Approches to councelling

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Psychoanalytic therapy

Psychoanalytic therapy is a form of talking therapy based on the theories of Sigmund Freud. Considered one of the forefathers of psychology, Freud is the founder of psychoanalysis. The approach explores how the unconscious mind influences thoughts and behaviours, with the aim of offering insight and resolution to the person seeking therapy.

Psychoanalytic therapy typically looks at the client's experiences of early childhood, to see if any events have had particular impact on their live, or contributed in some way to current concerns. This form of therapy is considered a long-term choice, and sessions can continue for weeks, months or even years, depending on the depth of the concern being explored.

The history of psychoanalysis

As mentioned above, the theories behind psychoanalysis and psychoanalytic therapy come from the work of Sigmund Freud. It was during the late 1800s that Freud began studying with Jean-Martin Charcot in Paris, a neurologist who used hypnosis to treat women suffering from what at the time was called 'hysteria'. Charcot found that by talking to his patients about the traumatic experiences, their symptoms lessened.

Freud continued his work, developing his own method of talk therapy and establishing therapeutic techniques that are still used today, including free association, dream analysis and transference. While some of Freud's theories have come under scrutiny since, much of his work remains influential in the world of psychotherapy.

How does psychoanalytic therapy work?

Psychoanalytic therapy is insight driven, and therefore looks to foster change by helping you understand your past and how events from your early life could be affecting you now. Sessions will vary according to why you are seeking therapy, and where you are in the

therapy journey, but much of the time will be spent talking freely to your therapist in a safe, non-judgemental environment.

The therapist will listen to your concerns and look out for patterns or certain events that may hold significance. In this type of therapy, it is believed that our unconscious feelings and certain childhood events play a key role in mental distress.

As well as listening to you talk about your experiences and your concerns, the therapist may use other techniques to help you understand and identify potential causes for your concerns, such as free association, therapeutic transference and interpretation.

Free association

Free association involves you talking about whatever comes into your mind without censoring or editing the flow of memories or ideas. Your therapist will encourage you to speak freely to help you return to an earlier emotional state, so they can better understand any recurrent patterns of conflict you may be experiencing.

Therapeutic transference

Transference relates to the way you may be transferring thoughts or feelings connected to influential figures in your life (for example your parents or siblings) onto your therapist. While this may not happen in every case, if it does, your therapist should discuss transference with you to help you gain further insight into the way you deal with people in your daily life.

Applications of psychoanalytic therapy

Psychoanalytic therapy can be used by those with a specific emotional concern, as well as those who simply want to explore themselves. Understanding why we are the way we are, often brings with it a sense of well-being and a strong sense of self. As psychoanalytic therapy is considered one of the more long-term therapy types, it is perhaps less useful for those seeking quick, solution-focused therapies. Psychoanalytic therapy is a gradual process that takes time, yet the results are said to be life changing.

Some believe that due to the nature of therapy, psychoanalytic work is better suited to more general concerns such as anxiety, relationship difficulties, sexual issues or low

self-esteem. Phobias, social shyness and difficulties sleeping are further examples of areas that may be effectively managed with the help of psychoanalytic therapy.

Psychoanalytic therapy can also be applied in a group setting. This is called group analysis. This form of therapy brings together psychoanalytic techniques with interpersonal functions.

Behaviorist approach

• Behaviorist approach is grounded on a scientific view of human behavior that implies a systematic and structured approach to counseling. This view does not rest on a deterministic assumption that humans are a mere product of their sociocultural conditioning.

• Behaviorists views that the person is the producer and the product of his or her environment.

• The current trend in behavior therapy is toward developing procedures that actually give control to clients and thus increase their range of freedom.

• Behavior therapy aims to increase people's skills so that they have more options for responding. By overcoming debilitating behaviors that restrict choices, people are freer to select from possibilities that were not available earlier, increasing individual freedom.

Six key characteristics of behavior therapy are

1. Behavior therapy is based on the principles and procedures of the scientific method.

2. Behavior therapy deals with the client's current problems and the factors influencing them, as opposed to an analysis of possible historical determinants.

3. Clients involved in behavior therapy are expected to assume an active role by engaging in specific actions to deal with their problems.

