



Counseling

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Stages of Therapy

- Initial stage

- Rapport building
- Motivation
- Identifying goals
- Structuring

- Working stage (*Action stage*)

- A time of cohesion and productivity
- Increase in self-exploration
- Willingness to work and practice outside the group to achieve behavioral changes

- Termination stage

Working stage (*Action stage*)

- A deeper relationship.
- A level of trust and rapport is developed so the client will trust the counselor.
- Intervention and problem solving
- During this development stage concerns will ***shift from the external to the internal***.
- **A treatment plan** is developed

Case Report

- Demographic Information
- Presenting problem
- Origins of the presenting problem
- Individual and family history
- Mental status examination
- Formulation*
 - Your formulation depends on the psychological perspective you choose
 - You are expected to make use of academic references, other than the class materials, in order to formulate your cases
- Treatment plan
- Treatment predictions

A Case with Panic Disorder

Within the working stage of therapy you should be able to define the problem to be treated, set your goals and develop your treatment plan.

Problem: Repeated panic attacks and ongoing concerns about future attacks.

Goal: Dealing with anxiety in a functional way

Objectives: Client learns the process of panic disorder and uses some relaxation methods

Intervention: Psychoeducation about the process of panic disorder and use of relaxation methods

Graded exposure to avoided situations

A Case with Dysfunctional Bladder Syndrome

Within the working stage of therapy you should be able to define the problem to be treated, set your goals and develop your treatment plan.

Problem: Refusal to go to toilet to urinate

Goal: Responding to the underlying needs behind this behavior

Objectives: Client is given opportunities to externalize her emotions

Intervention:

Providing a corrective experience in order to help the client to develop a different defense mechanism

Parent-Child Interaction Therapy (PCIT)

Working in a Counseling Relationship

- Basic skills and techniques from various perspectives that can be used during **Action phases**
 - 1. Careful self-disclosure:**
 - Modeling and developing a new perspective
 - 2. Immediacy**
 - Clarifying the ‘immediate’ situation-
 - 3. Confrontation:**
 - *“You said...but look...”*
 - 4. Rehearsal**
 - 5. Controlling your own feelings from interfering with the therapeutic relationship**
 - **Psychodynamic: Transference &Countertransference**

Basic skills during action phases

1. Self-Disclosure:

Encouraging clients' disclosure is very crucial. We need to motivate them to disclose more. Showing acceptance, using listening skills...

- **Besides the importance of clients' self-disclosure, self-disclosure by counselors is a controversial issue in counseling**

“It can be used as a conscious, intentional technique in which counselor shares information about their lives outside the counseling relationship”

1. Self-Disclosure:

Self-disclosure by therapist can be used as a technique, as far as it is:

- Client-focused
- Clinically driven
- Not intended to meet the therapist's needs
- Brief and focused
- Not add to the client's problems
- Not be used frequently

When self-disclosure is unavoidable, therapists must evaluate ***whether such exposure is likely to benefit, interfere or affect the therapeutic process*** in any way.

Does it have a clinical utility?

- It should be used if only it has clinical utility

Different theories have different approaches to self-disclosure by therapists

Use of self-disclosure by therapist depends on theoretical orientation:

- Theoretical orientation

Psychodynamic

- Maintain therapist neutrality.
- Foster psychological separateness of the patient .
- Preserve relative anonymity of the therapist «*Can you tell me why you want to know?*»

Humanistic and existential psychotherapies

- Self-disclosure and *therapists' transparency* is important in enhancing authentic *therapeutic alliance*, the most important factor in predicting clinical outcome (Lambert, 1991; Norcross & Goldfried, 1992).
- Therapist self-disclosure allows patients to recognize that all *people have failings and unresolved matters* in their lives and that there is no essential difference, in fact, between psychotherapists and patients

Use of self-disclosure depends on many things:

- **In Group psychotherapy** the importance of self-disclosure by therapists has been stressed by Yalom:
 - "Group psychotherapists may--just like other members in the group--openly share their thoughts and feelings in a judicious and *responsible manner, respond to others authentically and acknowledge or refute motives and feelings attributed to them*" (Stricker & Fisher, 1990, p. 198).

