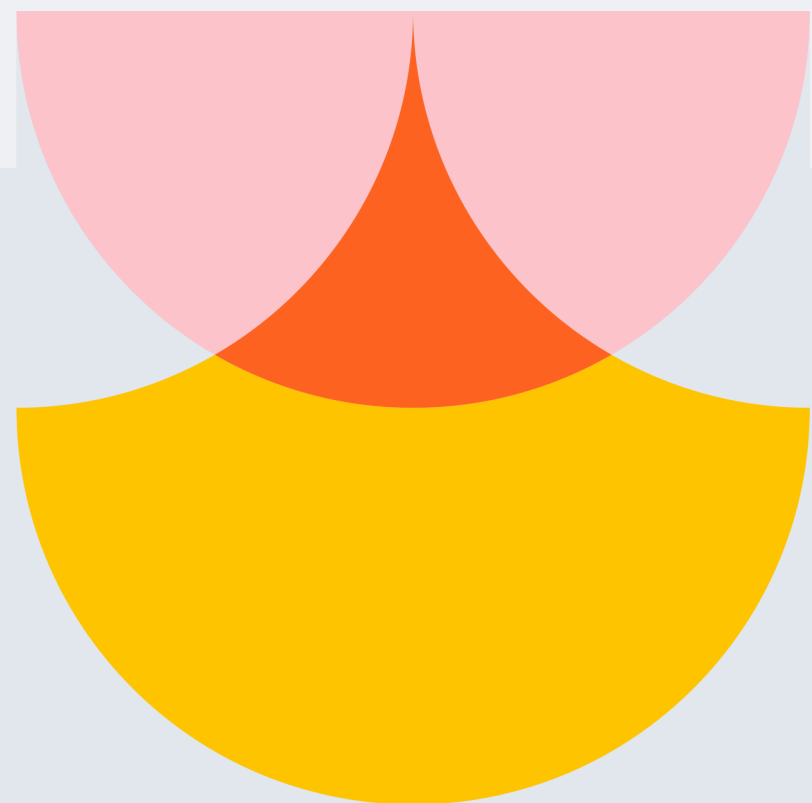
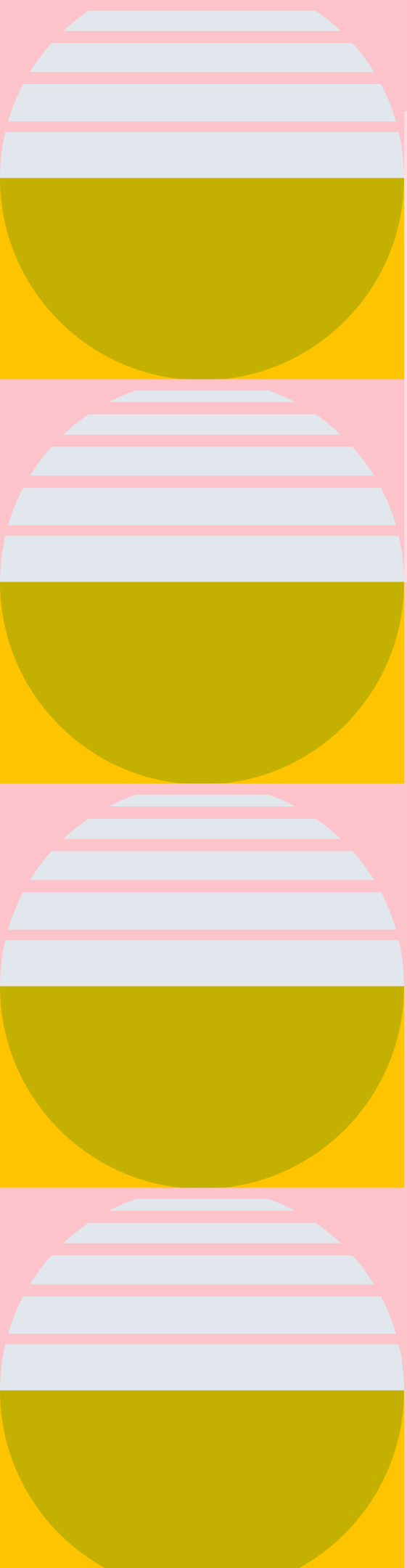


COUNSELING THEORIES

COUN 480

LEANN WILLS





AGENDA

What are we getting into
today?

GOOD NEWS?

