



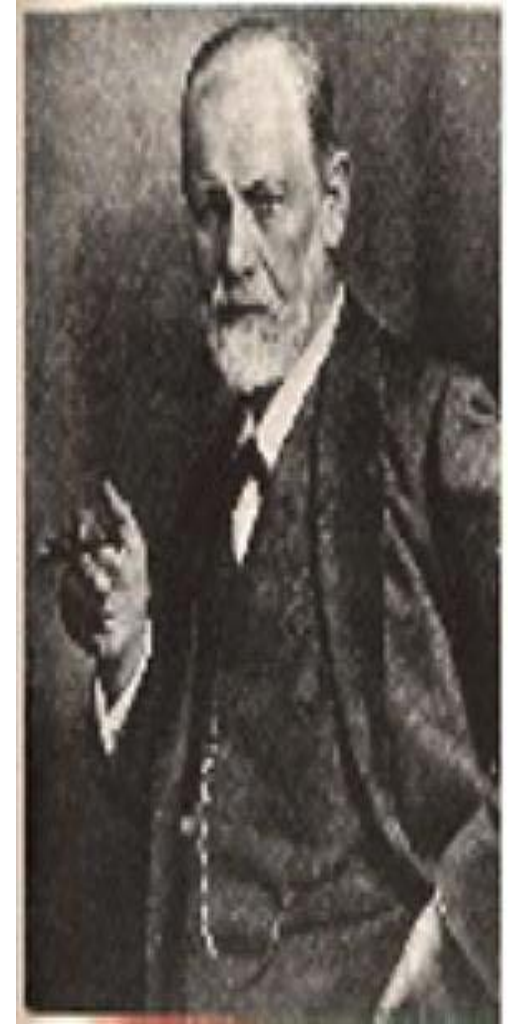
UTM
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CHAPTER 6

THEORIES IN COUNSELING

1. Theory Person Centered Client PCC

- Introduced by Carl Rogers (1942)
- PCC is also called Rogerian counseling, client centered theory, self theory counseling, and nondirective counseling.
- Roger received his BA from University of Wisconsin (1924), MA (1928) and PhD (1931) from Columbia University.
- He is a Diplomate in Clinical Psychology of the American Board of Examiners in Professional Psychology.
- Commonly, mankind are good, can be trusted, and being able to settle their own problems and change towards positive side.



Requirements of PCC

1. Honest, sincere and real.

Counselor is open to client whether they are positive or negative by hoping their client is open minded, honest, sincere in sharing their feelings and experiences.

2. Acceptations without any conditions.

Counselor should accept the client without condition, in term of the client a personal, emotions, and attitude. Counselor is free from any counter transference. Client is free to share their sentiment to the counselors.

3. Empathy

Empathy towards what is being shared to have intimate relationship between counselor and client.

Techniques in Person Centered Client

1. Paraphrasing

-Counselors make the summarized their client talks.

2. Explanation

-It is to make sure that the information clear.

-E.g: counselor: can you make some elaborations on it?

3. Reflections (being divided by content and feelings)

-E.g: reflection of content

Client: don't know what to do with my bunch of work,
all haven't done yet.

Counselor: are you busy?

-E.g. reflections of feeling

Counselor: how is your feeling now?

Client: angry, sad, missing, sympathy, and etc.

4. Confrontation

-Is being used by the counselor when they think that the client has conflict with content, feeling and attitude while in sessions of sharing.

E.g: if you say you hate him/her why you still asking about him/her and care for him/her?

5. Summarizing

-Summarizing being divided into two:

1. Small

- Is to make sure he counselor keeps on the right track and it doesn't go to the other topic of discussion.

2. Big

- Is made when it is towards the end of the discussions sessions. The conclusion is their discussions.

Client: Angry? Sad? Missing? Sympathy? And etc.

