

PSY3120 | Intro to Counselling

Week 1: The Effective Counsellor

Identify the characteristics of an effective counsellor

- **Counselling**
 - Building a relationship that is based on collaboration
 - Emphasises
 - Self help
 - Choice
 - Provides additional skills and options
- **What is counselling?**
 - Relationship of trust between client and counsellor when they set time to explore difficulties such as stressful or emotional feelings
 - Clinician helps the client to see things more clearly, from a different point of view and co-constructing solutions
- **Counselling is not**
 - Giving advice
 - Attempting to sort out the clients problems
 - Expecting or encouraging the client to behave in the same way they did in the same/similar situations
 - Being the clients friend
- **Differences between counsellors/psychologists/therapists**
 - Education level and registration but pretty similar
 - Who does counselling?
 - Psychologists
 - Psychiatrists
 - Counsellors
 - Some social workers and OTs
 - Some GPs

Forms of Therapy

- CBT
- Interpersonal Therapy
- Psychodynamic Therapy
- Family Therapy
- Solution Focused Therapy
- Person Centred Therapy

Effective Counsellors

- Have a willingness to become a more therapeutic person
- Have a strong identity and sense of self
- Have self respect and self appreciation
- Be open to change
- Be authentic, sincere and honest
- Make mistakes and be willing to admit them
- Ability to be present

- Appreciate the influence of culture
- Be passionate
- Are able to maintain healthy boundaries

Big Four Factors that Matter

1. Therapy Technique
2. Therapeutic Alliance
 - Shared understanding of problem
 - Feeling understood
 - Trust, rapport, compassion, connection
3. Client's Expectation
4. Client's Extra-Therapeutic Factors
 - Personality
 - Support systems
 - Environment
 - Genetics
 - Chance

Describe different interpersonal skills used to build connection

- It is the basis of all exchanges between people
- Involves
 - Verbal fluency
 - Non verbal
 - Listening
 - Hope
 - Warmth, acceptance and understanding
 - Empathy

Understanding the role of values in the therapeutic alliance

- Values influence how we act
- We aim to be objective
- Our function is not to persuade the clients to share our values
- Need to respect values even if we don't agree
 - Can still help clients with differing values
- Able to manage own personal values so they don't contaminate the counselling process (bracketing)

Explain the concept of bracketing and what is involved in managing a counsellor's personal values.

- Can be multiculturally competent to avoid bracketing
 - Understand own cultural background and how it influenced your thinking and behaving
 - Study historical background, traditions, and values of your client and being open to them
 - Expand vantage point to explore your client's ways of life that are different from your own
 - Develop awareness of acculturation strategies

Identify issues faced by beginning therapists

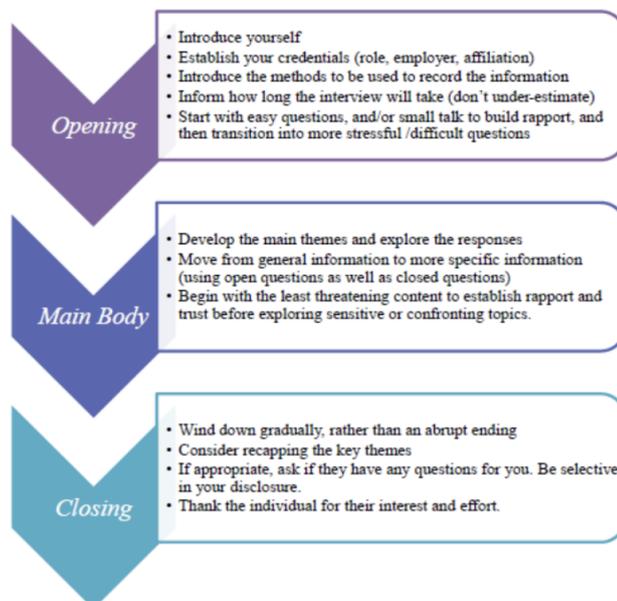
- Limitations of therapy
 - High dropout rate (47%) before it is recommended to
 - Takes between 6-50 sessions to be effective
 - Requires commitment, insight and trust
 - Can be expensive
- Issues beginning therapists face
 - Dealing with anxieties
 - Being oneself and self-disclosing
 - Countertransference
 - Operating within their scope of practice
 - Understanding silence
 - Sharing responsibility with the client
 - Declining to give advice
 - Tolerating ambiguity

Week 2: Basic Counselling Skills

Initial interview, interpersonal skills and person-centred approach to therapy

Initial Interview

- Open ended questions
 - How can I help you?
 - What would you like to talk about?
 - Could you tell me something about why you came to see me?
 - Discuss confidentiality
- Steps



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Roles of Values in Developing Goals

- Important to guide client's goals for therapy
- Questions
 - What are your expectations of counselling?