

Topic: Psychological Counselling

B.A. 4th Semester Honours (CBCS)

Course: Psychology

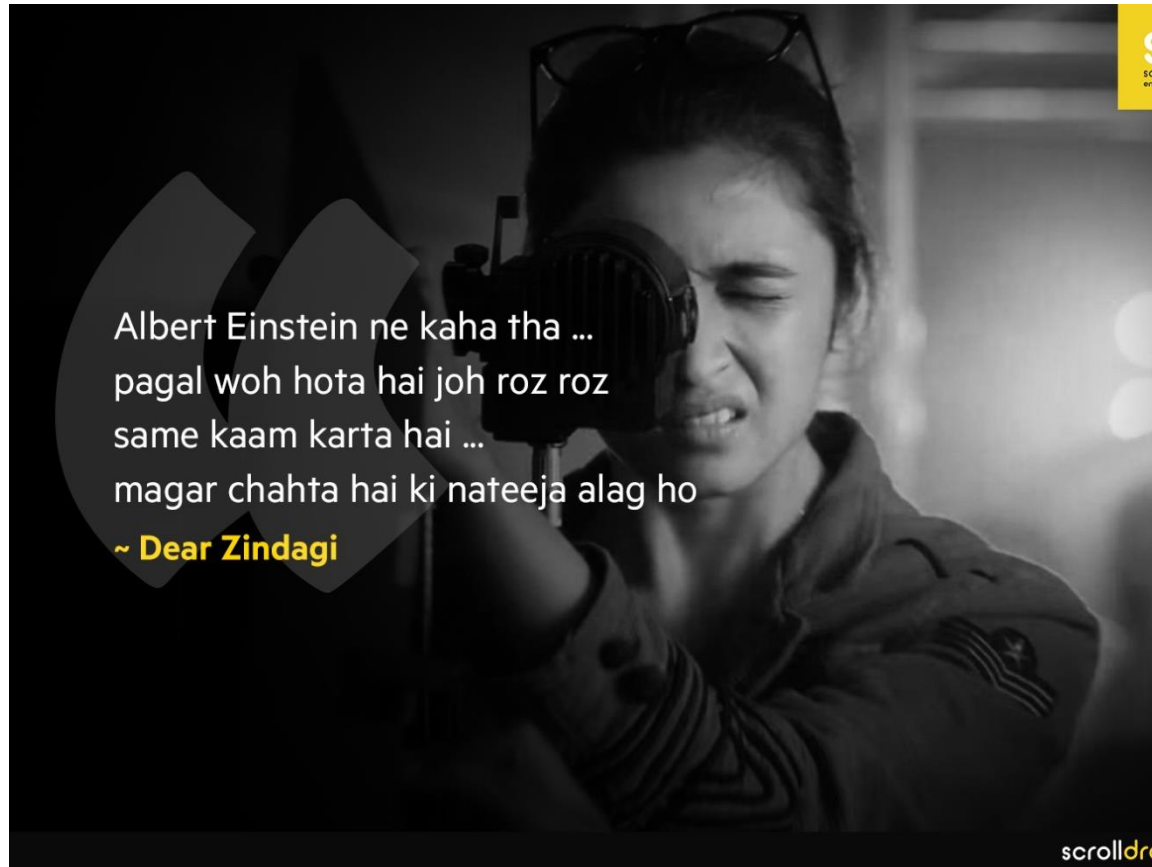
Course Code: CC9, Date: 01/03/2019

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Albert Einstein ne kaha tha ...
pagal woh hota hai joh roz roz
same kaam karta hai ...
magar chahta hai ki nateeja alag ho

~ **Dear Zindagi**

Who needs the support of Counselling? Is it for mad people?

First we have to define who is mad. Don't put the counselling method only to the mad, its only a myth.

Definition

- By the term Psychological Counselling we simply understand a process of *helping someone help himself/herself* through dialogue. The process *enables* and *empowers* a person to find *new meaning* in *lived experiences*, make *self determined choices* in future and progress towards growth, *wellbeing*, *self actualization* and aesthetic appreciation of *being in the world* with experience of *flow*, meaning, purpose, *generativity* and *positive fantasy of a life worth living* beyond the limited self.

a) How is it different from ordinary social conversation?

b) How the goal is decided?