Use of self-disclosure by therapists depends on many other things as well:

- **Therapists' personal comfort level**
- **Whether it is in the best interest of the client or not**
 - Usefulness to the client
 - Content of the questions: Age, having kids, single or married??

Basic skills during action phases

2.Immediacy: Clarifying the '*immediate situation*'-what is going on between counsellor & client

- Putting 'immediate' situation into words
- Counsellor invites client to look at what is happening between them as it is happening
- Focuses on the *here-and-now, in-the-moment, You-Me talk*: Present-tense personal, spontaneous responses to a client.
- Feelings, possibly persistent ones, relevant to client.
- Not all counsellor's feelings and not feelings to do with counsellor's own issues
- They can then take this 'safe-zone' exploration to ***generalize to other relationship situations***
- Counselling relationship is used as ***a model for testing and discovering***

Basic skills during action phases

Immediacy Example

Can be about counselor's feelings relevant to client

COUNSELLOR: *“Well, our conversation today started out quite lively, and now it seems rather restrained. I’ve noticed that the muscles in my shoulders have become tense. I sometimes tense up that way when I feel that I might have said something wrong. **It could be just me, but I sense that things are a bit strained between us right now”**.”*

Basic skills during action phases

Immediacy Example

Referring to client's feelings

COUNSELLOR: *“You told me at the start that you find it **difficult to trust others**. Now I notice **you’re hesitating about telling me** more about your situation. I wonder whether **you’re feeling uncertain about trusting me?**”*

Basic skills during action phases

3.Confrontation

- Challenges individuals to examine, modify or control an aspect of behavior.
- Does not involve an attack !
- Encourages an honest examination of oneself.
- Relationship should be strong enough to sustain confrontation
- Involves *strengths or weaknesses*
- *“You said...but look...”*

Confrontation Examples

- ***You said** that your worry can protect you from harm **but now** you are telling an experience of you which presents harmful effects of worry on your life... It makes your life more stressful.*
- ***You said** you are not strong enough to handle your problems **but look** how effectively you could solve that problem.*

Basic skills during action phases

4. Rehearsal

«Preparation for a performance»

In counseling:

«Getting the client to practice designated behaviour.»

Basic skills during action phases

- **Overt Rehearsal:**

- Verbalizing or acting out the aimed beh.

- Examples:

- «Coming out» LGBTI individuals
 - Reframing, developing alternatives

- **Covert Rehearsal:**

- Imagining or reflecting on a performance or thinking style

- Asking how things would be different if the problem was solved?

- Examples:

- **Questioning one's thinking style: Is this thought functional for me? Is there an alternative way of looking at that issue**
 - **Thinking about the experience of a presentation**

Basic skills during action phases

- **Rehearsal in Family therapy**
 - **Choreography, Virginia Satir**
 - Family members are asked to role play each others behaviors (annoying, abusive etc.)
 - **Enactment, Salvador Minuchin**
 - All family enact a family scene, which is *typical of their problem area*
 - This is used to analyze family structure and roles
 - Therapist may also interfere in and start giving some instructions about how to proceed in their role-play so that they can develop new ways of behaving

Basic skills during action phases

Key points about rehearsal

- ✓ Giving feedback during the rehearsal period
- ✓ Giving instructions
- ✓ Making sure that clients understand the rationale behind this technique

Basic skills during action phases

5.Homework:

- Timing of homework is very important in therapy
- The therapeutic process should be mature enough so that client can comply with homework
- The rationale behind the homework should be explained to the clients

It has numerous advantages

- Keeping clients ***focused on relevant beh.***
- Helping them to ***see the progress***
- Helping them to ***evaluate and modify their activities***
- Making them more ***responsible for control of themselves***

Basic skills during action phases

- **Homework**

- Examples of homework**

- Practicing a new skill
 - Postponing anxiety
 - Writing a diary
 - Exposure to a stress provoking event; for example in case of OCD
 - Self-monitoring, recording anxious thoughts, recording triggers of anxiety
 - Reading a particular book about the relevant issue
 - Couple therapy
 - Using «I language»
 - Need focused listening
 - Recording positive behaviors of the partner