

## PSYCHOANALYSIS

### View of Human Nature

Deterministic – Behavior is determined by unconscious motivations that have evolved through the key psychosexual stages during the 1<sup>st</sup> six years.

### Tenants

- Aim is to make the unconsciousness, consciousness.
- Early development is critical, because later problems have their roots in these conflicts.
- Instincts are central and are oriented to growth, development and creativity. They are a source of motivation that encompasses sexual and aggressive drives.
- Anxiety is central; it is a state of tension that motivates people to “do” something and is a result of repression of basic conflicts.
- Unconscious motives and conflicts are central in present behavior.
- Personality consists of 3 systems: The Id, the Ego & the Superego.
- Habit is replaced by choice when the unconscious becomes conscious.
- Ego Defense Mechanisms help individuals cope with anxiety.

### Tools Used in the Counseling Session

- Interpretation

This consists of the therapist pointing out, explaining and even teaching the client the meanings of behavior that is manifested in their dreams, free associations, resistances, and the therapeutic relationship itself. It allows the ego to assimilate new material and to speed up the process of uncovering further unconscious material. These interpretations must be well timed and should always start from the surface and go as deep as the client is able to go.

- *Dream analysis*

The therapist may ask clients to free associate to some aspect of the content of a dream for the purpose of uncovering the latent meaning. The therapist participates by exploring the clients' associations with them. This interpretation helps clients unlock the repression that has kept material from the consciousness and relate the insight to current struggles.

- *Free association*

The client is encouraged to say whatever comes to mind, regardless of how painful, silly, trivial or irrelevant it may be. The client flows with any feelings or thoughts without censorship. Free association opens the doors to unconscious wishes, fantasies, conflicts and motivations.

- *Analysis and Interpretation of Transference*

Transference takes place when clients resurrect from previous times intense conflict, re-experience them in the present and attach them to the therapist. It provides the client with the opportunity to re-experience a variety of feelings that would otherwise be inaccessible. The client expresses feelings, beliefs and desires that they have buried in their subconscious. By working through the current expression of feelings they are able to change long standing patterns of behavior.

- *Analysis and Interpretation of Resistance*

Resistance is a defense against anxiety. It is the client's reluctance to bring to the surface the awareness of unconscious material that has been repressed. The therapist points out and interprets the resistance with the aim of helping clients become aware of them and deal with them constructively.

### What is necessary for change to occur

- “Cure” is based on uncovering the meaning of the symptoms, the causes of behavior and things that are repressed that influence behavior.
- Two goals are to make the unconscious conscious and to strengthen the ego so that behavior is based more on reality and less on instinctual cravings or irrational guilt.

### The Counselor’s Role

- Maintain a sense of neutrality to foster a transference relationship
- Very little disclosure
- Assist the client in achieving self-awareness, honesty and more effective personal relationships; dealing with anxiety in realistic ways; and in gaining control over impulsive and irrational behavior
- The therapist listens, learns and interprets, which assists in accelerating the process of uncovering the unconscious.
- Establish a working relationship
- To listen for gaps and inconsistencies in the client’s story, infers the meaning of reported dreams and free association, and remains sensitive to clues concerning the client’s feelings toward the analyst.

### Focus

#### Cognitive and Behavioral

### Strengths

- Since it has generated so much controversy it has stimulated further thinking and development of therapy.
- The development of psychoanalytic premises such as resistance, transference, counter transference and defense mechanisms

- Provides counselors the framework for a dynamic understanding of the roles of early childhood events and the impacts these experiences on the contemporary struggles of the client.
- Provides the understanding that unfinished business can be worked through.

I think of Psychoanalysis as the mother of all theory. Most theories are springboards from it or in spite of it. Looking at his theory from a broader perspective, I do believe the underlying philosophy that there are critical turning points at each stage of development and those turning points play a large factor into our personal development.