Leadership skills

1. Questioning : is divided into two:
 - >> open-ended (require some explanations)
 - >> yes no questions (just to declare the statements)
2. Minimum encouragement
 - >> Such as: emm..yes go on..aha



Conclusions:

PCC can bring the client to ways of changes towards their nirvana self and train them to be able to settle their own problems in the future.

Main procedures person centered client is focusing on

- Relationship is the counseling
- Here and it this moment
- Emotions
- Process of accepting without any condition

Advantages:

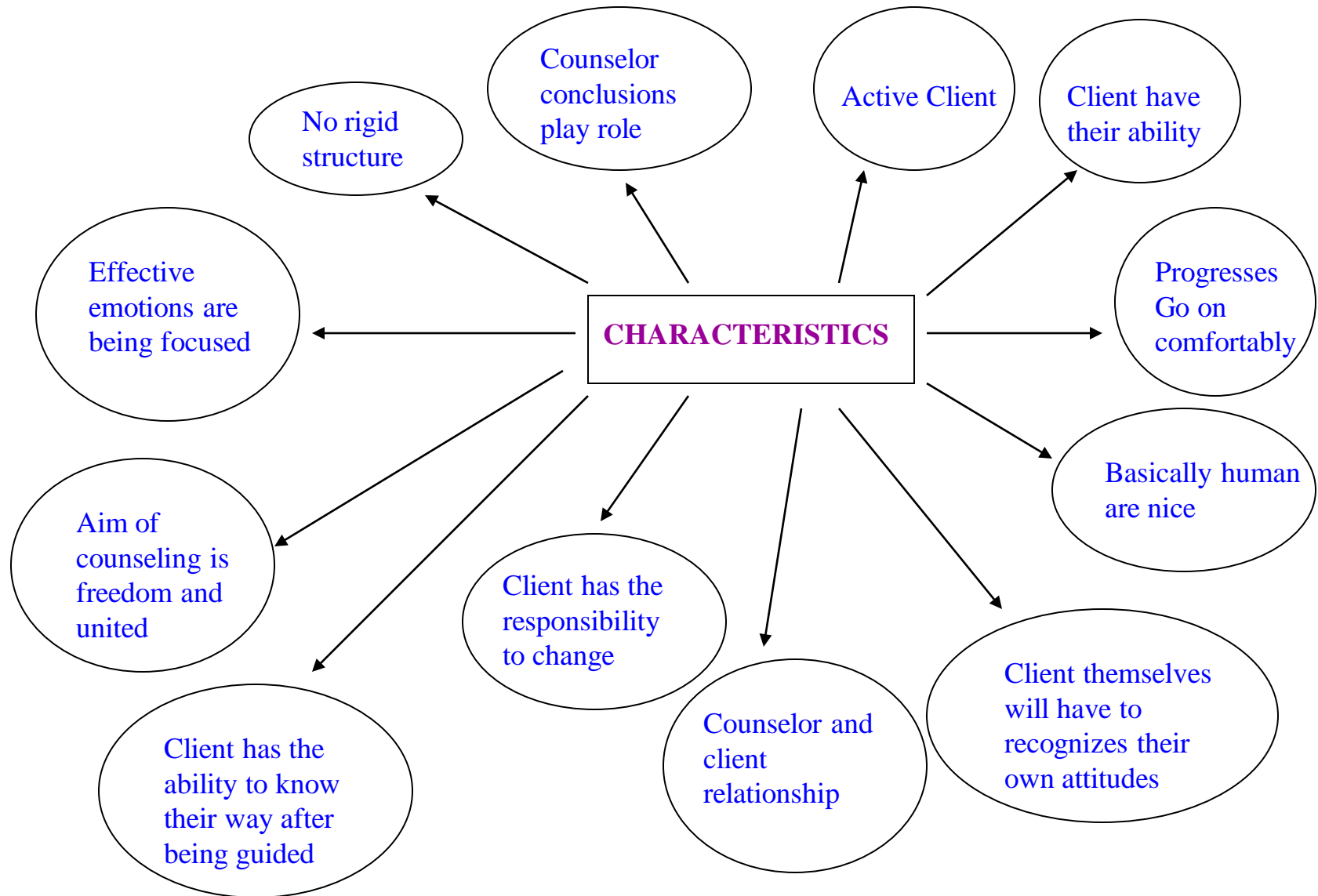
- More attention given to the client.
- Focusing on the relationship in the counseling.
- Do not use any specific technique.
- Effective approach.
- Focusing on client charity.
- Help the client in a lot of situation.

