Unit 5

THERAPEUTIC APPROACHES AND COUNSELLING

The aim of this chapter is to give information regarding the concept of Psychotherapy and to give knowledge about main types of psychotherapies.

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Introduction

In the preceding chapter, you have studied about major psychological disorders. Treating mental disorders is a very important and difficult work, which is done by the psychotherapists. The mode of treatment is mainly psychological means. The purpose of all these approaches is to help the client overcome her/his debilitating condition. All therapeutic approaches are corrective and helping in nature and intends to make the client's life simple and creative. There are various types of Psychotherapies. Some of them focus on acquiring self-understanding, other therapies are more action-oriented. Some of them are directive in nature, such as psychodynamic, while some are non-directive such as person-centred. Counselling is that branch of Psychology in which those processes are studied through which the psychologist advice people in solving their simple adjustment problems. In this chapter, we will briefly discuss some of the major forms of psychotherapy and counselling.

Nature and Process of Psychotherapy

In simple language therapy means treatment of diseases and psychotherapy means treatment of mental diseases. According to Rathusand Nevid "Psychotherapy is a method of treatment involving a systematic interaction between a therapist and a client that use psychological principles to bear on influencing the client's thoughts ,feelings or behaviour in order to help that client overcome abnormal behaviour or adjust to problems in living.'' According to Sarason and Sarason "Psychotherapy refers to psychological, verbal and expressive techniques used in treating maladaptive behaviour.''

All psychotherapeutic approaches have the following characteristics:

(1) there is systematic application of principles underlying the different theories of therapy

(2) Only those who have received practical training under expert supervision can practice psychotherapy, and not everybody

(3) the therapeutic situation involves a therapist and a client who seeks and receives help for her / his emotional problems and

(4) the interaction of these two persons- the therapist and the client- results in the consolidation/formation of the therapeutic relationship. This is a confidential, interpersonal and dynamic relationship.

Sundberg and Tyler analyzed different aspects of researches done in psychotherapy and reported following goals or aims of Psychotherapy

(1) Strengthening the patient's motivation to do the right things

(2) reducing emotional pressure by facilitating the expression of feeling

(3) releasing the potential for growth

(4) helping in changing the habits

(5) modifying the cognitive structure of the person

(6) gaining self-knowledge

(7) facilitating interpersonal relations and communication.

(8) gaining knowledge and facilitating decision-making

(9) altering bodily states.

(10) altering the present state of consciousness and

(11) changing the social environment of the client.

Therapeutic Relationship

During psychotherapy a special relationship develops between the client and the therapist which is known as the therapeutic relationship or alliance. Therapeutic relationship is a relationship in which both the therapist and the client know why they have gathered, the rules of their interaction and goals. According to Nietzel, Bernstein and Milich "the psychotherapeutic relationship is a nurturant but purposeful alliance in which several methods, largely psychological in nature, are employed to bring about the changes desired by the client."Psychotherapy begins with a Therapeutic Contract, which includes the aim of therapy, the technique which will be applied, possible hurdles and personal responsibilities of therapist and the client. It is a trusting and confiding relationship. The high level of trust enables the client to unburden herself/himself to the therapist and confide her/his psychological and personal problems to the latter. The therapist tries to build up a relationship in a manner

which reinforces the client to change his behaviour. Korchin has clearly specified that in therapeutic relationship there should be balance of attachment and detachment. A good therapeutic relationship should have the following expected qualities: 1There is a moral binding in the therapeutic relationship between the client and the therapist in which the most important is confidentiality. The therapist maintains the confidentiality and does not share the personal information of the client with anyone 2 The therapeutic relationship should be such that the benefits of the client should be of prime importance.3That therapeutic relationship will be considered best which has role -investment The meaning of role -investment is that both the therapist and the client does personal efforts for making the therapy successful 4 The therapist conveys by her/his words and behaviours that she/he is not judging the client and has unconditional positive regard towards the client.5. The therapist has empathy for the client .Empathy means understanding things from other person's perspective, i.e. putting oneself in other person's shoes. Empathy enriches the therapeutic relationship and transforms it into a healing relationship. It is neither a passing acquaintance, nor a permanent and lasting relationship. It is a professional relationship of a limited duration and should stay like that only .This alliance lasts until the client becomes able to deal with her/his problems and take control of her/his life.

Activity 5.1

Collect information about the institutions in your city which are involved in the treatment of mental disorders.

Types of Psychotherapies

Though all psychotherapies aim at treating the psychological ailments, conflicts and abnormalities they differ greatly in concepts, methods and techniques. Psychotherapies may be classified into three broad groups, viz. the psychodynamic, behavior and existential psychotherapies. The classification of psychotherapies is based on the following parameters.