DB 9

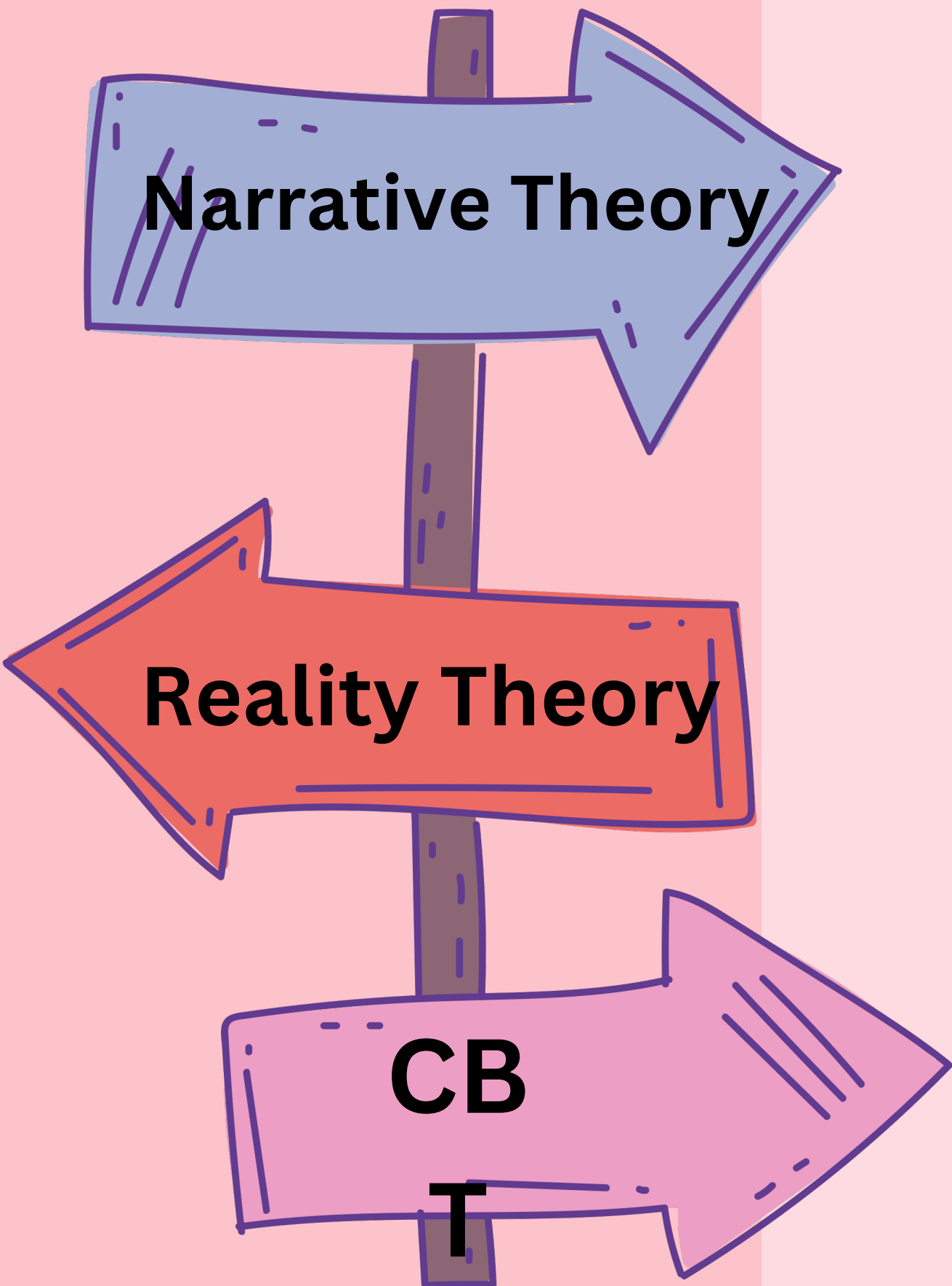
- Due TR (4/25)