#### Weaknesses

- Practical application of psychoanalytic techniques are limited due to factors such as, time, expense, and the availability of trained therapists.
- Model stresses the biological and ignores the social, cultural and interpersonal
- The anonymous role of the counselor is restrictive
- Long time commitment required to accomplish analytic goals.
- Unfairly gender biased against women.
- Too much focus on psychosexual development.

The Oedipus complex, penis envy, incestuous feelings and the importance placed on toilet training to me are rather obscure. I believe that Freud overemphasizes the first 6 years of psychosexual development of a child and underplays the relevance of development beyond those years. It just seems like

a very cold and intimidating process that I would think would be almost counterproductive.

## ADLERIAN

### View of Human Nature

- Individuals begin to form an approach to life somewhere in the first 6 years of living.
- The person's perceptions of the past and his/her interpretation of early events has a continuing influence.
- Humans are motivated by human relatedness.
- Behavior is purposeful and goal-directed.
- Humans are both the creators and creations of their own life.
- Focus is on how the person's perceptions of the past and his or her interpretations of early events has a continuing influence.
- Solely heredity and environment do not determine human behavior.
- What we are born with is not as important as what we do with the abilities we possess.
- We have the capacity to interpret, influence and create events.
- We are driven to overcome our sense of inferiority and strive for increasingly higher levels of development.

### Tenants

- **Encouragement**
- The ability to view the world from the client's subjective frame of reference.
- Personality can only be understood holistically and systematically.
- Focus on interpersonal relationships.
- The human personality becomes unified through the development of a life goal.
- Behavior is purposeful and goal directed.
- Focus on the person not the problem.

- Feelings of inferiority motivate us to strive for superiority. The goal of success pulls people forward towards mastery and enables them to overcome obstacles.
- Everything one does is influenced by their unique lifestyle or “road map” of life. This accounts for why one’s behaviors fit together and provide consistency in action.
- Our happiness and success are largely related to social connectedness. The degree to which we successfully share with others and are concerned with the welfare of others is a measure of mental health.
- Special attention is given to the relationships between siblings and the psychological birth position in one’s family.

#### Tools Used in the Counseling Session

- *Establishing the Relationship*

Counseling rests on the collaborative arrangement between the client and the counselor. This relationship is based on a sense of deep caring, encouragement, involvement and friendship. The therapist gathers information and starts to orient himself or herself to the client using their 5 senses. The counselor helps the client become aware of his or her assets and strengths, rather than dealing with their weaknesses. The therapist listens, responds and demonstrates respect for the client and pays attention to their subjective views.

- *Exploring Individual Dynamics*

The therapist uses two interview techniques to gather as much information as possible. In the subjective interview the counselor helps the client to tell his or her story as completely as possible, facilitated by the use of

empathetic listening and responding. Therapists must follow from a sense of wonder and fascination that leads to the next most significant questions about the client's life story. The objective interview seeks to discover information about how problems in the client's life began; any precipitating events; medical history; a social history; the reason the client has chosen to come to therapy; the person; coping with life tasks; and a lifestyle assessment.

This life history data includes:     Family constellation

  Early Recollections

  Personality priorities

  Integration & Summary

- *Encouraging Self-Understanding and Insights*

Self-understanding is only possible when hidden purposes and goals of behavior are made conscious. This is achieved through well-timed interpretation and disclosure. Interpretations are presented tentatively in the form of open-ended sharings that can be explored.

- *Helping with Reorientation*

This is the action-oriented phase of putting insight into practice. Focuses on helping people discover new and more functional alternatives. Clients are challenged and encouraged to take risk and make changes in their lives. This is achieved through encouragement, consideration of possible alternatives and their consequences and the counselor seeking to make a



difference in the lives of the client by focusing on motivation and modification, more than behavior change.

What is necessary for change to occur

- Through encouragement the client develops a sense of self-belonging and adapts behavior processes characterized by community feeling and social interest. If the client can identify and change their mistaken beliefs about self, others, and life, they can participate fully in the social world.