4. This approach assumes that change can take place without insight into underlying dynamics.

5. The focus is on assessing overt and covert behavior directly, identifying the problem, and evaluating change.

6. Behavioral treatment interventions are individually tailored to specific problems experienced by clients.

The Therapeutic Process Therapeutic Goals

• Goals of behavior therapy are to increase personal choice and to create new conditions for learning. The client, with the help of the therapist, defines specific treatment goals at the outset of the therapeutic process.

• Continual assessment throughout therapy determines the degree to which identified goals are being met.

• Contemporary behavior therapy stresses clients' active role in deciding about their treatment.

• The therapist assists clients in formulating specific measurable goals. Goals must be clear, concrete, understood, and agreed on by the client and the counselor.

• The counselor and client discuss the behaviors associated with the goals, the circumstances required for change, the nature of sub-goals, and a plan of action to work toward these goals. Therapist's Function and Role Behavior therapists conduct a thorough functional assessment (or behavioral analysis) to identify the maintaining conditions by systematically gathering in-formation about

• Situational antecedents,

• Dimensions of the problem behavior, and

• Consequences of the problem. The ABC model, addresses antecedents, behaviors, and consequences. ABC model of behavior suggests that behavior (B) is influenced by some particular events that precede it, called antecedents (A), and by certain events that follow it called consequences (C).

• Based on a comprehensive functional assessment, the therapist formulates initial treatment goals and designs and implements a treatment plan to accomplish these goals.

• The behavioral clinician uses strategies that have research support for use with a particular kind of problem. These strategies are used to promote generalization and maintenance of behavior change.

• The clinician evaluates the success of the change plan by measuring progress toward the goals throughout the duration of treatment. Outcome measures are given to the client at the beginning of treatment (called a baseline) and collected again periodically during and after treatment to determine if the strategy and treatment plan are working.

• A key task of the therapist is to conduct follow-up assessments to see whether the changes are durable over time. Clients learn how to identify and cope with potential setbacks. The emphasis is on helping clients maintain changes over time and acquire behavioral and cognitive coping skills to prevent relapses. Client's Experience in Therapy

• It provides the therapist with a well-defined system of procedures to employ.

• Both therapist and client have clearly defined roles, and the importance of client awareness and participation in the therapeutic process is stressed.

• Behavior therapy is characterized by an active role for both therapist and client. A large part of the therapist's role is to teach concrete skills through the provision of instructions, modeling, and performance feedback.

• The client engages in behavioral rehearsal with feedback until skills are well learned and generally receives active homework assignments (such as self-monitoring of problem behaviors) to complete between therapy sessions.

Humanistic psychology

Humanistic psychology refers to a perspective in psychology that believes human emotions and self-image are connected to Behavior. Humanistic psychologists study the person as a whole. This is the opposite of behaviorist psychologists who believe that behavior is a product of the environment a person is in.

Humanistic psychologists emphasize human experiences such as grief, love, and self-worth as the driving force behind human behavior. The humanistic perspective proposes that how people see themselves and how they attach meaning to their experiences relate to their behavior. Decision-making and internal needs are considered far more than responses to external stimuli or instincts.

How Humanistic Psychology Began

Humanistic psychology, also called humanism, was developed in the 1950s due to its limitations and behaviorist and psychoanalytic perspectives. Abraham Maslow and Clark Moustakas established humanism to pursue a theory that focused on a positive outlook and had a more humanistic approach.

Maslow and Moustakas believed that the core tenets of self-actualization, being, becoming, individuality, intrinsic nature, health, and creativity needed to be at the forefront of their new approach. Brandeis University sponsored the theory, thus establishing The American Association for Humanistic Psychology.

Humanistic psychology assumes that:

- Experiences are fundamental to behavior
- Experiences are subjective to the individual who is the primary indicator of behavior
- Scientists cannot understand human behavior through the study of animals
- Individuals, through free will, are responsible for self-fulfillment and growth
- Behavior is not always determined
- It is natural for a person to want to reach their maximum potential
- Humans are inherently good
- People must experience suitable environments during childhood to experience growth
- People and experiences are individually unique. Thus, group studies are not also accurate