**Counselling Theory Basic Notes**

CBT and Person-Centred Counselling are the 2 main therapies in the UK.

The quality of the relationship shows the effectiveness of the therapy ----> effective outcome

The second most reliable indicator of the outcome is how the practitioner practices. Genuinity of the practitioner.

Pete Sanders: First Chapters in Counselling Chapter *Read Chapter 2 up to p. 48.*

Notice my personal feelings and reactions to different approaches. Find a therapeutic model that suits me.

**Therapeutic Approaches and therapy types**

* Behavioural
* Cognitive
* Psychoanalysis -> Psychodynamic (Freud)
* Person Centred
* Gestalt
* Integrative
* Transactional
* Jungian (Jung Alder)
* Humanistic (Maslow)
* Art, music, play drama..
* Hypnosis
* Regression
* Focusing
* Systemic/Family therapy
* Group therapy
* Cancer/HIV/Bereavement
* EMDR -REM activity
* CAT

In Person-Centred Counselling (PCC) the client needs to discover and unfold things, we need to talk sensitively and not forcing in my theories.

We watched a video on YouTube (Three approaches to psychotherapy -Gloria) about Gestalt, Cognitive (or rational emotive therapy Albert Ellis) and PC therapies (Carl Rogers) (we did not watched the Gestalt part).

PCC > Her father was not accepting her, as a result she is not accepting herself. As she is started t accepting herself she started to find the solution for her problem...

Sometimes clients will talk about something else and they will not talk about the problem if they do not feel the connection with the therapist.

Part of us may want a change, part of us not. Asking the person about the part that does not want the change (e.g. giving up the smoking). We should not only address the part of the mind that wants change.

Accepting if someone has a different opinion and different belief (or faith) and not imposing my own opinion, yet I should be honest with my personal opinion.

How can I work with people who have a serious mental health problem? How can I work with people who do not have the skills to understand their life? The change comes from the experience and realising it, but some people have a problem to experience who they are. Make a psychological contact. Calm them down and help them what is going on around them. Maybe we cannot cure their schizophrenia, but we can help them to make easier their everyday life.

**Expressions - qualities of humanistic psychology**

**Phenomenology** - personality is studied from the point of view of the individual’s subjective experience

Phenomenological approach - personal response to the world of reality

Another person can never experience the same subjective world or to be explained scientifically.

The person is always changing, it is in a flow. The person is constantly experiencing according to Humanistic Psychology. So there is always a potential for growth (we are not fixed). The therapist makes an environment that affects the experience this can help to grow.

**Actualisation of organism**

**Actualising tendency** - life is a process and there is always a tendency to something. It is an inherent and universal property of the life. It does not necessarily need to be conscious about this process. It is a Biological theory - the directional growth is the property of that organism. There are no moral values behind (good/bad/) behind the actualising tendency. Only people have the positive and negative judgment. The development depends on the environmental conditions and on communication with the environment. For example, for a baby the safety is important (child development) in the process of self-actualisation.

**Actualisation** - a process of becoming

**Self-actualisation** - self-becoming (the realisation or fulfilment of one's talents and potentialities, especially considered as a drive or need present in everyone)

**Self concept / self structure** - relates to the holistic (physical, mental and emotional) perspective of the self

**Incongruence** - the difference between how I feel and how I think and express my feelings. Like being homosexual and pretending to be heterosexual in front of his family. Or someone is not crying because "men do not cry". Denial (denying the feeling) or distortion ("I do not cry, it is the dust") of the feelings just to keep up the self-concept.

 If the experience is not accepted by the environment. Everyone needs acceptance to help self-acceptance.

The person is anxious and terrified if the self-concept breaks down because it is too rigid and cannot cope with the world. Self-acceptance can "fix" the self-concept. The acceptance and the experience during the therapy can help to reconstruct the self-concept.

**Conditions of worth** - when someone is accepted only if... (conditions). For example, the environment of the child is guiding the person where to focus (like education or sport) depending on the parents’ expectations. Depends how the children are accepted or approved. This is affecting the self-concept.

"I am good only if I achieve."

"Big boys don't cry" -> so not allowing to express feelings

Even if we are judging (inside), we need to be aware of it, do not put conditions of worth on others during counselling. If I am struggling to understand the client, I need to work on myself. Why I cannot accept the person.

Conditions of worth cuts us from acceptance. A different experiences (experience of the core conditions) can help accepting ourselves. This affects our self-concept and changes the conditions of worth

Conditions for growth <-> core conditions

If someone is placing conditions of worth on someone it creates frustration, denial of feelings and they just want to please others to avoid this. Example: bereavement; the family is forcing the person to recovery and to cope very early. The person has a fear that he is going to fail to cope and denying his feelings.

Book recommendation: *Sue Gerhardt - Why Love Matters*

Also see: Carl Rogers conditions of a fully functioning person (idealy) - Wikipedia

Rogers six necessary and sufficient conditions (handout)

**Organismic experience (organismic self) -** the original feeling and experience before it is distorted or denied by the self-concept

**Organismic valuing process** (sometimes referred as a **real self**) - what the organism is wanting. When you are able to incorporate your feelings to decide something. When you feel what you should do.

As the individual perceives and accepts into his self structure more of his organic experiences, he finds that he is replacing his present value system - based extensively on introjections which have been distortedly symbolized - with a continuing organismic valuing process (Wikipedia)

**locus of evaluation** - how you respond to the world, looking inside and outside

**The Difference Among Sympathy, Empathy and Identification**

**Sympathy** is a general compassion or sorrow for another person’s situation.

**Empathy** is the ability to identify with or understand another’s situation or feelings. Empathy is putting yourself in someone else’s shoes to understand that person’s situation; knowing what they are going through.

Empathy is the intellectual identification of the thoughts, feelings, or state of another person while **identification** is the act of identifying, or proving to be the same.