The Counselor's Role

- Establish a collaborative relationship with the client based on mutual respect and identifying, exploring and disclosing mistaken goals and faulty assumptions within the person's style of living.
- Provide encouragement.
- Develop a lifestyle assessment that provides a point of departure for the therapeutic process.
- Develop client's sense of belonging.
- Educate client in new ways of looking at themselves, others and life.
- Assist in the adoption of behaviors and processes characterized by community feeling and social interest. This is achieved by increasing the client's self-awareness and modifying his or her fundamental premises, life goals and basic concepts.

Focus

Feelings and Cognition

Strengths

- The idea that what we are born with is not as important as what we do with the abilities we possess.
- Draws on the importance of looking at one's life goals.

- Looks at a person holistically.
- Focuses on the individuals' interpretation of early childhood events.
- Focus on belonging, collectivism and social interest.
- The need to understand and confront basic mistakes.
- The collaborative relationship between the client and therapist.
- The emphasis of encouragement throughout the process.
- The idea of social connectedness.
- Viewing a person as a purposive and self-determining, always striving for growth, value and meaning.

I believe that what we strive for is more important than where we have come from and I believe that it is our goals, conscious or unconscious that propel us forward. The focus on inferiority as a means to gain superiority is fundamental. I think that all people have a sense of inferiority or fear to fail. It is because of our need to succeed that our fear is propelled and vice versa. How community relates to inferiority and significance is equally as important. A person's drive to be apart of the community and be a part of the bigger picture through mutual interest, or giving and sharing creates the sense of purpose and success.

### **Weaknesses**

- None

I really don't see any true weaknesses in Adler's theory and from what I have read in Corey's book and others, they agree, for the most part.

## GESTALT

### View of Human Nature

- Clients are manipulative and avoid self-reliance and responsibility
- Individual's have the capacity to "self-regulate" in their environment if they are fully aware of what is happening around

### Tenants

- Holism
- Field Theory
- Figure-Formation process
- Organismic Self-regulation
- Focus on the here and now
- Unfinished business/Avoidance
- Personality as Peeling and Onion
- Contact and resistance to contact
- Energy and blocks to energy
- Top Dog - Underdog
- Splits in personality
- Emphasis on growth and enhancement not merely treatment

### Tools Used in the Counseling Session

- *Internal Dialogue*  
One way to use this is the empty chair technique. There are two empty chairs and one represents the top dog and the other the underdog. The client sits in one chair, totally becoming that portion of hi/her personality and they switches. The client has a conversation with both poles of their personality and it allows the client to experience the conflict more fully.
- *Making the Rounds*

In a group setting, a client goes to each member of the group and either says something to them or does something with the. This promotes risk-taking and self-disclosing behaviors and allows the client to explore new behaviors.

- *Reversal Technique*

The client plays the opposite role from their normal personality, allowing the person to accept both the negative and positive sides of themselves.

- *Exaggeration Exercise*

The exercise is used to bring about the awareness of signals or cues the client sends out to others through non-verbal messages. The therapist asks the client to exaggerate body movements and then put words to the movement. This intensifies the feelings attached to the behavior and makes the inner meaning more clear.

- *Staying with Feeling*

When a client experiences feelings or moods that are unpleasant and they wish to flee from them, they are encouraged to stay with feeling. They face, confront and experience their feelings, which takes courage and shows the willingness on the behalf of the client to endure the pain necessary for unblocking and growing.

- *Dream work*

The dream is acted out with the client becoming part(s) of their dream. It causes a dialogue between opposing sides and client gradually becomes more aware of the range of their feelings.

What is necessary for change to occur

- Attaining awareness so clients can have the capacity to face and accept denied parts as well as to fully experience their subjectivity. When we face and fully become what we are, rather than what we should be.