CLASS TR

- How would you all like to spend our time?
 - Idea: Role plays in SP groups

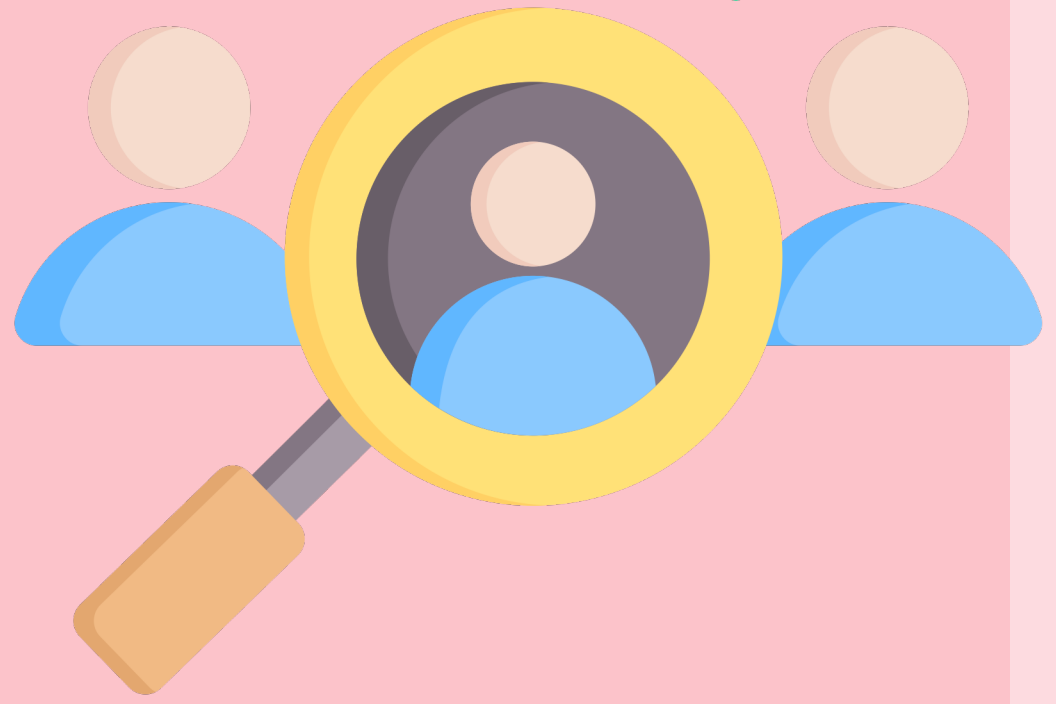
Activity Time!

ZOOM



Theory helps guide
your work with
clients/students

Role Plays



**ABC
Worksheet**

**Expressive
Arts**

**Miracle
question**

Interventions emerge from
**different theories & help
facilitate client
awareness, change, & skill
building**

Letter Writing

Empty Chair



Pair Share!

How would you decide when
to “do more” in counseling?

DECIDING WHEN TO DO MORE

- Who am I “doing more” for?
 - Myself or the client/student?
- When the client/student requests skill-building
 - Where does this desire come from?
 - Are they ready?

REMINDERS!

Using an intervention does not take the place of our core counseling skills!!!

6 Major Counseling Theories and Approaches



Humanistic:

Humanistic counseling theories hold that people have within themselves all the resources they need to live healthy and functional lives, and that problems occur as a result of restricted or unavailable problem-solving resources.



Cognitive:

Cognitive counseling theories hold that people experience psychological and emotional difficulties when their thinking is out of sync with reality.



Behavioral:

Behavioral counseling theories hold that people engage in problematic thinking and behavior when their environment supports it. When an environment reinforces or encourages these problems, they will continue to occur.



Psychoanalytic:

Psychoanalytic counseling theories hold that psychological problems result from the present-day influence of unconscious psychological drives or motivations stemming from past relationships and experiences.



Constructionist:

Constructionist counseling theories hold that knowledge is merely an invented or "constructed" understanding of actual events in the world.



Systemic:

Systemic counseling theories hold that thinking, feeling and behavior are largely shaped by pressures exerted on people by the social systems within which they live.