Disadvantages:

- Intellectual, cognitive and rationality aspect is being ignored.
- It will not be effective if the client do not willing contribute in the sessions.
- Need to accept the client without any condition is quite hard to be applied in real life.
- Hard to conduct any therapeutic.
- Client misunderstood what the counselor demand.
- It is really hard to find a counselor that really able to conduct the sessions without being affected by human nature.
- Time consuming.

CHART 5: CHARACTERISTICS OF PERSON CENTERED CLIENT

CARL ROGERS



2. Rational Emotive Behavior Therapy (REBT) Theory

- Was developed by Albert Ellis in 1962.
- Moved to New York at the age of 4.
- Often fell sick as a child was admitted to hospital 9 times.
- Liver illness at the age of 19 and diabetes at the age of 40.
- Realized that he was capable and has the professionalism in counseling, Ellis insisted on his stand to become a psychologist.
- Emphasized on cognitive logic approach.
- Started psychology clinic program at the Teaching College of Columbia.
- Start practically – Marriage counseling, Family, Sexual Medication
- In 1955, he stated : Humanity, Philosophy, Behavior Therapy

- Invented a theory based on adolescence problems.
- Was very afraid of females and felt nervous when in a crowd.
- At the age of 19, forced himself speak to 100 females in Bronx Botanical Gardens in a month's time-managed to get rid of his fear towards women successfully.
- Ellis become more open and this reflects his utmost success.
- Ellis was a capable writer in the field of counseling and psychotherapy.
- Ellis capabilities:
 - attended to 80 individual clients a week.
 - took charge of group therapy a week.
 - gave 200 speeches and professional workshops every year.

- The outcome of his writing – based on REBT theory
 - 50 books
 - 700 articles

This theory is based on the assumption that people have the capacity to act in either a rational or irrational manner. Rational behavior is viewed as effective and potentially productive, whereas irrational behavior results in unhappiness and non productivity. Ellis assumes that many types of emotional problems result from irrational patterns of thinking.

REBT

- 1950's -> Rational Therapy -> Rational Emotive Therapy
- Change name in 1993 -> “Rational Emotive Behavior Therapy” (REBT)
- Developed widely in 1930's.
- Starting from a few other systems such as psychoanalytic and Gestalt's approach.
- Reserve the therapy that moves toward the aspects of cognitive and behaviorism.
- The **emphasis of Cognitive** aspects:
 - Thinking
 - Idea
 - Making decision
 - Making analysis
 - Doing something
- Irrational thinking – Incorrect action (activity)

- This approach is based on assumptions:
 - cognitive, emotion, behavior, relationships of reasons and results, and genetic effects.
- **Cognitive factor** -> Action that can be learnt and changed for sure.
- **Cognitive change** -> A picture of new suggestion.
 - > Take account of matters:
 - self/personal
 - other people
 - the changes of surroundings.
- This approach -> Individual is capable of solving their own psychological problems on their own.
- Frame of the theory -> The learning of clients' cognitive aspects includes external behavior which can be altered on their own accord.

The Developmental of Rational Emotive Behavior Therapy

- After finding that psychoanalysis is not efficient and efficient.
- REBT- The psychotherapy stream to challenge the clients with the skills to change their stand and anticipation.
- Emphasis on emotion cognitive aspects and behavior.
- Disturbance on human beings because of their own views towards something.
- Individual's emotion arises from the beliefs of values, interpretation and reaction towards life situation.
- Therapeutic process- Clients learn the skills for recognizing and rejecting irrational beliefs.
- Clients learn the more effective ways and emphasize on the rational cognitive aspects.
- It's result – to change emotion's reaction to situation.
- The therapy is more to educational process.
- Therapist function as teachers and collaboration with clients in teaching to think directly.
- The clients practice the skills in their daily lives.

