

PRINCIPLES OF COUNSELING

Leadership Certification

Course

Level 2

General Conference Women's Ministries

THE SETTING

- Extremely important to have privacy
- A feeling of emotional and physical safety is necessary
- Simplicity is acceptable but comfort is necessary
- Arrange chairs so client can choose their seat
- Present a calm, pleasant, and prepared appearance

BASIC COUNSELING APPROACHES

- Psychoanalytic Therapy
- Adlerian Therapy
- Existential Therapy
- Person-centered Therapy
- Gestalt Therapy
- Transactional Analysis
- Behavior Therapy
- Rational-emotive Therapy
- Reality Therapy



PSYCHOANALYTIC THERAPY

- Originated by Sigmund Freud
- Belief that behavior is influenced by unconscious motives and conflicts
- Stresses the importance of early development



ADLERIAN THERAPY

- Alfred Adler disagreed with Freud's theories
- Like Freud, Adler believed that the first six years influenced one's life
- Humans motivated by social urges

EXISTENTIAL THERAPY

- This view leads us to reflect and decide
- This view focuses on the nature of the human condition
- Each person's personality is seen as unique
- One's sense of self develops from infancy



PERSON-CENTERED THERAPY

- Original founder was Carl Rogers
- Emphasized how people get, share, or surrender power and control over themselves and others
- Developed non-directive counseling
- Basic techniques – active listening, reflection of feelings, clarification, and “being there” for the counselee

GESTALT THERAPY



- Frederick S. Perls originated this theory
- Stresses that people must find their own way in life and accept personal responsibility
- Much focus on dealing with unfinished business from the past
- Emphasis on doing and experiencing

TRANSACTIONAL ANALYSIS (TA)



- Theory founded by Eric Berne
- Focuses on decisions and contracts made by client
- Basic philosophy is that the client has the potential for choice
- Key words – game, decision, life script, re-decision, stroke, discounting

BEHAVIOR THERAPY

- Most studied and most familiar of all counseling approaches
- Frequently used terms – behavior modification, behavior therapy
- Therapist functions as teacher or trainer



RATIONAL-EMOTIVE THERAPY

- Albert Ellis is the founder
- Based on the assumptions that humans are born with potential for both rational and irrational thinking
- Emphasizes thinking, judging, deciding, and doing
- Belief that people have the ability to change their behavior

REALITY THERAPY



- Founded by William Glasser
- Focuses on the present and the person's strengths
- Assumes that we choose our behavior and are responsible for our behavior, thoughts, and feelings
- Use of contracts to cause change in behavior

THE CLIENT

Strategies for dealing with the reluctant client:

- Refuse to consider yourself the target of the reluctance
- Show confidence and do not be intimidated
- Do not ignore the feelings of a client

Strategies cont'd:

- Try to interpret the reasons for the reluctance and use these as an opportunity for teaching the client greater self-understanding.
- Show the client that counseling helps one to deal with feelings even if they are uncomfortable.
- Patient exploration of the client's behavior can help reduce the reluctance.
- Go straight to work on eliminating barriers.

PROFILE OF A COUNSELOR

- Have an identity
- Appreciate the worth God has placed on you
- Be open to change
- Develop your own counseling style
- Be open, sincere, and honest
- Develop your sense of humor
- Be sensitive to people's culture

Profile cont'd:

- Be an optimist
- Enjoy life
- Have a caring spirit
- Have a reputation for confidentiality
- Be sensitive to human relationships
- Have an objective attitude
- Do not display a passion to reform everyone



Profiles Cont'd:

- Be natural
- Show confidence in people and in their potential for growth
- Be a listener
- Observe boundaries
- Keep God as your Guide

TYPES OF COUNSELING

- Supportive Counseling
- Confrontational Counseling
- Educative Counseling
- Preventive Counseling
- Spiritual Counseling
- Depth Counseling
- Informal Counseling



COUNSELING PLAN OF ACTION

1. Define the problem
2. Establish goals
3. Behavior change



ETHICAL ISSUES IN COUNSELING

- It is of utmost importance that a counselor pays strict attention to ethics in counseling
- Ethics refer to good and bad practices in counseling

ETHICAL ISSUES CONT'D



The Rights of the Client

- Right of informed consent
- Rights of minors
- Right of referral
- Duty to warn and protect

SOCIAL AND PERSONAL RELATIONSHIPS WITH CLIENTS

- How can a counselor balance a friendship with a therapeutic relationship?
- Referred to as “dual relationships”
- Beware of exploitation



TOUCHING A CLIENT

Here are some suggested guidelines for using touching:

- In cases of counseling socially and emotionally immature clients
- In counseling people in crisis e.g. grief or trauma
- In giving general emotional support
- In greeting or at the end of a session

WHAT ABOUT SUICIDAL CLIENTS?



- Giving away prized possessions
- Making and discussing suicide plans
- Previous suicide attempts or gestures
- Expressions of hopelessness and helplessness
- Statements that family and friends would not miss them
- Sudden positive behavior change following a period of depression

WHAT TO DO IF A CLIENT THREATENS SUICIDE

- Disarm the client and remove all weapons or poisonous substances.
- Recommend a frequency of counseling sessions.
- Arrange a method for the client to call you frequently between sessions so that his or her emotional state can be monitored.
- Urge the client to seek medical help and hospitalization.
- Do not underestimate the power of prayer.

CONFIDENTIALITY

Circumstances for breaking confidentiality:

- When clients pose a danger to themselves
- When the therapist believes that a client under the age of 16 has been the victim of rape, incest, child abuse, or some other crime
- When the counselor determines that the client needs hospitalization
- When information is made an issue in a court case

CONCLUSION

- Christian counseling is a ministry
- Christian counselors are unique
- Christian counselors see their client as a soul to be saved