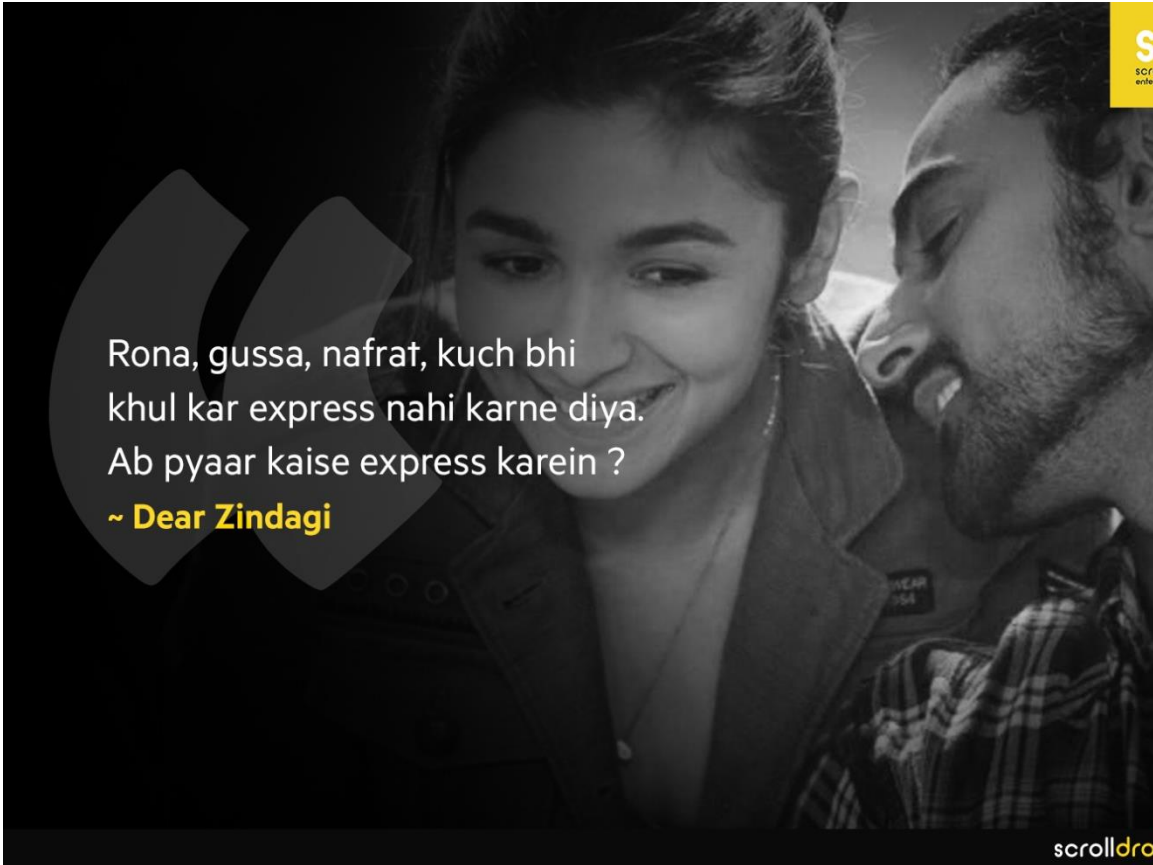
- In psychological counselling the dialogue is conducted by a trained person with a specific goal in mind using specific certain skills.
- The goal is decided jointly by the counsellee and the counsellor. Counsellee is the person who receives the support of counselling. Counsellor is the person who conducts the counselling sessions. The goal of counselling can dynamically change and evolve with the progress of counselling process.

What kinds of skills are required?

- Empathy
- Empathic listening
- Empathic responding

Why or when does a person seek the support of counselling?

When a person finds it difficult to cope with stressful life situations, when s/he experiences significant emotional distress and cannot carry out his/her social and/or occupational role at a satisfactory level, then s/he may seek support of psychological counselling.

