

**Counseling Theory & Practice: Theory Summaries**

Theory	View of Human Nature	Key Concepts/Causes	What changes can be made?	Interventions
Behavioral Bibliotherapy Cognitive-Behavior	People can learn to recognize triggers.	•	<ul style="list-style-type: none"> <li>• Goal is to adjust information-processing and initiate positive change</li> <li>• Teaches individuals to use conscious control to recognize and override maladaptive responses</li> </ul>	<ol style="list-style-type: none"> <li>1. Identify ineffectiveness of current attitudes</li> <li>2. Help student see experience directly</li> <li>3. Change experiences of client/student</li> </ol> <p>Homework, journaling, role-play, shaping (small steps toward goal)</p>
Conjoint Family (Virginia Satir)	People can learn what they don't know & can change	<ul style="list-style-type: none"> <li>• Self-esteem (irresponsibility &amp; poor communication symptoms of low self-esteem)</li> <li>• Roles in families: placater, blamer, computer, distractor, leveler</li> </ul>	<ul style="list-style-type: none"> <li>• 4 components of family subject to change: members feelings of self-worth, family communication, the system, rules of a family</li> </ul>	<ul style="list-style-type: none"> <li>• Help families operationalize worlds like love and respect, become more aware of expectations for each other</li> <li>• Increase self-esteem in all members</li> <li>• Teach members to understand their encounters w/ each other and learn leveling responses</li> <li>• Encourage members to take responsibility for own actions</li> </ul>
Existential/Constructivist	Learning what it means to be human	<ul style="list-style-type: none"> <li>• Stresses the understanding of persons rather than a system of techniques</li> <li>• Existential paradox: humans are both free &amp; dependant on relationships</li> <li>• We search for meaning</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness (the more aware we are, the more freedom we experienced)</li> <li>• The more freedom we experience, the more responsible we are for our freedom, existence, actions</li> <li>• Awareness of freedom sometimes creates anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Goal of therapy is to expand self-awareness and increase choice potentials</li> <li>• Become free &amp; responsible to direction of one's life</li> <li>• Reflection; self-disclosure, roleplaying, confrontation, open questions that address the "why" issues</li> </ul>
Gestalt Narrative	Postmodern, reality is what the person determines it to be	<ul style="list-style-type: none"> <li>• Reality is constructed in the context of interpersonal interactions</li> <li>• Language (verbal &amp; nonverbal) organizes relational events into narratives that hold meaning</li> <li>• The person is not the problem; the problem is the problem</li> </ul>	<ul style="list-style-type: none"> <li>• Client can re-write their personal narrative to be more resilient</li> <li>• If our personal narrative changes, so can our view of our identity</li> <li>• We can change our meaning; make sense of our experiences</li> </ul>	<ul style="list-style-type: none"> <li>• Externalization (The Self-Doubt monster); separate the problem from the person</li> <li>• Finding unique outcomes</li> <li>• Joining through metaphor</li> </ul>
Paradoxical Brief	Drive for independence, wants to resist	<ul style="list-style-type: none"> <li>• Counselor takes advantage of the idea that the client wants to prove the counselor wrong</li> </ul>	<ul style="list-style-type: none"> <li>• Focus is on the problem formation and elimination</li> </ul>	<ul style="list-style-type: none"> <li>• "one-up"/"one-down"</li> <li>• Problems reframed as</li> </ul>
Person-Centered (Carl Rogers)	Forward moving, core of positive goodness; realistic;	<ul style="list-style-type: none"> <li>• Clients know themselves best</li> <li>• Therapy rooted in the client's capacity for awareness &amp; ability to make decisions</li> <li>• Focus on trusting relationship b/t counselor &amp; client</li> </ul>	<ul style="list-style-type: none"> <li>• Client begins counseling in state of incongruence</li> <li>• Client must perceive that there is a problem</li> <li>• Client learns that they hold responsibility in relationship</li> <li>• Client explores wider ranges of their feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Counselor helps client discover their capacity for positive adjustment</li> <li>• Counselor attitudes: Congruence (genuineness), unconditional positive regard, accurate empathic understanding</li> </ul>
Play/art Psychoanalytic	Behavior is unconscious	<ul style="list-style-type: none"> <li>• Id, ego, superego</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Analyst is anonymous (not a relationship b/t counselor &amp; client)</li> <li>• Focus on resistance &amp; transference</li> <li>• Free association</li> <li>• Analyst interprets to teach client the meaning of behavior</li> <li>• Condone ("Nobody loves you")</li> <li>• Counselors can influence the client's interpretation of events</li> </ul>