1. **What is the cause, which has led to the problem?**

   According to the psychodynamic therapy repressed unconscious wishes, conflicts and confusions creates psychological problems .According to behavior therapies , psychological problems arise due to faulty learning of behaviors and cognitions. The existential therapies postulate that the questions about the meaning of one's life and existence are the cause of psychological problems.

2. **How did the cause come into existence?**

   In the psychodynamic therapy, unfulfilled desires of childhood and unresolved childhood fears lead to intrapsychic conflicts. The behavior therapy postulates that faulty conditioning patterns, faulty learning and faulty thinking and beliefs lead to maladaptive behaviour that, in turn, leads to psychological problems. The humanistic –existential therapy places importance on the present .It is the current feelings of loneliness, alienation, sense of futility of one's existence etc., which causes psychological problems.

3. **What is the chief method of treatment?**

   Psychodynamic therapy uses the method of

free association and reporting of dreams to elicit the thoughts and feelings of the client . This material is interpreted to the client to help her/him to confront and resolve the conflicts and reorganise the personality .This helps in overcoming the problems and fulfilling of her/his needs in a manner which is acceptable to her/him and the society. Behavior therapy identifies the faulty conditioning patterns and sets up alternate behavioral contingencies to improve behavior. Behind this whole procedure conditioning theory is applied. The existential therapy provides a therapeutic environment which is positive, accepting, and non – judgmental. The client is able to talk about the problems and the therapist acts as a facilitator.

4. **What is the nature of the therapeutic relationship between the client and the therapist?**

   Psychodynamic therapy and behavior therapy both assumes that the therapist understands the client's problems and so the therapist decides what is the correct behavior and solutions for the client's problems. In contrast to these therapies, the existential therapies emphasise the client's personal experiences and freedom of thought and through this s/ he is given a chance for a new way of living and freedom from illness.

5. **What is the chief benefit to the client?**

   Psychodynamic therapy develops the insight to such an extent in the client that s/he herself/himself starts understanding her/his problems and symptoms. Because of this the client brings change in her/his beliefs, values and perceptions which reduces her/his

problems. The behaviour therapy considers changing faulty behaviour and thought patterns to adaptive ones as the chief benefit of the treatment. The humanistic – existential therapy values personal growth as the chief benefit. Personal growth is the process of gaining increasing understanding of oneself, and one's aspirations, emotions and motives.

6. **What is the duration of treatment?**

   The duration of psychodynamic therapy may continue for several years. However, several recent versions of psychodynamic therapies are completed in 10 - 15 sessions. Behaviour therapy as well as existential therapies are shorter and are completed in a few months.

Although many types of psychotherapies are available which are different from the point of view of procedure, but generally psychotherapy involves the following steps as given in Box 5.1 in the direction of improvement.

Box 5.1
General steps of psychotherapy

1. *The development of a trustworthy relationship between the client and the psychotherapist* –For the success of any psychological therapy it is essential that the client and the psychotherapist establishes a mutual rapport so that the client can freely share and discuss her/his problems with the therapist. This is possible only when the client has full trust that the therapist will not leak his information to anyone and he has full empathy and unconditional positive regard for the client.

2. *Emotional Release or Catharsis* –The client brings his problems in front of the therapist and expresses his aggression, fears, guilt and other emotions related with it. The verbal expressions of these pent-up emotions are important for the success of psychotherapy. This is essential for the development of insight for the positive actions towards the solution of the problem.

3. *Insight* – As the repressed material is expressed by the client his awareness towards his problems and behaviour increases. On this basis the adjustment process of the client starts improving.

4. *Emotional Re –education-* When the client gets the insight of his problems and wrong ways of solving them, he starts using the right strategies to solve them. He learns new productive ways instead of old unsuitable ones. Slowly these positive actions make him capable and develop self – confidence which is essential for personal adjustment.

5. *Termination* – When the client is able to control his conflicts and moves towards the solution of his problems, it is the time to end therapy. The following sections explain representative therapies from each of the three major systems of psychotherapy mentioned earlier.

Psychodynamic Therapy

The psychodynamic therapy pioneered by Sigmund Freud is the oldest form of psychotherapy. The detailed description of psychodynamic therapy given by Freud is as follows

Methods of Eliciting the Nature of Intrapsychic Conflict

Since the psychoanalytic approach views intrapsychic conflicts to be the cause of psychological disorder, the first step in the treatment is to elicit this intrapsychic conflict. For this some important method are invented.