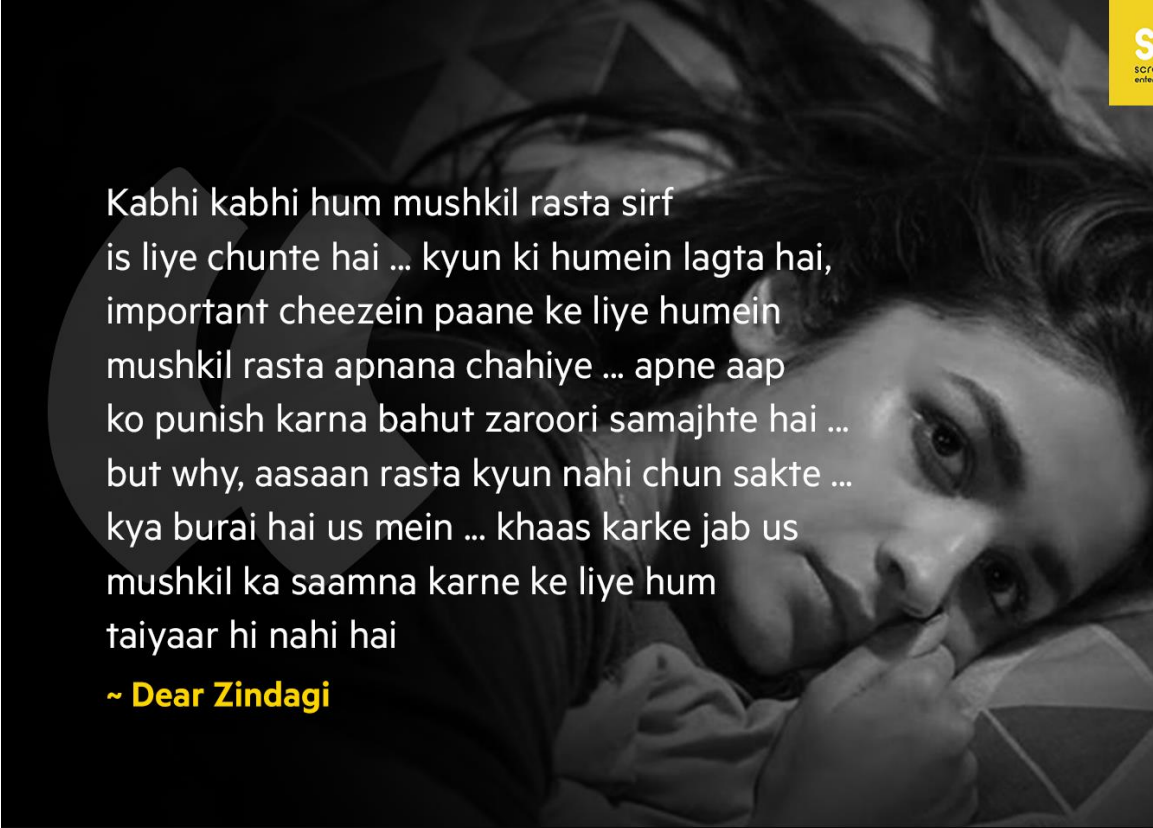


Rona, gussa, nafrat, kuch bhi
khul kar express nahi karne diya.
Ab pyaar kaise express karein ?

~ **Dear Zindagi**

Some common examples of such conditions are:

- Difficult emotion (anger, anxiety, guilt, shame, frustration, depression, feeling empty, sense of void etc.)
- Difficult relationship (loneliness, interpersonal conflict, abuse, break up, rejection, grief etc.)
- Difficult cognition (‘what if’ thinking, repetitive disturbing thoughts, inattention, difficulty in organizing, planning, time management, decision making etc.)
- Difficult behavior (restlessness, emotional outburst, addiction, compulsive gambling, impulsive activities etc.)
- Existential crisis (lacking meaning and purpose in being)

