

Introduction to Psychological Counselling

Types of Counselling

Session Week 5

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Aim and Learning Outcomes – Week 5 Session

Aim

- To gather more information about counselling.

Learning Outcomes

- At the end of this session, students will be able to:
 - Demonstrate understanding of Counselling.

Introduction

- Week 4 Session, we have assessed an Introduction to Psychodynamic Counselling and Historical Background
- It identified:
 - The Psychodynamic Counselling method
- Week 5 Session will look at Types of Counselling

Types of Counselling

- There are many different sorts of counselling and people go for counselling for many reasons. In this week, we explore ways in which types of counselling can be defined by the reasons for which people seek counselling.
- People may seek counselling for the following reasons because:
 - Their relationships with other people are not working well.
 - They are concerned about their health (mental, emotional, physical and spiritual)
 - They find themselves unable to cope with an educational course on which they are enrolled.
 - They want to enhance their personal growth.
 - They have talked to their friends and still found no solution to their own problems of living.
 - They are counsellors themselves, and need supervision.
- These are not an exhaustive lists of reasons, but these lists cover some of the main ones.

Types of Counselling: SOCIAL OR PERSONAL COUNSELING

- This kind of counseling focuses on emotional and behavioral problems, which start when individuals struggle to handle progressive steps and goals.
- Any feature of progress may become a change problem:
 - Anger feeling over social or personal conflicts
 - Anxiety and stress in personal life
 - Panic
 - Being addicted
 - Loosing confidence
 - Confusion after losing any financial security
 - Depression and loneliness when a loved one is lost
 - Depressive feelings when bored with work
 - Guilty feeling when done serious mistakes
 - A lack of assertion and confidence
 - Grief over the loss of a loved one
 - Serious disappointment over divorce
 - Serious mental health problem

Types of Counselling: OCCOUPTIONAL COUNSELLING

- This type of description includes counseling conditions such as these:
 - Clarifying a work-related interest inventory to an individual who needs assistance
 - Assisting individuals become aware of several professions to consider
 - Supporting people apply for further training to be well-trained
 - Helping a people to select what to do after their training
 - Conducting a mock job interview in preparation for the actual thing
- J. D. Bozarth and R. Fisher attempt to explain four “axioms” of client-centered occupational counseling:
 - The person-centered career counselor has attitudes and behaviors that focus on promoting the inherent process of client self-actualization.
 - There is an initial emphasis on a certain area of client concern, that of work.
 - There are opportunities for the client to test his or her emerging concept of personal identity and vocational choice with real or simulated work activities.
 - The person-cantered career counselor has certain information and skills available to the client through which a career goal can be implemented.

Bozarth, J. D. and Fisher, R. (1990) 'Person-Centered Career Counseling', In Walsh, B. and Osipow, S. H. (eds) **Career Counseling: Contemporary Topics in Vocational Psychology** (Hillsdale, NJ: Erlbaum)

Types of Counselling: COUNSELLING IN HEALTH PROFESSIONS

- Many people who work in health sectors are increasing and advancing their professional tasks to adopt a counseling view to their demanding work environments
- this has been in the sectors of mental health and in general medical practices.
- Wide ranges of counseling techniques are also helpful for health professionals, even if they are not involved as counselors.
- Many people who live with this type of illness seek some kind of supports.
- These may be in the procedure of a psychiatric recommendation, a general practitioner and a social worker.
- However, counseling mostly takes place in formal and informal situation without outside the above health institution.
- This type of counselling requires exceptional knowledge and counseling skills to act accordingly.
- Sometimes, this type of counseling has to be more regulatory than other types of counseling.

Types of Counselling: PERSONAL GROWTH

- Many people, particular those who are interested in personal growth and development, go for counselling because they want to find out more themselves.
- The idea, here, is not that counselling is only for people with problems, but that it can be a useful aid to self-knowledge and self-awareness.
- The argument is that if we can share our inner feelings and thoughts with another person, we can discover other things about ourselves
- In working though someone's blind-spot and through celebrating personal strengths, it is possible to get to know yourself better.

