

Counseling Dreams and Realities



Welcome to Holland

Emily Perl Kingsley

- Written about her autistic child

Theories of Counseling

- Psychoanalytic
- Cognitive Behavior
- Systemic
- Existential-Humanistic
- Behavioral
- Family Therapy/Family Systems

Psychoanalytic Theory

- Sigmund Freud
- Id, Ego, Superego
- Self-defeating patterns brought on by internal struggles
- Current problems stem from unresolved issues that occurred in Early childhood
- Dreams are viewed as the gateway to the unconscious

Psychoanalytic Theory

- Catharsis is the release of pent-up emotions
- Therapist helps clients alter their self-perception and behavior
- Detachment-the therapist is detached, objective and neutral

Contemporary Theories

Objective Relations Theory

Sees past as strong influence on behavior

Looks at present and creates empathic, supportive relationship

Self-Psychology Theory

doesn't explore only past but here and now issues

defenses identified in sensitive manner leading to greater ego strength and resilience

Contemporary Developments

- Abandoned many of Freud's tenets
- Therapy more brief
- Sessions focus on past and present
- Focus on Identified goals
- Collaborate with patient to form diagnosis and treatment plan

Cognitive Behavior

- The way individuals structure and interpret experiences, determines their moods and behaviors
- Changing conceptualization
- What one thinks determines how one feels
- Therapist is supportive and empathic
- Uses experiments, empirical processes with collaborative alliance

Theory of Personality

- Personality includes genetic endowment and social influence
- Reflects individuals cognitive organization & structure
- Schemas : person's core beliefs & basic assumptions

Strategies

- Reframing view
- Stress inoculation using meditation & relaxation; biofeedback; neurolingistic programming

Systemic Theory

- Circular influence
- Rules of relationships
- Looks at societal influences
- The problem is the problem
- Problems need to be understood within context of family system
- Therapist has to join family to effect change from within

Existential-Humanistic

- Views people as essentially good and growth oriented
- Free choice: people can choose what they become
- Healing takes place within the context of a relationship that includes empathy, advocacy & authenticity
- Less about theory-offers perspective on human condition

Counseling Relationships

- Treats people as persons
- Counselor participant in process
- Focusing on here and now

Client Centered

- Founded by Carl Rogers
- Listening with the self
- Empathy
- Core conditions
- Active listening
- Reflecting feelings
- Safety and Trust

Core Conditions

- Contact: open to each other and mutual influence
- Genuineness: authentic, congruent, human and transparent
- Unconditional Positive Regard: accepting a person's core being regardless of behavior
- Empathy: understanding person from within his/her experience

Behavioral Approaches

- Reinforcements: Rewards and punishment
- Shaping: working with small changes
- Measurement: objective, measurable outcomes
- Actions: dwells more on behaviors than thoughts
- Counselors can help by identifying irrational beliefs and helping client find meaning in life

Family Therapy

- Works with families to nurture change and development
- Interested in what goes on between individuals rather than within an individual
- Maintenance and/or solving of problems
- Analyzing specific previous instances of conflict and suggesting alternative ways family members might have responded to each other

7 Stages of Grief

1. Shock and Denial
2. Pain and Guilt
3. Anger and Bargaining
4. Depression, Reflection, Loneliness
5. The Upward Turn
6. Reconstruction & Working Through
7. Acceptance & Hope

A Grief Observed

C.S. Lewis

- "In Grief nothing stays put. One keeps emerging from a phase, but it always recurs. Round and round. Everything repeats. Am I going in circles, or dare I hope that I am on a spiral?" (p.67).

Shock & Denial

- Numbed disbelief
- Emotional protection from being emotionally overwhelmed
- May last for weeks

Pain & Guilt

- Suffering
- What did or didn't do
- Life feels chaotic & scary

Anger & Bargaining

- Lashing out and blaming someone else
- Try to bargain with "powers"

Depression

- Sad reflection
- Isolation

Upward Turn

- Life becomes calmer and more organized

Reconstruction & Working Through

- Seeking realistic solutions to problems

Acceptance & Hope

- Learn to deal with the reality

Child Development and the impact on Counseling

- Motor
- Speech
- Vision & Hearing

Generational Practicalities

- Boomers
 - 20 minute attention span
 - Ask for feedback
 - Email communications
 - Humor/fun-loving environment
 - Encourage to take risks
 - Actions words and challenges

Generational Practicalities

- Gen Xers
 - Learning by doing
 - Short attention spans
 - Tell them where going and how to get there
 - How do they want to learn
 - Provide input on date/times

Generational Practicalities

- Millennial
 - Use technology
 - Tutorials
 - Keep it short, sweet, relevant
 - Keep up the pace
 - Simulation software
 - You Tube
 - Use computers

Points to Remember

- Ensure privacy & adequate time
- Answer only what they ask
- Encourage parents to express feeling
- LISTEN
- Respond with empathy & warmth
- Provide activities for parents to do
- Encourage other members of extended family to follow-up meetings
- Utilize support personnel

Points to Remember

- Don't go into in-depth detail