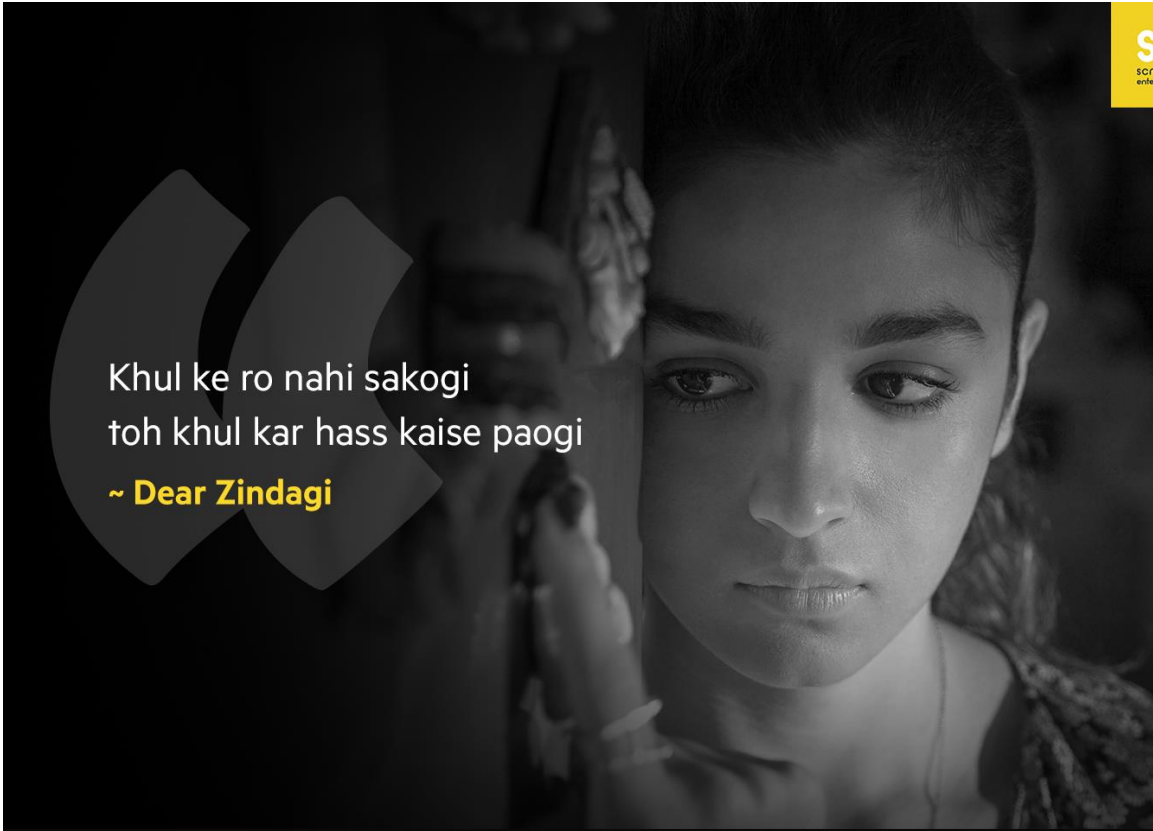


Kabhi kabhi hum mushkil rasta sirf
is liye chunte hai ... kyun ki humein lagta hai,
important cheezein paane ke liye humein
mushkil rasta apnana chahiye ... apne aap
ko punish karna bahut zaroori samajhte hai ...
but why, aasaan rasta kyun nahi chun sakte ...
kya burai hai us mein ... khaas karke jab us
mushkil ka saamna karne ke liye hum
taiyaar hi nahi hai

~ **Dear Zindagi**

How is the counsellee helped in the process of counselling?