Rational-Emotive Behavior (Albert Ellis)	People are irrational; people have choices & control over own ideas, feelings & actions	<ul style="list-style-type: none"> <li>• Misinterpretation of situation</li> <li>• Person becomes angry, mean</li> <li>• Others react negatively, reinforcing irrational thought</li> <li>• Look for overgeneralizations, distortions, catastrophizing, absolutes, condemning statements</li> </ul>	<ul style="list-style-type: none"> <li>• Can change people's behavior</li> <li>• Can be persuaded to be more rational</li> <li>• We can choose to think differently</li> <li>• Treats the underlying cause (irrational thought), not just the symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Counselors can influence the client's interpretation of events</li> </ul>
Reality (William Glasser)/ Choice Theory	Problems are result of inability to meet basic needs	<ul style="list-style-type: none"> <li>• Lack of success is result of irresponsibility</li> <li>• 5 Basic Needs: Survival, belonging, power, fun, freedom</li> <li>• 3 R's: Reality, responsibility, right &amp; wrong</li> <li>• People deny the reality of the world and try to avoid logical/natural consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Can only control own behavior</li> <li>• Focus on present</li> </ul>	<ul style="list-style-type: none"> <li>• Client needs to face reality &amp; choose responsible behavior</li> </ul> <ol style="list-style-type: none"> <li>1. What are you doing now?</li> <li>2. How is it working?</li> <li>3. What might work better?</li> <li>4. Develop plan</li> <li>5. Get commitment</li> </ol>
Solution-Focused Brief	No deep, underlying problems; Present/future orientation; people are	<ul style="list-style-type: none"> <li>• Change is perpetual</li> <li>• Focus on the problematic exceptions</li> <li>• Reality is subjective &amp; socially constructed through conversation</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on small behavior changes</li> <li>• Look for the exceptions to the current problem, and build off of those</li> <li>• Often more productive to increase existing successes, rather than try and eliminate problems.</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on the changeable</li> <li>• Change the pattern</li> <li>• Focus on resources, strengths</li> <li>• "Miracle question"</li> <li>• Scaling question</li> <li>• Do something different/wacky</li> <li>• Reframing, spin the negative</li> </ul>
Strategic	rational & capable of solving problems	<ul style="list-style-type: none"> <li>• Understanding problem is not necessary to resolve it</li> <li>• Focus on the presence, not the absence, of behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Re-establish parents natural authority over the child</li> </ul>	<ul style="list-style-type: none"> <li>• Directives that change the family interaction pattern</li> <li>• Introduce new behaviors</li> <li>• Focus on presenting problem</li> </ul>
Strategic Planning	Students may not know how to plan for long-term	• n/a	<ul style="list-style-type: none"> <li>• Teach students how to link with resources</li> <li>• Gain life/ coping skills</li> <li>• Focus on solving the presenting problem</li> </ul>	<ul style="list-style-type: none"> <li>• Strategy sampling</li> <li>• Set time frames (be specific)</li> <li>• Use sub-goals if main goal is lg</li> <li>• Make a Plan B</li> </ul> <ol style="list-style-type: none"> <li>1. Identify hierarchical structure of family</li> <li>2. Identify behaviors that cause/maintain problem</li> <li>3. Develop an intervention/directive for how members are to change behaviors</li> <li>4. Evaluate effectiveness</li> </ol>
Structural Family		<ul style="list-style-type: none"> <li>• Families are governed by rules</li> <li>• Families have subsystems</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on altering the family structure</li> <li>• Shift the family focus from the identified client to the therapist, allowing the identified client to begin the process of rejoining the family as regular family member</li> </ul>	<ul style="list-style-type: none"> <li>• Joining counselor actively directs, and participates as a family member)</li> <li>• Facilitate rule changes</li> </ul>

# Counseling Theorists Study Guide

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*Manual for Theory and Practice of Group Counseling* Gerald Corey, 1984-10 Study Guide Charles G. Morris, Jan Mendoza, 2007-08 The Student Study Guide s features include chapter highlights key terms and concepts comprehensive guided progress tests with multiple choice fill in the blank matching short answer and essay questions and a language support section with key term flashcards The Student Study Guide was revised by William Premo Ph D of the Minnesota School of Business

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