Free Association –Freud was of the opinion that the person repressed painful and anxiety provoking experiences, wishes and conflicts into his unconscious, because of which he is unaware of the true basis of his behaviour and thoughts. In psychoanalysisthe expression of this repressed material and emotions is known as free association. The basic rule of psychoanalysis is that the individual being treated must say whatever comes into his mind, regardless of how personal, painful or seemingly irrelevant it may be. Through this technique the client expresses his repressed emotions and conflicts spontaneously because of which he feels lighter. It is said if one shares one's heart with others, one feels lighter.

Process of Free – Association During free-association the client usually sits comfortably in a chair or lies in a relaxed position on a couch in a peaceful room and allow his mind to wander freely, giving a running account of his thoughts, feelings and desires. The therapist usually takes a position behind him, so as not to be a distraction or disrupt the free flow of associations. The therapist encourages the client for a free flow of thoughts. **Analysis-**During the above procedure the role of therapist is almost passive . His major role starts with analysis .The free uncensored verbal narrative of the client is a window into the client's unconscious to which the therapist gains access. The

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therapist helps the client in gaining insight, so that he is able to find solutions to his problems and develop his personality which help him in better adjustment with his environment.

Dream Analysis –While working on free association Freud realised the importance of dreams because during the process of free association the client very often used to refer to their dreams. He found that dreams have a specific meaning although they are expressed in disguised or symbolic form. He found that when the client were encouraged to connect different parts of dreams they revealed more useful repressed material in comparison to the awaken state of free association. Freud has discussed his experiences in detail in a book "The Interpretation of Dreams'' published in 1900. According to Freud dream material is repressed from the conscious level. There are some needs which cannot be openly fulfilled. They are satisfied in disguised or symbolic form. It is the work of the therapist to interpret and analyse these dreams and give them meaning.

Interpretation of Everyday Behaviour-Freud has clearly explained in his book "The psychopathology of everyday life'' that one can make understand the conflicts and defences of unconscious through everyday behaviour. Because of this only psychoanalysis pays attention to the minute details of everyday behaviour of the clients and tries to interpret them. Slip of tongue, forgetting names, mistakes in writing, misplacing things are some of the everyday behaviours which when interpreted can lead to unconscious conflicts.

Modality of Treatment

Transference and Interpretation are the means of treating the patient. As the unconscious forces are brought into the conscious realm through free association and dream interpretation described above, the client starts identifying the therapist with the authority figures of the past, usually childhood. The therapist may be seen as the positive father or as the negligent mother. This is the process of transference. This transference is of 3 types1)

Positive transference - in this the client idolises or falls in love with the therapist 2) *Negative transference* – it is present when the client has feelings of hostility, anger and resentment towards the therapist 3)

Counter transference – In this the therapist shows love and emotional bonding with the client. As regards to positive transference, it improves the treatment, as the patient openly reveals her/ his unconscious experiences. In negative transference the therapist has to work very attentively, because here the client treats the therapist with hatred and aggression. The therapist should intelligently convert the mistrust of the client into trust Counter transference reveals the incompetency of the therapist. So the therapist should have control on his emotions then only the treatment process can take place properly.

The process of transference is met with resistance. Since the process of transference exposes the unconscious wishes and conflicts, thereby increasing the distress levels, the client resists transference. The therapist overcomes the resistance by repeatedly confronting the patient

about it and by uncovering emotions such as anxiety, fear or shame, which are causing the resistance.

Interpretation is the fundamental mechanism by which change is effected. Confrontation and Clarification are the two analytical techniques of Interpretation. In confrontation, the therapist points out to the client an aspect of her / his psyche that must be faced by the client. Clarification is the process by which the therapist brings a vague or confusing event into sharp focus. Interpretation is considered to be the pinnacle of psychoanalysis. The repeated process of using confrontation, clarification, and interpretation is known as working through. Working through helps the patient to understand herself/ himself and the source of the problem and to integrate the uncovered material into her/ his ego.

The outcome of working through is insight. By the end of the therapy, with the efforts of the therapist the client starts understanding the unconscious reasons of his emotional troubles and psychological conflicts, because of which the client develops the insight and intellectual understanding of his problems. The development of insight changes client`s perception towards herself/himself and the society. He also starts understanding his personal motives in the right context and becomes a psychologically healthy person. Psychoanalysis is terminated at this stage.

Duration of Treatment –

Psychoanalysis lasts for several years, with one-hour session for 4 – 5 days per week. It is an intense treatment.