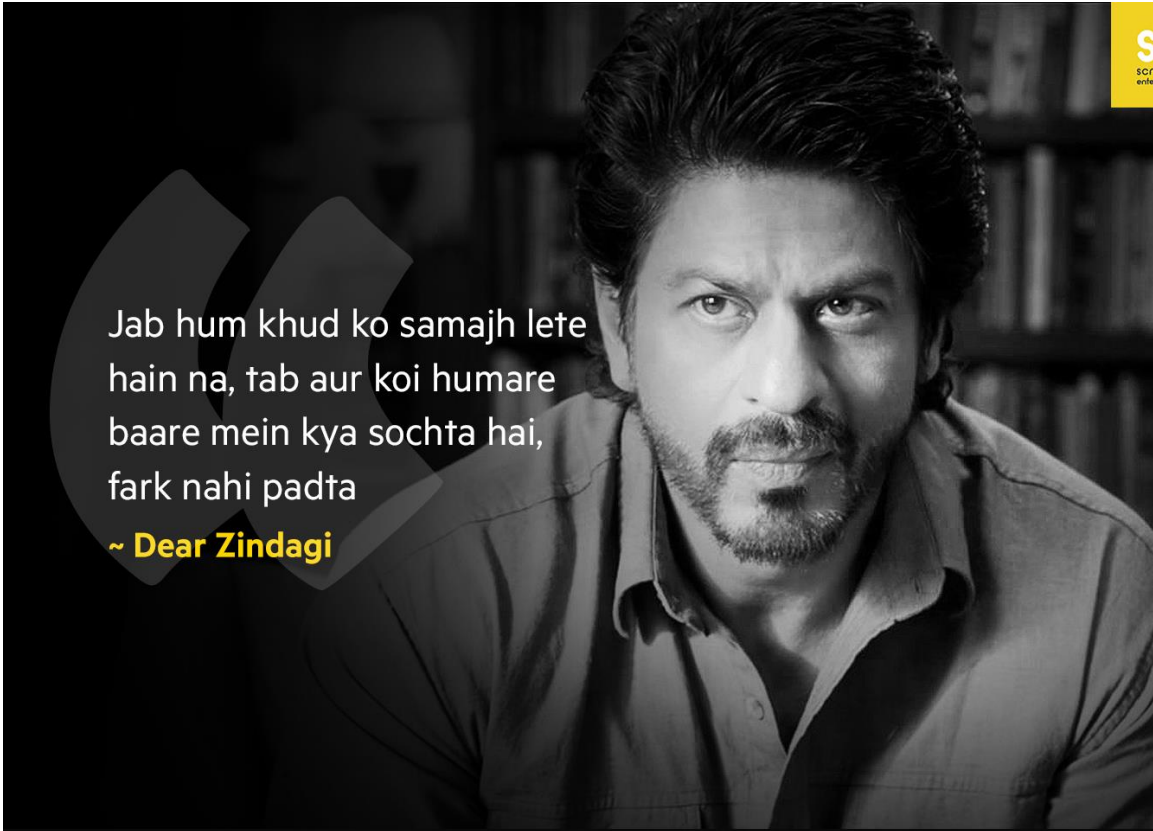
1. Counsellee feels empathized.
2. Counsellee gets a deeper understanding (insight) regarding his/her challenges or adverse situations.
3. Counsellee can figure out more clearly the actual reasons of his/her suffering.
4. Counsellee learns to access the challenging situations from different perspectives.
5. Counsellee can identify the resources and/or supports necessary for dealing with the challenges.
6. Counselling becomes more and more confident about his/her inner resources.



Khul ke ro nahi sakogi
toh khul kar hass kaise paogi
~ **Dear Zindagi**

How is the counsellee helped in the process of counselling?

7. Counsellee feels motivated to inculcate new skills and resources (like: empathy, emotional, intelligence, social intelligence, empathic-assertive communication etc.)
8. Counsellee learns to seek support in effective manner from apt sources.
9. Counsellee develops more realistic expectations from self and others.
10. Counsellee can appreciate life situations with new meaning and purpose.



Jab hum khud ko samajh lete
hain na, tab aur koi humare
baare mein kya sochta hai,
fark nahi padta

~ **Dear Zindagi**

Empathy

Empathy is a skill through which one can understand (and appreciate) the lived experience (i.e. feelings, thoughts, suffering and their meaning) of a person other than oneself with respect to the inner *frame of reference*.

Frame of reference (FOR)

Frame of reference is the personal meaning making mechanism of an individual.

Frame of reference (FOR)

In other words frame of reference is a kind of inner mental construct about the world, life and self of a person. It is the basis of personal meaning derived from any lived experience appreciated by the individual. If the frame of reference (FOR) of two individuals are significantly different, then it is likely that they might ascribe quite different meaning onto similar experiences.

