

Counselling = counselling = therapy = psychotherapy

**Define: "Counselling"**

- Relationship of trust
- Process that occurs when a client + counsellor set aside time in order to explore difficulties which may include the stressful or emotional feelings
- Act of helping the client to see things more clearly, possibly from a different view point + co-constructing solutions

**Counselling is not**

- Giving advice
- Attempting to sort out a client's problem
- Expecting / encouraging a client to behave in a way in which the counsellor may have behaved when confronted with a similar problem in their own life
- Being a client's friend

**History of psychological therapy**

- 1960s
- number of treatment approaches has grown from 60-400+
- 10,000 "how to" books published
- 145 manualized treatment for 51 of ~157 mental disorders in the DSM-V

**Types of Therapy**

1. Cognitive Behavioural Therapy (CBT) = your thinking
2. Interpersonal therapy = your relationship
3. Psychodynamic therapy = your past / childhood
4. Family therapy = your family structure
5. Solution focussed therapy = your strengths + capacities
6. Person centred therapy = what you pay attention to

**Does counselling / therapy work?**

- Average treated person is better off than 80% of those who did not receive treatment
- 32 times more cost effective than money at making us happy
- often more effective than alternative treatments eg: medications
  - lower side effect
  - therapy is more cost effective



### ***Limitations of therapy***

- high drop out rate ~47% people drop out before recommended
- takes time (~6-50 sessions)
- requires commitment, insight + trust

### ***Why don't people seek counselling?***

- Speaking about problems is “weak”
- Men are less likely to seek help than women
- Self reliance – ‘I can work it out myself’
- Some people don't believe in mental illness / mental health
- Stigma associated with mental health
- Concerns about confidentiality
- \$\$
- negative previous experiences
- culture

\*staying in therapy for longer diminishes the chances of relapse

### ***The effective practitioner***

- ***Experience? Not necessarily*** – psychologist Paul Clement had 26 years of practice and expected to find his outcomes improved over time with experience – they didn't.
- ***Why don't psychologists get better with experience?***
  - automaticity
  - lack of authenticity
  - focus on not making mistakes
  - over confidence

### ***The factors that matter***

#### ***1. The therapeutic relationship***

- Shared understanding of problem
- Feeling understood
- Trust, rapport, compassion, connection

#### ***2. Intervention used***

- Techniques used

#### ***3. Client expectations***

- Placebo effect?

### ***Counselling / Therapy***

- Relationship
- Based on collaboration
- Repertoire of skills
- Process over time
- Using yourself as the tool
- Creative
- An art, not a science!

***Effective Counsellors***

- willingness to become a more therapeutic person
- strong identity, sense of self, who they are
- Respect + appreciate themselves
- Open to change
- Authentic, sincere + honest
- Make mistakes + are willing to admit them
- Able to be in the 'present'
- Appreciate the influence of culture
- passionate
- able to maintain healthy boundaries