my spiritual journey. |
| **Your thoughts about possible effects on your life and current relationships by undertaking training of this kind**  I have changed a lot in the last ten years, so I am aware that a counselling training that involves personal development can affect me. As I might change gradually, some people can judge me and I can have conflicts with them. So I might lose some of my friends. At the same time, I can make new friendships. Yet, I think most of my friends and family members would accept me even if I change somewhat.  **Your thoughts and plans for coping with the extensive course academic work required** |
| I am a hard working person and I usually achieve what I really want. Although I have some commitments, I have a lot of free time that I can devote to my academic work. My interest in this subject gives me motivation. My previous studies have provided me with the basic theoretical knowledge and with the study skills that are necessary to cope with the extensive academic work required by the course. |