Behaviour Therapy

According to Eysenck "Behaviour therapy is an attempt to alter human behaviour and emotions in a beneficial manner according to the laws of learning theory."Wolpe has described behaviour therapy in the following manner "Behaviour therapy is the use of experimentally established principles of learning for the purpose of changing unadaptive behaviour. Unadaptive habits are weakened and eliminated, adaptive habits are initiated and strengthened."According to Sarason and Sarason "Behaviour therapy includes several techniques of behaviour modification based on laboratory derived principles of learning and conditioning. Behaviour therapies focus on modifying overt behaviours with minimal reference to internal or covert."The basic belief of this theory is:-(1) S/he has failed to acquire needed competencies for coping with the problems of living. The faulty behaviour pattern adopted by her/him is due to either faulty learning or because of unavailability of right learning facilities.(2) The maladaptive reaction pattern which he learns in one situation gets generalised to other similar situations. Therapy helps in learning right types of reactions. Thus behaviour therapy specifies the maladaptive behaviour to be modified and the adaptive behaviour to be achieved as well as the specific learning principles or procedures to be utilized. For all this procedure learning principles are utilized.

Activity 5.2
We do different types of activities in our homes. Some works brings prizes or praise. All the students should make a list of items which brought them appreciation in last 10 days.

Techniques of Behaviour Therapy

A range of techniques is available for changing behaviour. The important ones are as follows:

1. *Systematic Desensitisation-*

This is a technique of behaviour therapy which was introduced by **Wolpe**. It involves eliciting an antagonistic or competing response for extinguishing negatively reinforced behaviour. Since it is difficult to feel both pleasant and anxiety at the same time, the method of desensitization is aimed at teaching the client to emit a response which is inconsistent with anxiety while in the presence (real or imagined) of the anxiety- producing stimulus. According to Wolpe thereare three steps of systematic desensitization.I.Training in relaxation- The first step in therapy is training the individual to relax. Box 5.2 gives details about relaxation procedures. II. The construction of hierarchies -During the early sessions of therapy, time is also spent constructing a hierarchy of the individual's anxieties. This anxiety hierarchy is a list of related stimuli ranked in descending order according to the amount of anxiety they evoke in the client. The lowest anxiety evoking stimulus is kept below and the highest anxiety- producing situation will be kept at the top. *III .Desensitisation procedure-* When the client has mastered the relaxation techniques and the therapist has established an appropriate anxiety hierarchy, the actual process of desensitisation begins while the client relaxes completely in a comfortable chair with his eyes closed, the therapist describes a series of scenes to him, directing her/him to imagine herself/ himself experiencing each situation. The first scene presented is a neutral one .If the client remains calm and relaxed, the lowest scene on the

hierarchy is presented; then the therapist moves progressively up the hierarchy until the client indicates that he is experiencing anxiety and the scene is terminated. Treatment continues until the client is able to remain in a relaxed state while vividly imagining the scenes that formerly evoked the greatest anxiety.

Box 5.2
Relaxation Procedures

The basic technique follows the principles of "progressive relaxation" outlined by Jacobson (1938). It consists of having her/him contract and then gradually relax different muscles until s/he reaches a state of complete physical and mental relaxation. The stage of relaxation can be achieved through meditation also.

Refers to repeated association of undesired response with an aversive consequence. For example to treat an alcoholic patient ,vomiting inducing chemicalis mixed with alcohol so whenever he takes alcohol, he vomits . With repeated pairings the smell of alcohol becomes aversive and the person will give up alcohol. The most commonly used aversive stimulus is electric shock . Unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously through differential reinforcement . Positive reinforcement for the wanted behaviour and negative reinforcement for the unwanted behaviour attempted together may be one such method .The other method is to positively reinforce the wanted behaviour and ignore the unwanted behaviour .Through this many abnormalities can be treated.

3. Token Economy

In this technique appropriate behaviour are rewarded with tangible reinforcers in the form of tokens which are small cards, **poker-chip**, artificial coins or something like that, which can later be exchanged for desired objects or privileges . These tokens work as **positive reinforcers** and client can developadaptive behaviour through it.

4. Implosive Therapy and Flooding

Both these techniques are based on the principle of extinction. The presumption for both these therapies is that the person is afraid of some stimulus or situation because he is not able to learn that the particular situation or stimulus is actually not dangerous. When they are kept in these situations they learn that their fears have no base and then their fear extinguishes. In *Implosive Therapy* the client is asked to imagine and re -live aversive scenes associated with her/his anxiety; so that s/he understands that those situations are not harmful for them. In Flooding they are not asked to imagine the fear arousing situation but they are made to face it in reality. With repeated exposure in a "safe" setting, the stimulus loses its power to elicit anxiety and the neurotic avoidance behaviour is extinguished.