The Counselor's Role

- Assist clients in developing their own awareness and experiencing how they are in the present moment, which will allow re-identification with the parts of self that are alienated.
- Encounter clients with honest and immediate reactions and explore with them their fears, catastrophic expectations, blockages, and resistances.
- Engage in an active partnership
- Notice what is both in the foreground and background
- Create a climate in which clients are likely to try out new ways of being.
- Counselor does not force change through harsh confrontation; rather work within a context of I/thou in a here and now framework that invites the client to examine their behavior and thoughts.
- Pay attention to body language, gaps in attention and awareness, and for incongruities between verbalization and body movement.

Focus

Behavior Feelings and Cognition

Strengths

- Focus on experiencing feelings as opposed to merely talking about problems.
- Wide range of tools that foster exploration, such as empty chair exaggeration and referral.

- The attention placed on verbal and non-verbal leads.
- Holistic approach.
- Very creative.

One of the more interesting concepts to me was “living in the now”. I happen to agree that many people live in the past, bemoaning their mistakes and how things would only be different if.... And I often think that gets people stuck in their problems. Another thing that struck me about this theory was the top dog/under dog principle and the “splits” that occur due to the conflict. I think everyone battles what he or she should do or what is expected of him or her versus how they feel. I think of it as the little person on your shoulder.

#### Weaknesses

- Perls’ emphasis on confrontation, although contemporary Gestalt has modified that view.
- Highly directive and active with could lead to abuse of power.
- Requires high imagination level of client. If a client has difficulty in this area this type of therapy may not be helpful.

What I thought would be difficult with Gestalt was to put some of the tools into practice. It seems unnatural almost, to ask questions such as, “What are experiencing as you sit there? What is your awareness at this moment?” I think that is because when I am in a helping situation, I am always too focused, for at least part of the time, on what *happened* in the client’s world, not what is currently happening. I also think that since some of the techniques are so imaginative, some clients would really struggle in that type of therapy.

## REALITY

### View of Human Nature

- We are not born as blank slates, but with 5 genetically encoded needs that drive our lives: survival, love & belonging, power, freedom and fun.
  - Our brain functions as a control system. It monitors our feelings to determine how well we are doing in our lifelong effort to satisfy these needs.
  - Human behavior originates in the individual and is purposeful.
  - We do not satisfy our needs directly. We keep close track on anything we do that feels very good and store it in the quality world portion of our lives.
- The quality world is at the core of our lives.

### Tenants

- Quality World
- Emphasis on responsibility
- Rejection of transference
- Keeping therapy in the present
- Avoids focusing on symptoms, focus on what the client wants
- **CHOICE**
- Control – Problems occur by our attempt to control others or others trying to control us.
- Respect
- Empathy

### Tools Used in the Counseling Session

- Counseling Environment  
The environment should be a living example of choice theory. It sets up an atmosphere where clients feel free to be creative and to try new behaviors or past successful behaviors they haven't used in a long time. It is coercion free.
- Teaching Choice Theory

The therapist asks the client what they want from therapy. They inquire about choices the client is making in their relationships and helps the client see how an unsatisfying present relationship is at the core of the problem. Once the client realizes where the problem is, the therapist concentrates on whose behavior the client can control. When the client realizes that they can control only their behavior, therapy is underway.

- Confrontation

The counselor confronts clients with reality and consequences their behavior. Confronts ineffective behaviors being used.

- WREP

Wants and needs; Direction and doing; Evaluation: and Planning and commitment. The therapist explores what the client wants and once that is established focuses on the present and what the client is doing. Once the client is aware of what they are doing, the focus shifts to if that behavior gets the client what he/she wants. Once the client has determined what they want to change, they explore alternative behaviors and formulate an action plan.

What is necessary for change to occur

- Change is always a choice. The client is convinced that their behavior is not getting them what they want and the client believes that by doing other behaviors they can get what they want.

The Counselor's Role

- Counselor's assist in increasing awareness



- Help people become aware of ineffective behaviors and teaching people more effective ways of getting what they want.
- Establishes session structure and limits
- Establishes rapport based on care and respect. They show clients they are sincere, empathetic and supportive.
- Focuses on the individuals strengths that can lead to success
- Promotes discussion of current behaviors & discourages use of ineffective behaviors
- Teaches client to carry out plan to change behaviors
- Avoids discussing feeling
- Assist client in seeing connections between feeling, thought and behavior.
- Teaches value of accepting responsibility.