The frame of reference is constituted of:

- Belief, knowledge,
- Value, attitude, preference,
- Need, desire,
- Goal, purpose
- Apprehension, concern, priority

How empathy helps in psychological counselling?

The skill of empathy helps the counsellor to appreciate the connection between the real nature of the lived experiences of the counsellee and the meaning derived from (or ascribed onto) those experiences by the counsellee.

As a result the counsellee feels unconditionally accepted and deeply understood. There is no risk of *judgmental criticism* from the counsellor for maintaining such personal meaning or subtle coercion to conform to the socially prescribed normative frame of reference.

This helps the counsellee to open up more and more spontaneity in the counselling session. Thus, deeper issues come up more readily to the surface layer of the mind.

Empathic Listening

- Empathic listening means active listening with empathy. It means listening to the *personal meaning* of lived experiences of counsellee. It also involves revisiting the *history and purpose* of such personal meanings.

Outer Listening and Inner Listening

During empathic listening, the listener requires the skill of simultaneously engaging with two parallel processes. The *outer listening* component keeps track of the FOR of counsellee. On the other hand, the *inner listening* component keeps track of the intrusion of the FOR of listener herself in the process.

In a counselling session, the counsellee narrates his/her lived experiences to the counsellor. If the counsellor is unaware of his/her own FOR, then counsellor's personal meaning might overshadow the personal meaning maintained by the FOR of the counsellee for those lived experiences. Hence, *empathic resonance* will not be attained. This would defeat the purpose of empathic listening.

The barriers to empathic listening

- There are two kinds of barriers-external and internal.
- External barriers are: noise and distractions in the environment, language barrier, counsellor's inability to express his/her personal meaning etc.
- Internal barriers originate mostly from the intrusion of the counsellor's own FOR in the process of listening. They include counsellor's
 1. Physical or mental state of well being or distress,
 2. Belief, knowledge,
 3. Value, attitude, preference
 4. Need, desire,
 5. Goal, purpose,
 6. Apprehension, concern etc.

Empathic Responding

- Empathic responding means responding with empathy. It helps to explore the inner FOR of the counsellee. During empathic responding the objective of the counsellor is to:
 1. Make the counsellee feel empathized,
 2. Encourage the counsellee to open up with spontaneity and freely express *personal meaning* of his/her lived experiences,
 3. Trace out the *history* of such personal meaning and get to root of it,
 4. Reveal the *purpose* of such meaning-i.e. whether a specific pattern of bias in the meaning making system (FOR) of the counsellee is trying to protect her emotionally or otherwise,

Cont...

5. Encourage the counsellee to explore possibilities of new *alternative meaning* of the same set of lived experiences while preserving her sense of emotional safety and self-acceptance.
6. Encourage the counsellee to look for *alternative choices* of responding to the same set of *activating life events*.
7. Facilitate the counsellee get an overview and insight into the process of positive change occurring within her inner self through counselling.

Four Different types of responding:

- Meaning empathizing response
- Probing
- Meaning modifying response
- Summerizing

S.O.L.E.R.

- **S-** (Seat Squarely)
- **O-**(Open Posture)
- **L-**(Lean Forward)'
- **E-**(Eye Contact)
- **R-**(Relax)

The differences between psychology, psychiatry and psychotherapy

- **PSYCHOLOGY**

Psychology is the study of people: how they think, how they act, react and interact. It is concerned with the all aspects of behavior and the thoughts, feelings and motivation underlying such behavior.

Psychology is a discipline that is firstly concerned with the normal functioning of the mind and has explored areas such as learning, remembering and the normal psychological development of the children.

PSYCHOLOGIST

A psychologist is someone who has an academic qualification in psychology and deals, in general, with the study of the human mind. In fact, this domain is far too vast, so psychologists usually specialize in various branches: psychopathology (psychological anomaly), behavioral, social, educational even organizational psychology, its list goes on, and its very long.

Roll of a Psychologists

- Helps you identify why you have a problem
- Helps you identify what caused the problem
- Helps you understand how you discovered this problem
- Helps you identify what your motivations are
- They cannot prescribe medications.