5. Assertiveness Therapy-

It appears particularly useful in helping individuals who have difficulties in establishing interpersonal relationships because of lack of social skills. Such inhibition may lead to inferiority complex and anxiety. The main aim of this therapy is to develop social skills and reduce cognitive obstacles so that there is no problem in self expression.

6. Modeling-

In this the desirable behaviour is displayed before the client. The client observes a model and is then reinforced for imitating the model's behaviour. In this way the undesirable behaviours are modified ands/he learns desirable behaviours. Sometimes he is asked to change his behaviour by watching a movie or videotape so that her/his personality becomes more progressive.

There are lots of techniques available in behaviour therapy. The efficiency of the therapist depends on accurate behaviour analysis and using right package of techniques for the client.

COGNITIVE THERAPY

According to Neitzel, Bernstein and Milich. "Cognitive therapy can be defined as a treatment approach that attempts to modify maladaptive behaviour by influencing a client's cognitions (beliefs, schemas, self-statements and problem-solving strategies)."This definition gives following facts:-1.Cognitive therapy locates the cause of psychological distress in irrational thoughts and beliefs.2.In this therapy the irrational thoughts and beliefs of the client are replaced by the rational belief system. This process is known as cognitive restructuring.

Rational -Emotive Therapy.

Albert Ellis formulated the Rational Emotive Therapy on cognitive basis. According to this therapy emotional reactions are the result of those irrational thoughts that tend to be continually reinforced through a sort of self-dialogue and which gives birth to irrational beliefs. These beliefs are a hurdle for a meaningful life and produce unwanted behaviour. The purpose of this therapy is to

refute these irrational self-defeating beliefs through logical testing .For example an individual may have an unrealistic expectations from herself /himself and others (like I should be loved by everybody) which will, create problems for her/him. According to Ellis the person can have many irrational beliefs , like one should be thoroughly adequate and competent in everything he does. Many people believing this evaluate all their works and hence they are disappointed because no one can be perfect in everything. As he is not able to meet his irrational beliefs he gets sad, hopeless, fearful and stressful. Clearly there are two aims:

I. To question their, basic, faulty and irrational beliefs and to know the reality.

II. To replace them with more creative, rational thoughts, beliefs expressions and opinions. Gradually the client is able to change the irrational beliefs by making a change in her/his philosophy about life and there is a reduction in psychological distress.

Cognitive Therapy of Beck

This therapy was propounded by Aaron Beck for the treatment of depressed patients. But later on this therapy was utilized for many other disorders. Beck holds that "numerous disorders, particularly depression, are caused by negative beliefs that individuals have about themselves, the world and the future".Beck has called these three irrational and wrong schemas as Cognitive Triad .Beck has explained many types of distorted thinking in depressed patients. The most important of them are:1)*Arbitrary Inference*- It involves drawing conclusions that are not supported by evidence. For example a person says that he is useless because he was not called in a party.2)*Magnification*-The client magnifies a small incident to a great extent for example a man may think the whole house he has constructed is useless as there is no place for worship. 3)*Minimization*-A big incident abridged and perceived in a distorted way.Like if a student thinks that he was able to clear a difficult examination only because of luck, because the reality according to him is that he is an idiot and an unintelligent person. Cognitive therapy tries to change these negative thoughts into positive ones. Five things are emphasised in this therapy.1)To find out relationship between cognition, affect and behaviour.2)To monitor the results of negative cognitive triad.3)To check evidence against and in favour of biased and dysfunctional cognitions.4)Wrong and undesirable cognitions are replaced by more realistic explanation.5)Home work is assigned in which the client rehearses the new ways of solving the problems and gets solutions to his problems. Similar to behaviour therapy, cognitive therapy focuses on solving a specific problem of the client. It is short, lasting between 10-20 lessons.

COGNITIVE BEHAVIOUR THERAPY

It is basically based on the principles of behaviour therapy. But whereas cognitive procedures like image, thinking, imagination etc. are ignored in behaviour therapy ,they are emphasised in Cognitive Behaviour Therapy. According to Rathus and Nevid"Cognitive behaviour therapy is a form of therapy characterized by the integration of cognitive and behavioural approaches to treatment". Cognitive behaviour therapy is most prevalent and efficacious treatment which helps in improving different psychological disorders. CBT adopts a bio-psychosocial approach to the delineation of psychopathology. It addresses the

biological aspects through relaxation procedures, the psychological ones through behaviour therapy and cognitive therapy techniques and the social ones with environmental manipulations makes CBT a comprehensive technique which is easy to use, applicable to a variety of disorders, and has proven efficacy.