#### Focus

#### Cognition and Behavior

#### Strengths

- Emphasis on self-evaluation & a plan of action
- People are responsible for who they are and how they will become.

I do think the idea of responsibility is important in a counseling session because I think it is the client who should guide the session and make decisions that are right for them. I also believe that the self-evaluation piece is integral in making informed and aware decision and the plan of action gives them a concrete path to change and gives the client a better chance to stick with the change.

#### Weaknesses

- Does not take into account the unconscious
- Does not take into account past experiences or early childhood
- The idea that we choose mental illness.

I have a hard time with this theory mainly due to the explanation of human behavior. Especially the extreme that we choose to be mentally ill and that these are the best behaviors we can chose at the time to get what we want. It paints a picture of human nature as trying to get off the hook or not take responsibility for themselves and I do not believe that is the basis of human motivation.

## PERSON-CENTERED

### View of Human Nature

- Basic sense of trust in the client's ability to move forward in a constructive manner if the appropriate conditions fostering growth are present. The core of a person is trustworthy and positive. People are resourceful, capable of self-understanding and self-direction, able to make constructive changes and able to live effective and productive lives. People will move towards health if the way seems open for them to do so.

### Tenants

- Unconditional positive regard
- Empathy
- Congruence & Genuineness
- Acceptance
- Self awareness
- Understanding the subjective view of the client
- Focus on person not problem

### Tools Used in the Counseling Session

- Reflection of feeling  
The therapist reflects the experiences and encourages the clients to become more reflective themselves.
- Therapeutic relationship that is genuine  
Through the authentic therapeutic relationship the therapist serves as a model of a person struggling towards greater realness
- Listening, accepting, respecting, understanding& responding  
The therapist actively listens to the clients' experiences and feelings and strives for the subjective experience. Their caring is unconditional and they

genuinely accept and value the client, which allows the client the freedom to have feelings without the risk of losing acceptance.

What is necessary for change to occur

- When therapists are able to experience and communicate their realness, caring, and nonjudgmental understanding, significant changes will occur. The client actualizes their potential and moves toward increasing awareness, spontaneity, trust in self and inner directedness.

The Counselor's Role

- To be genuine, warm, empathetic, respectful and non-judgmental and communicate that to the client.
- Therapist is to be present and accessible to the client.
- Helps client articulate his or her own goals.
- Assists clients win their growth process so that they can better cope with problems they are facing
- Establish a therapeutic climate
- Create a helping relationship in which clients experience the necessary freedom to explore areas of their life that are denied or distorted

Focus

Feelings and Cognitions

Strengths

- Respect for clients' values
- Nonjudgmental, welcoming of differences
- Client takes an active stance and assumes the responsibility for the direction of therapy process
- Foundation built on trusting and caring relationship

I really love the idea of respect and the foundation of a trusting and caring relationship because I believe this is essential groundwork to any therapy. To be genuine, warm, empathetic, respectful and non-judgmental and communicate that to the client is the foundation that opens doors for clients to experience the freedom to explore areas of their life that are difficult and help them better cope with the problems they face.

#### Weaknesses

- Lack of structure
- Could take a long time
- Might not be able to be used with all populations ( ADD, cognitive deficits)

I think person-centered theory's lack of structure might be very difficult for certain populations and therefore may not be applicable to use. I also believe that more intervention is needed than the client-helper relationship in order for change to occur. Depending on that relationship to carry the change the client might end up "stuck wheels" syndrome as they guide themselves and go round and round with issues when they are lacking direction.