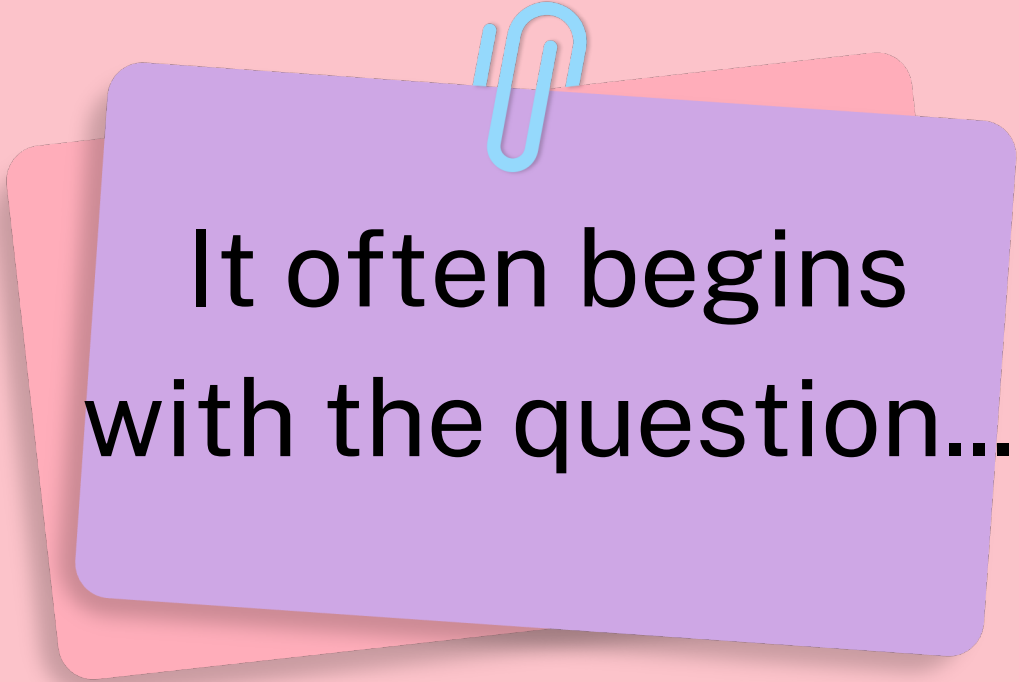
There are MANY different counseling theories

Often, they are grouped within these 6 domains

HOW DO YOU PICK ONE?

The theory one leans to typically depends on a variety of factors

- Congruence with self
- Beliefs about change
- Developing a theoretical orientation takes professional helpers time!



It often begins
with the question...



Pair Share!

How do people grow and
change?

PERSON-CENTERED



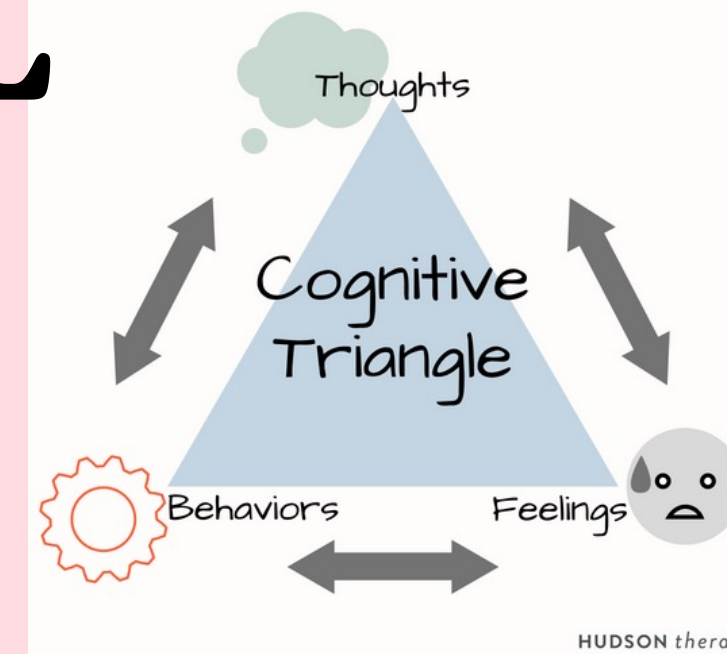
Central focus of the therapeutic relationship to support client/student change


- Present focus
- Non-directive approach
- Client-centered, holistic, client empowerment
- Core conditions as central
 - Empathy, URP, authenticity

COGNITIVE BEHAVIORAL THERAPY (CBT)

Focuses on identifying and changing negative thought patterns & behaviors leading to distress

- Present & past focused
- Challenge current thought patterns & how they are impacting the individual
- Skill building for coping
- Common intervention
 - cognitive restructuring





REALITY THEORY

Growth and change by taking action to meet basic needs

- Generally present & behavior focused
- Central Idea: People strive to have their **5** core needs met
 - Survival, love & belonging, power/control, fun, freedom
- Emphasizes client/student choice and power over behavior
- Common intervention
 - WDEP system (Wants, Doing, Evaluation, Planning)

NARRATIVE



Helps the individual reframe/rewrite their personal narrative & generally views problems separate from self

- Often goal-directed and future-focused but tends to past experiences
- Help clients/students examine the dominant stories influencing their self-perception & explore alternatives
- Use of metaphor is common

Common Intervention

- Life Line/ Timeline

SOLUTION FOCUSED THERAPY



Focuses on identifying and building upon individual strengths

- Generally present focused
- One of the tenets: *“if it works, do more of it. If it’s not working, do something different.”*
- Common intervention
 - Miracle question
- Often brief--brief solution-focused therapy