HUMANISTIC- EXISTENTIAL THERAPY

In humanistic- existential therapy the personal experiences and freedom of thought of the client is given emphasis. He is allowed to find cure of his diseases and adopt a new style of living under controlled freedom. Humanism is related with the Meaning of existence. They study the meaning, purpose and aim of life. Davison and Neal while explaining humanistic and existential therapies said that "Humanistic and existential therapies refer to a generic term for insight therapies that emphasize the individual's subjective experiences, free will and ever present ability to decide on a new life course". According to this therapy the reason of psychological disorders of a person is loneliness, bad relations with other people, and an inability to find meaning and genuine fulfilment in life. Human beings are motivated by the desire for personal growth and self-actualization, and an innate need to grow emotionally. When these needs are curbed by society and family, human beings experience psychological distress. Therefore, the therapy creates a permissive, non-judgemental and accepting atmosphere in which the clients' emotions can be freely expressed and the complexity, balance and integration could be achieved. The therapist is merely a facilitator and guide. It is the client who is responsible for the success of therapy. The chief aim of the therapy is to expand the client's awareness.

Healing takes place by a process of understanding the unique personal experience of the client of herself/himself. The client initiates the process of self growth through which healing takes place.

LOGO THERAPY

Victor Frankl, a psychiatrist and neurologist propounded the Logo therapy. According to Chaplin, logotherapy is a type of psychotherapy which is based on clients' analysis of meaning of existence. Logo therapy is made of two words –logo and therapy Logo or logos stands for meaning and therapy is treatment. Hence logotherapy tries to remove problems or worries which arise because of meaninglessness in life. Emphasis is not on the historical reconstruction of the patient's character or philosophy, but rather on the contemporary spiritual problems and, as important, on their future course. Frankl calls this process of finding meaning even in life- threatening circumstances as the process of meaning making. According to Frankl the most important motivator of a person is to find meaning in life .The basis of meaning making is a person's quest for finding the spiritual truth of one's existence and act accordingly. When this motivation is not satisfied it develops existential frustration, which creates meaninglessness in life which Frankl called existential anxiety. This therapy, therefore, endeavours to help the client find or create purpose and meaning in her/his life. Frankl has mentioned two techniques of logo therapy-
*1)***Paradoxical Intention-Technique** in this the client is made to do that behaviour which he fears or is anxious about.

2)**De-reflection Technique**- involves having the client ignore anxiety arousing situations or

behaviour and involves some creative striving because of which the client develops new awareness, spiritualism and wisdom. When he understands the meaning of his existence he starts finding significance of his life.

CLIENT-CENTERED THERAPY

Client - centered therapy was given by Carl Rogers. It is called client centered or non directive counselling because the responsibility of success of therapy and to move in the direction of betterment lies with the client. According to Rosen and Gregory "a conviction of the individual's worth is implicit in client centered therapy." The client has the capacity to make herself/himself healthy and the capacity to solve her/his own problems and the capacity to choose the right direction without anyone's guidance. In this therapy the psychotherapist is not given the right to advice, instruct, criticize or request the client. The main work of psychotherapist is to create such an environment, through which the client herself/ himself can remove her/ his emotional hurdles and move towards self growth. In this therapy such an interpersonal relationship is developed which is used by the client for personal growth. According to Rogers to develop such a relationship, the therapist should have following traits:

a.Unconditional positive regard-The therapist shows a deep and genuine caring for the client as a human being. Unconditional means, accepting the client without making any judgements about him. Therapist neither approves nor rejects the feelings of the client. He just accepts them. Positive indicates that the therapist fully trusts the capability of the client to solve her/his problem and feels s/he has the potential for self growth.

b. Empathy- According to Rogers empathy means that the therapist understands the feelings of the client and senses the client's inner world as if it were her/ his own.**c. Congruence-**The therapist should develop a genuine and real relation with the client. For this it is essential that the feelings and actions of the therapist should be congruent with each other. In essence, this therapy helps a client to become her/his real self with the therapist working as a facilitator.

GESTALT THERAPY

This therapy was given by Frederick S. Perls. The German word Gestalt means "whole". It lays emphasis on the unity of heart and body in which thinking, feeling and actions are expected to be in adjustment with each other. The goal of gestalt therapy is to increase an individual's self awareness and self acceptance. In other words the main aim of this therapy is to make the client understand and accept her/ his needs, desires and doubts. The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness and are the cause of unfulfillment of his needs. This therapy can also be used in group settings.

