

# **COUNSELING AND PSYCHOTHERAPY FOR GEN. PRACTITIONERS**

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## **Counseling**

- It is a process that helps an individual become aware of himself and the ways in which he is reacting to the behavioral influence of his environment
- Occurs between two individuals
- Occurs in a professional setting
- Is initiated and maintained to facilitate changes in the behaviour of the CLIENT

### **Different types of counseling**

- Behavioral counseling
- Grief counseling
- Marriage counseling
- Solution focused
- Suicide intervention
- Relationship counseling
- Rehabilitation counseling
- Career counseling
- Preconception
- Pregnancy option
- Family planning
- Genetic
- Disciplinary
- E- mail counseling
- Telephonic counseling
- Ecological counseling
- Etc. Etc

### **Common areas explored**

- Emotional conflicts and their resolution
- Reconciliation
- Responsibility assumption
- Problem solving
- Inter personal communication
- Self help
- Stress management
- Relationship education etc

### **Common Counseling Theories**

- Client Centered (Rogers)

- Holistic Health (Biopsychosocial)
- Strengths Based ( positive thinking )
- Cognitive Behavioral
- Solution Focused
- Existential

### **Pattern of sessions**

In counseling there is normally a familiar pattern of sessions –

- Introduction
- Information Gathering
- Discussion
- Conclusion and
- Homework

### **Counseling techniques**

- Basic counseling techniques include
- active listening
- body language
- asking questions
- paraphrasing
- summarizing
- note taking
- homework

### **Client Centered session, the following characteristics will prevail:**

- Empathy: The counselor accurately understands the client's thoughts and feelings from the client's own perspective
- Acceptance or Unconditional Positive Regard: The counselor accepts the client without conditions, without judgment
- Genuineness : The counselor is “there” for the client and is “real”.

### **Active Listening**

A loving silence often has far more power to heal and to connect than the most well-intentioned words.- *Rachel Naomi Remen*

- [Active listening](#) is hard but rewarding work.
- It is so tempting to interrupt, so easy to be distracted.

### **Body language**

- Communication is 55% body language, 38% tone and 7% words.

- Your client may not remember what was said, but remember how you made them feel

**SOLERF method:**

- S - Squarely face person vs. sitting kitty-corner.
- O - use Open posture vs. crossed arms and legs
- L - Lean a little toward the person vs. settling back in your chair
- E - use Eye contact vs. staring off into deep space
- R - Relax, keep it natural vs. sitting like a board
- F - look friendly vs. neutral or scowling

## Psychotherapy

- The treatment of mental and emotional disorders through the use of psychological techniques
- Designed to encourage communication of conflicts
- Insight into the problem
- The goal being change in behavior, improved social & occupational functioning & personality growth
- It is defined as the relief of distress or disability in one person by another, using an approach based on a particular theory, and the person performing the therapy has had some form of training in delivering this.
- It is these latter two points which distinguish psychotherapy from other forms of counseling

Most forms of psychotherapy use spoken [conversation](#). Some also use various other forms of communication such as the written word, [artwork](#), [drama](#), [narrative](#) story or music

**There are several main broad systems of psychotherapy:**

- Psychoanalytic
- Cognitive behavioral
- Supportive
- Brief
- Others like Humanistic, Existential, Systemic etc

### Cognitive Behavioral therapy

- *Cognitive behavioral therapy* refers to a range of techniques which focus on the construction and re-construction of people's [cognitions](#), [emotions](#) and [behaviors](#).

Generally in CBT the therapist, through a wide array of modalities, helps clients assess, recognize and deal with problematic and dysfunctional ways of thinking, emoting and behaving

Understanding it is as simple as A B C

- **Activating Event** – the actual event and the client’s immediate interpretations of the event
- **Beliefs** about the event – this evaluation can be rational or irrational
- **Consequences** – how you feel and what you do or other thoughts

### **Situation One – Negative Perspective**

- A - Mary is walking down the street, and her friend Sarah walks right on by.
- B – Mary thinks, “Oh Sarah is such a jerk.”
- C – Next time, Mary ignores Sarah

### **Situation Two – Positive Perspective**

- A - Mary is walking down the street, and her friend Sarah walks right on by.
- B – Mary thinks, “Oh that Sarah, always distracted.”
- C – Mary calls out, Sarah apologizes for missing her, and they go for coffee!

### **Distortions in our thinking including:**

- 1. Black-and-White - either / or thinking.
- 2. Making Unfair Comparisons – usually in the negative
- 3. Filtering – honing in on the negative, forgetting the positive.
- 4. Personalizing - The Self-Blame Game
- 5. Mind-Reading – thinking we know what others think (negatively)
- 6. Catastrophising – imagining the worst case scenario
- 7. Overgeneralising – “I always mess up...”
- 8. Confusing Fact with Feeling – “If I think or feel this way then my thoughts/feelings must be correct’.
- 9. Labelling – I’m a loser vs. I made a mistake.
- 10. 'Can't Standit s' – being unnecessarily intolerant

## **Supportive psychotherapy**

- This offers patient the support of an authority figure, during a period of illness, turmoil or temporary decompensation
- Uses several methods like
- Warm, friendly, strong leadership
- Dependency needs

- Help in developing hobbies
- The supportive therapist helps the person tolerate and regulate a wider range of emotions, limits self-destructiveness and impulsivity, helps the person talk about his inner life in more productive ways
- helps him get along better with others by strengthening control over socially unacceptable behavior and encourages healthier ways of relating to others, both in and outside of therapy

## **Brief therapy**

**Brief therapy** is an umbrella term for a variety of approaches to [psychotherapy](#).

It differs from other schools of therapy in that it emphasises

- (1) a focus on a specific problem and
  - (2) Direct intervention
- Brief therapy is often highly strategic, exploratory, and solution-based rather than problem-oriented
  - It is less concerned with how a problem arose than with the current factors sustaining it and preventing change

There is considerable controversy over which form of psychotherapy is most effective, and more specifically, which types of therapy are optimal for treating which sorts of problems

## **Behavior therapy**

[Behavior](#) is the activity of living organisms. Human behavior is the entire gamut of what people do including thinking and feeling

[Reinforcement](#) is the most important principle of behavior and a key element of most behavior change programs

- The addition of a stimulus following an event that serves as a reinforcer is termed positive reinforcement
- If the removal of an event serves as a reinforcer, this is termed negative reinforcement

- Punishment is a process by which a consequence immediately follows a behavior which decreases the future frequency of that behavior

Broadly, there are three types of punishment: presentation of aversive stimuli, response cost and time out

Punishment in practice can often result in unwanted side effects, and has as such been used only after reinforcement-only procedures have failed to work

**Behavior modification** is the use of empirically demonstrated behavior change techniques to improve behavior, such as altering an individual's behaviors and reactions to stimuli through positive and negative [reinforcement](#) of adaptive behavior and/or the reduction of [maladaptive behavior](#) through [punishment](#) and/or [therapy](#)

- One of the most simple yet effective methods of functional behavioral assessment is called the "ABC" approach

- Here observations are made on **A**ntecedents, **B**ehaviors, and **C**onsequences

## Hypnotism

- Hypnotism is described as a state of physical relaxation ("nervous sleep") accompanied and induced by mental concentration ("abstraction").

It is actually a wakeful state of focused attention and heightened suggestibility, with diminished peripheral awareness

## Narcoanalysis

Amobarbital ( Amytal)has been used historically as a diagnostic aid in many conditions like conversion reactions, unexplained muteness, etc