

Contents

Week 1- Introduction and the effective counsellor.....	2
Week 2- Ethical Issues.....	4
Week 3- Psychoanalysis	6
Week 4- Adlerian therapy	13
Week 5- Existential and Gestalt therapy	19
Week 6- Mindfulness	25
Week 7- Person centred therapy.....	28
Week 8- Family and group therapy.....	33
Week 9- CBT and ACT.....	36
Week 10- post-modern therapies.....	39
Week 11- Integration and Termination	40
Week 12- research issues in counselling	41

Week 1- Introduction and the effective counsellor

Definition of counselling

- interpersonal relationship between someone seeking help and someone trained in helping, which takes place in an appropriate setting
- The therapist is not there to cure the person- collaborative process

Does therapy work?

- the average person treated through counselling is better off than 80% of people without treatment
- as effective or more effective than many common medical procedures and treatments, with the added bonus of being cost effective and having few side effects

Limitations

- the high drop out rate of 47% is the most problematic
- it takes considerable time and commitment
- some people have negative views of therapy which may make therapy ineffective

Effective counselling

- experience
 - not necessarily
 - can lead to problems- automatic processes, over confidence etc
 - Qualifications are not a hallmark of a good counsellor.
- Psychological health- mixed responses
- Important factors are:
 - The relationship
 - The intervention used
 - Client expectations

What does a therapist bring to the counselling setting?

- knowledge
- skills
- compassion, caring
- things we need to be careful of
 - biases and values
 - past experiences
 - emotions
 - needs
- Micro-skills

- observable actions that appear to effect change in the session- active listening involves both the sender and receiver

An effective counsellor will

- be willing to become a more therapeutic person
- have a congruent sense of identity
- have self-respect
- be open to change
- be authentic, sincere and honest
- have a sense of humour
- take responsibility for mistakes
- passionate about their work
- maintain healthy boundaries

Goal development

- it is the client's role to develop their own goals in line with their values

Personal therapy for the counsellor

- Counsellors can benefit from engaging in therapy
- Most mental health professionals do this
- Do not need to be free of conflict before counselling others

Issues faced by beginning therapists

- A certain level of anxiety is normal- reflects wanting to do right by clients
- Be yourself but not too much
- Avoid perfectionism
- Be honest about your own limitations
- Understand silence is normal
- Some clients will make constant demands- make boundaries clear
- Do not promise what you can't deliver
- Tolerate the ambiguity of progress
- Be aware of countertransference- our own projections which influence how we perceive and react to a client
- Develop and sense of humour
- Share responsibility with the client
- Resist giving advice
- Define your role as a counsellor clearly
- Develop and counselling style
- Use techniques appropriately

Week 2- Ethical Issues

It is a mistake to equate acting lawfully with behaving ethically

Ethical issues in counselling

- Mandatory ethics- the minimum level of professional practice
- Aspirational ethics- a higher level of practice which addresses doing what is in the best interest of the client
- Positive ethics- doing what is in the best interest of the client rather than simply following the rules. This is what we want to practice

Differences from American system- eg. Australian psychologists are not legally obliged to report child abuse

Australian Ethical Organisations

- psychology board of Australia
 - works with the Australian Health Practitioners Registration Association (AHPRA) to protect the profession and public
- APS
 - protection of the profession
 - Three general principles
 - A- respect for the rights and dignity of people and peoples
 - B- Propriety
 - C- Integrity
 - outlines the minimum standards and expectations

Putting the client's needs before own

- An ethical problem exists when we meet our own needs at the expense of the client's
- We need to monitor to see who's needs are being met
- It is not unethical to meet personal needs, however this must not hurt the client

Ethical decision making

- Makes sense to be aware of legality, however it is incorrect to equate legality with being ethical
- Respect for clients, having welfare as the primary code and practicing within the framework can be protective against malpractice
- Steps in decision making:
 - Identify problem
 - Who will be affected by the problem?
 - Who is the client?
 - Look at relevant codes and seek consultation
 - Consider applicable laws