ALTERNATIVE THERAPIES

Alternative therapies are so called, because they are alternative treatment possibilities to the conventional drug treatment or psychotherapy. There are many alternative therapies such as yoga, meditation, acupuncture, herbal remedies and so on. Among these yoga and meditation have gained popularity as treatment programmes for psychological distress. Yoga is an ancient Indian technique which is based on natural laws. It was founded by Patanjali . Yoga therapy helps in training the heart. By the help of yoga basic traits

and motivations are organized at one place. By the help of this a person is able to attain super consciousness which makes him immune to all diseases. Yoga therapy is totally scientific and based on fundamental principles which are helpful in personality development. Yoga is helpful in the purification of activities of mind and body and increases the concentration because of which a person is able to understand and deal her/his problems. Techniques like Asanas, Savasanas or Pranayama are used in yoga. In Dhyan(Mediation) a person voluntarily keeps herself/himself away from the flow of life so that s/ he can achieve peace and concentration.InVipasana mediation, also known as mindfulness- based mediation , there is no fixed object or thought to hold the attention. The person passively observes the various bodily sensations and thoughts that are passing through in her/ his awareness.The rapid breathing techniques to induce hyper ventilation as in Sudarshana Kriya Yoga (SKY) is found to be a beneficial, low- risk ,low cost, adjunct to the treatment of stress anxiety, depression , substance abuse and rehabilitation of criminal offenders.Yoga techniques enhances well –being, mood, attention ,mental focus and stress tolerance. Insomnia can also be treated by yoga.Kundalini yoga has been found to be effective in treatment of mental disorder.Kundalani Yoga combines Pranayama or breathing techniques with chanting of mantras. Prevention of repeated episodes of depression may be helped by mindfulness –based meditation or Vipasana.

Acitvity 5.3

There are certain students in a class who lack concentration. By using techniques like yoga and meditation mental power can be increased. You should give instructions to the students in the class that they should do yoga or meditation early in the morning for 5 to 10 minutes for some days.

Counselling

Counselling is a multi- faceted procedure, in which many approaches and methods are used for personality development and to eradicate problems in order to make life simple, purposeful and satisfactory. According to Shostorm and Brammer "Counselling is a purposeful and equality based relationship between two people in which the trained person helps the other in changing herself/ himself and her/ his environment."According to Robinson "The goals of counselling are to increase a client's feeling of personal adjustment and effectiveness in society – not only in immediate but also in later situations."The following are important points regarding nature of Counselling.

Nature of Counselling:-

1. Counselling is a process.
2. Counselling is a interactive relationship between the counsellor and the client.
3. It is a continuous process, in which many activities takes place.
4 .In the counselling process, the counsellor helps the client through his experience, training and psychological techniques.

5. The counselling process creates a learning environment for the client. Through which the client can change his cognitions, experiences and interpersonal relationship.

6. Counselling can be done in different settings like home, school, industry, hospitals, social and community settings, rehabilitation centres etc.

7. The nature of counselling is developmental, preventive and therapeutic.

8. Counselling is basically directed toward the interest of the individual.

9. The relationship in counselling are based on warmth, responsiveness and understanding .

10. In counselling process integrity, impartiality and respect are given importance.

11. The levels of counselling consist of preparatory, beginning, middle, end /terminal and follow up.

12. As a profession counselling has its own ethics. These ethical principles may not necessarily be according to social ethics.

13. The counsellor does not judge the behaviour of the client.

14. Counselling is helpful in increasing the self-confidence, self – decision, self– realisation and self – growth of the client. Counselling helps the person in understanding significance of life.

15. The main objective of counselling is to prevent the future problems of an individual and to prepare him to tackle and solve the future problems, however counselling is also helpful in solving the present problems.

16. There is diversity in the type of need of counselling .According to the need of a client a counsellor can be a therapist, expert in psychotherapy, teacher, social worker, politician or any experienced person but where cognitions, feelings and behaviour are concerned ,only a trained psychologist or counsellor can help.

Scope of Counselling

Counselling is related to almost all the stages and fields of human life. The need of professional counselling is felt in homes, school, working-places, hospitals, community centres, multipurpose support centres established by non – governmental organizations etc. In all these centres services are taken of trained or semi – trained counsellors who are full time or half time employed. It means that the psychologists who are trained as counsellors can get jobs at all these places. Looking from the angle of age, counselling is required at all stages of life.