Types of Counseling: COPING WITH GRIEF AND LOSS

- There are many types of Loss:
 - Death of Parent, family
 - Death of Close Friend
 - Death of Colleague
 - Loss/Breakup of Relationship
 - Loss of Friendship
 - Serious Illness in Self or Other
- What to Expect When you are Grieving
 1. Physical Symptoms
 - sleeplessness; sadness; decreased appetite; tearfulness; fatigue; upset stomach; anxiety; dreams/nightmares; lack of concentration
 2. Emotional symptoms
 - Shock, Anger, Denial, Bargaining, Acceptance, Depression
- Coping Skills to help yourself and others
 - Counseling
 - Talking/Listening
 - Support Groups
 - Understanding Grief
 - Letting others Help
 - Taking care of Self Physically (rest well, eat and limit alcohol use)
 - Acknowledge Pain, Allow Tears
- This type of counselling addresses:
 - Understanding Loss, Grief, and Bereavement,
 - Different Types of Loss
 - What to Expect when Grieving
 - Normal feelings and how long grief lasts
 - coping skills and when/where to get help and how to help others

Types of Counselling: PASTORAL COUNSELLING

- Minister-based: Pastoral counselors are primarily pastors serving in local churches or settings where Christian ministry is conducted (e.g. hospitals)
 - Training and services oriented to what is appropriate for those settings
- Professional-based: Specific educational and other training criteria required:
 - religious studies degree
 - Additional coursework in pastoral counseling
 - Supervised experience
- Biblical-based
 - Person seen is experiencing problems in some aspect of their life
 - Typical issues
 - Grief and bereavement
 - Marriage and family
 - Crisis situations
 - Ethical and value concerns
 - Spiritual and/or religious issues
 - Confession of sin for forgiveness,

Types of Counselling: CHRISTIAN COUNSELING

- Christian counseling has unique and distinctive goals which offer the message of Jesus Christ, reveal the values of the Holy Bible, requests spiritual growth, and show the Christian everyday life.
- It shows how counselees develop their life spiritually as well as psychologically.
- In Christian counseling principle, encouragement for spiritual growth is crucial.
- It also shapes perceptions of Christian behavior, attitudes, values and way of life and encouraging counselees to develop their behavior, attitudes, values and way of life that
- As Evertt Worthington remarks, “Christian counseling is an explicit or implicit agreement for provision of help for client, in which the counselor has at heart the client’s psychological welfare, but also the client’s Christian spiritual welfare and tries to promote those goals through counseling methods, and the client can trust the counselor not to harm and to help the client psychologically and spiritually.”

Worthington, Evertt L., Jr. (1999) Christian Counseling and Psychotherapy. In D. Benner and P. Hill, eds., **Baker Encyclopaedia of Psychology and Counseling**, 2nd ed. (Grand Rapids, MI: Baker Books), p. 189

Learning Journal

- Reflect for a few minutes on today lesson and include the following questions:
 - In what ways do the different sorts of counselling differ?
 - What type of counselling are you most interested in?
 - What sort of counsellor would you like to be?
- Write your learning journal each week after lesson.

Next – Week 6 Session

- Completion of a Reflective Dairy/ Learning Journal Entry from Counselling Class

References

- Bozarth, J. D. and Fisher, R. (1990) 'Person-Centered Career Counseling', In Walsh, B. and Osipow, S. H. (eds) **Career Counseling: Contemporary Topics in Vocational Psychology** (Hillsdale, NJ: Erlbaum)
- Corey, Gerald (2009) Theory and Practice of Counselling and Psychotherapy, 8th ed. (Belmont, CA: Brooks/ Cole)
- Worthington, Evertt L., Jr. (1999) Christian Counseling and Psychotherapy. In D. Benner and P. Hill, eds., **Baker Encyclopaedia of Psychology and Counseling**, 2nd ed. (Grand Rapids, MI: Baker Books), p. 189