Psychological Therapy Roles:

- Clinical Psychologists
- Counselling Psychologists
- Forensic Psychologists
- Health Psychologists

Clinical Psychologists

- Clinical psychologists work with the people of all ages on a wide range of psychological difficulties in mental and physical health.
- This can include anxiety, depression, psychosis, ‘personality disorder’, addiction, learning disabilities and family or relationship issues.
- Clinical psychologists are trained to work with individuals, families and groups.

Clinical Psychologists work in:

- Hospitals
- Local clinics and health centers
- Community mental health teams
- Social services, schools and prisons

Counselling Psychologists

- Counselling psychologists examine a person's experiences and explore underlying issues.
- They treat a wide range of mental health problems such as depressions and anxiety, personality disorder, psychosis, negative life events, domestic violence, sexual, emotional and physical abuse, trauma and relationship issues.

Counselling Psychologists...

- They will consider how people relate, how they think and behave. Their experiences of the world and how they function in their everyday life. This will include people's social, economic, cultural, spiritual and physical health experiences. Counselling psychologists use psychological and psychotherapeutic theory and research. They work to reduce psychological distress and to promote the well being of individuals, groups and families.

Counselling Psychologists work in

- Mental Health Services
- Hospitals
- Other health settings

Forensic Psychologists

- Forensic Psychologists apply psychological theory to criminal investigation to help understand psychological problems associated with criminal behaviour, and the treatment of those who have committed offences.
- Forensic psychologists work with the psychological aspects of investigation, legal process and offending behavior and apply psychological methods to reduce the impact of this and future re-offending.

Forensic Psychologists...

- They will work in the treatment of offenders in a range of areas including sexual offending, violence and aggression, interpersonal and social skills and intervention to help stop illicit drug and /or alcohol use.

Health Psychologists

- Health Psychologists use the knowledge of psychology and health to promote well being and healthy behaviors, especially at population level.
- They will promote healthier lifestyles and try to find ways to encourage people to improve their health.
- Their work is to identify the behaviors that may damage a person's health, e.g. smoking, drug abuse, poor diet etc.

PSYCHIATRY

- Mental illness is extremely common and far more prevalent than most people realize. This kind of illness therefore ranks alongside cardiovascular disorders and cancer as one of the nation's biggest health problems.
- Mental health problems can take many forms including depressions , eating disorders, anxieties, phobias, drug and alcohol abuse, post-traumatic stress disorders, and dementia.

There are six specialists within psychiatry

- Child and adolescent psychiatry
- Forensic psychiatry
- General psychiatry
- Medical psychiatry
- Old age psychiatry
- Psychiatry of intellectual disability

Psychotherapy

- Psychotherapy is conducted with individuals, groups, couples and families. Psychotherapists help people to overcome stress, emotional and relationship problems or troublesome habits.
- There are many different approaches in psychotherapy which include:
 1. Cognitive behavioural therapies
 2. Psychoanalytic therapies
 3. Psychodynamic therapies

Psychotherapy...

4. Systematic and family psychotherapy
5. Arts and play therapies
6. Humanistic and integrative psychotherapies
7. Hypno-psychotherapy
8. Experimental Constructivist therapies

A psychotherapist may be a psychiatrist, psychologist or other mental health professional, who has had further specialist training in psychotherapy.

PSYCHOTHERAPY

- Medical psychotherapists are fully qualified doctors who have qualified in psychiatry and then undertaken a three or four –year specialist training in psychotherapy. Their role is in the psychotherapeutic treatment of patients with psychiatric illness.

Why is there confusion?

- The truth is that often the domains intersect quite a bit. Officially and unofficially-officially because a psychiatrist may be a psychotherapist or even a psychologist; in fact,, in this case any combination is possible. Unofficially, because its often hard to pull a line and say: ‘Here is my domain, come here or consult another specialist.’
- One major **difference between psychiatrist and clinical psychologist** is that psychiatrist have the strength of using and knowing the pharmacotherapy domain, which belongs exclusively to them because only a doctor can prescribe medications. The presence of the psychiatrist is always necessary for great psychological pathologies, such as schizophrenia, bipolar disorder or major depression.

Thank you