Goals of Counselling

1. Support

2. Psycho-educational guidance

3. Decision making

4. Problem solving

5. Adjustment

6. Crisis intervention and management

7. Symptom amelioration

8. Development of insight

9. Development of self – understanding

10. Development of positive viewpoint toward the environment and self

11. Development of worth and meaning in life

12. Developing readiness to accept the inevitable

13. Behaviour modification and personality change

14. Systemic, organizational or social change and

15. Development of appropriate health behaviour.

Objectives of Counselling

1. Mental health
2. Improving personal resourcefulness
3. Facilitating development of a fully functioning person
4. Self-actualization and
5. Self – realization

Counselling and Psychotherapy

1.The basic aim of counselling is to guide the client towards the alternative solutions available for his problems .On the other hand the psychotherapist diagnose and treat the problem through different techniques .Hence it can be said that the perspective of counsellor is usually preventive whereas the psychotherapist viewpoint is preventive less and remedial more.2.In counselling emphasis is placed on solving those human problems which are simple in nature and are less serious like lack of concentration while studying ,not able to sleep ,biting nails etc, are the common problems which are dealt by the counsellor .But the treatment of serious mental disorders and intense human problems is done through psychotherapy.3.The counselling psychologist guides only normal persons for educational and vocational alternatives. While the psychotherapist solves the problems and treat both normal and abnormal people.

Key Terms

Psychotherapy, Empathy, Psychodynamic therapy ,Resistance, Transference, Behaviour therapy, Modelling, Systematic desensitization ,Cognitive therapy ,Cognitive Behaviour therapy, Humanistic - existential therapy, Client- centered therapy ,Gestalt therapy ,Logo therapy, Alternative therapies ,Counselling.

Summary

❖ Psychotherapy is a treatment for the healing of psychological distress through scientific and psychological techniques.

❖ The relationship between the client and the psychotherapist is very important.

❖ Psychodynamic psychotherapy, Behaviour therapy, Cognitive Behaviour therapy, Humanistic -existential therapy etc. are some of the important types of psychotherapies.

❖ Alternative therapies are other important type of therapies in which yoga and meditation play an important role.

❖ Counselling helps in removing problems related to education, job, family and personal life.

Practise Questions

Multiple choice

1. The purpose of psychotherapy is -

    a) To reduce internal conflict and stress

    b) Change in maladaptive behaviour

    c) Increase in personal strength

    d) All

2. Therapeutic relationship is-

    a) Between the client and the family

    b) Between the therapist and the family

c) Between the client and the society

(d) Between the client and the psychotherapist

3. The propounder of psychodynamic therapy is-

   a) Carl Rogers
   b) Watson
   c) Freud
   d) Wolpe

4. The oldest technique of psychotherapy is -

   a) Behaviour therapy
   b) Psychodynamic therapy
   c) Cognitive Behaviour therapy
   d) Humanistic - existential therapy

5. Who is the main supporter of behaviour therapy?

   a) Freud   c) Wolpe
   b) Jung   d) Rogers

6. Albert Ellis propounded which therapeutic technique.

   a) Behaviour therapy
   b) Rational Emotive therapy
   c) Modelling
   d) Aversion therapy

7. Freiderick (Fritz) Perls is related to which therapy-

   a) Gestalt therapy
   b) Behaviour therapy
   c) Client -Centred therapy
   d) Logo therapy

8. Which technique recognises psychological disorders on the basis of interpretation of dreams?

   a) Behaviour therapy
   b) Psychoanalytic therapy
   c) Client centred therapy
   d) Cognitive therapy

9. The meaning of Gestalt is -

   a) Half
   b) Meaning
   c) Less
   d) Whole

10. One of the following is not a type of alternative therapy -

    a) Shaping
    b) Acupuncture
    c) Yoga
    d) Meditation

Short Questions

1. Explain the meaning of Psychotherapy.
2. What are the aims of Psychotherapy?
3. Write different types of transference.
4. Define therapeutic relationship.
5. What is behaviour therapy?
6. Explain systematic desensitization.
7. Name the techniques of behaviour therapy.
8. Explain logo therapy.
9. What is gestalt therapy?
10. Explain the meaning of existential therapy.
11. Define counselling.
12. What are the aims of counselling?

Essay Type Questions

1. Discuss the nature and process of psychotherapy and explain therapeutic relationship. Discuss in detail psychodynamic therapy.
2. Write an essay on behaviour therapy.
3. Critically explain client centred therapy.
4. Discuss humanistic– existential therapy.

Answers to Multiple-Choice Questions

1.	2.	3.	4.	5.	6.	7.	8.	9.	10
D	D	C	B	B	B	A	B	D	A