## BEHAVIORAL

### View of Human Nature

- The person is the producer and product of their environment

### Tenants

- Based on scientific method
- Conclusions based on what is observed rather than personal beliefs
- Deals with the client's current problems and the factors influencing them
- Action oriented– don't talk –do
- Behavior is a product of learning
- Emphasis on self–management
- Self–control
- Abnormal behavior is the result of faulty learning
- Normal behavior is learned through reinforcement and imitation
- Focus is on overt behavior, precision in specifying goals and development of treatment plans, evaluation and measurable outcome.

### Tools Used in the Counseling Session

- *Behavioral Assessment*

The therapist attempts to get information about situational antecedents, the dimension of the problem behavior and the consequences of the behavior. This is often done through observation and interview.

- *Relaxation Training*

Clients are given a set of instructions that ask them to relax. They assume a passive and relaxed position in a quiet environment while alternately contracting and relaxing muscles. Deep breathing is used as the client learns to “let go and mentally relax by focusing on pleasant images or thoughts.

- *Desensitization Training*

The therapist conducts an interview to get a good understanding of who the client is and what creates anxiety. The therapist then questions the client about the particular circumstance that elicits the conditioned fears and the client is asked to begin a self-monitoring process. As the client imagines anxiety arousing situations they engage in, at the same time they engage in a behavior that competes with the anxiety to become less sensitive to it.

\*\*\* Other tools include: Assertion Training, Self- Management, Reinforcement, Modeling, Contracts, Coaching & Behavior Rehearsal \*\*

What is necessary for change to occur

- When the client is able to create new conditions for learning on the assumption that learning can ameliorate the problem behaviors.

The Counselor's Role

- Counselor is active and directive and functions as the teacher or trainer
- Establish a collaborative relationship
- Gather information about the problem behavior
- Clarifies the client's problem
- Design a target behavior
- Assist clients in formulating goals that are specific, unambiguous, and measurable.
- Identify the maintaining conditions
- Implement a change plan
- Evaluate the success of the plan
- Conduct follow up
- Role models for the client

## Focus

Feelings and Cognitions

## Strengths

- Large variety of behavioral techniques
- Often helpful with children who need structure
- Emphasis on Assessment
- Structured

Coming from a special education background, I have seen the structure that behavior therapy thrives on as being very beneficial in many situations. There are so many different techniques to try in this approach that are measurable. I believe measurement is a crucial phase in counseling. IF you cannot measure your intervention it is very difficult to ascertain if it is working.

## Weaknesses

- Changes behavior not feelings
- Doesn't provide any insight into why the behavior is occurring
- Treats the symptoms not the cause
- Therapist has a tremendous amount of control and could abuse it.

This type of therapy is very directed by the therapist and puts that therapist in a position of control. I am a firm believer that the power differential in the client/helper relationship all needs to be assessed in order to make sure that the session is one of equality. Behavior therapy does not lend itself to that ideal. I also believe this approach does not look at the behavior from it's source, which in my opinion does not lead to lasting change in many cases.

## Choose a Theory



As I have stated in my reaction papers there are actually a few theories in which I would like to pull out different aspects and incorporate them into my practice. If I had to pick one however, I think it would have to be Adlerian. I believe that what we strive for is more important than where we have come from and I believe that it is our goals, conscious or unconscious that propel us forward. For the same reason I relate to Erikson, I relate to Adler, the belief that we are motivated by social relatedness. The topics of family dynamics and birth order has always fascinated me and having Dr. Dagley in class doing a role play made me even more interested in this theory. I really see Adlerian theory as a life model rather than a theoretical approach, which is why I think I relate to it so well.

**Qualities of a Counselor to facilitate therapeutic change:**

- Empathy
- Genuiness
- Respect
- Warmth
- Unconditional positive regard
- Concreteness
- Immediacy
- Confrontation

- Self-Disclosure
- Good listening skills – eye contact, body language, genuinely being “with” the person
- Being open to change
- Appreciating themselves and knowing who they are
- Appreciate others and their differences

Theories and Skills of Counseling and Human Development  
Final Exam  
Janet Vick  
University of Georgia

ECHD 7040  
Dr. Yvette Getch