REBT Therapeutic technique and procedure execution.

1. Cognitive method :-
 - Denial of irrational belief
 - Cognitive homework
 - Language change
 - Apply unsure humor
2. Emotion technique :-
 - Emotive image –rational
 - Play a role
 - Practice to overcome shyness.
 - Use of force and vigor
3. Behaviorism technique:-
 - Habitual operant
 - Self-management principle
 - Relaxation
 - Modeling

Irrational approaches that become the basis of human belief system

1. The person must be loved or accepted by the others.
2. The person is capable and useful to the others.
3. The person is bad, evil and should be blamed by the others.
4. Avoiding the hard fact of life and own responsibility.
5. Feeling anxious if things do not happen as it should.
6. More over with the external environmental factors.
7. The past interferes the current behavior.
8. Inheriting the culture and biology self affected.
9. Inventing beliefs that disturb one self on purpose.
10. To act in an often manner although it is destroying oneself.

The basic foundation of Ellis Theory is contained in his ABCDE paradigm.

REBT techniques

As simple as A-B-C-D-E

A= Activating experience

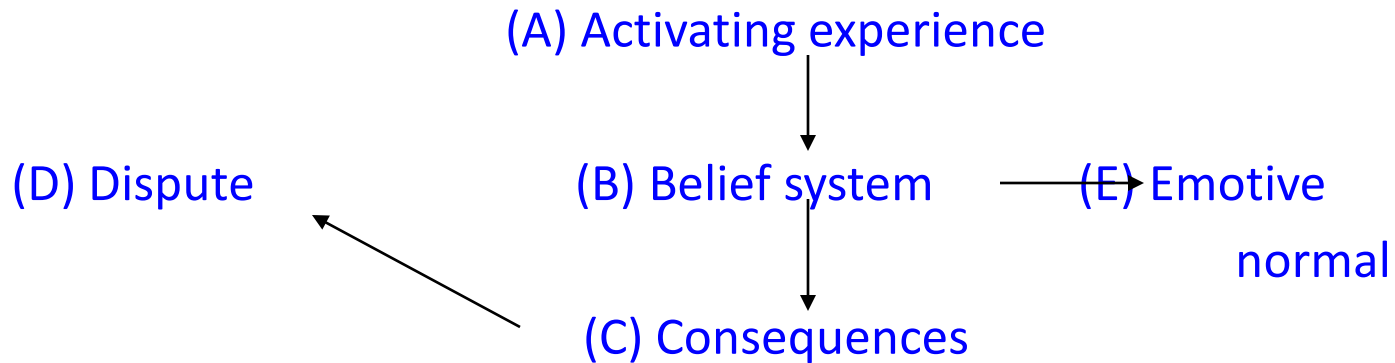
B= Belief system

C= Consequence

D=Dispute

E=Emotive normal

Flow chart 6: The flow of REBT



Summary

- REBT emphasizes that the changes has to begin from the thinking or the individual’s rational that he or she has at his belief system.
- If the belief system can be cured, hence for sure every human emotion and behavior can be bring back to normal.

Behavioral Therapy

The Behavioral Therapy is linked to famous theories on human behavior. For example, Bandura (1978), Wolpe (1958) and Lazarus. Also, not to forget Beck who first develop the Behavioral Therapy to **treat depression**, after discovering that depressed clients experienced specific thought that they were unconsciously unaware of. According to these theorist, **what is in the mind and what is felt (feelings) are difficult to measure**. Thus, focus should be on behavior, which can be seen.

The Behavioral Therapy is a type of therapy commonly used by **psychologist, psychiatrists, nurses, counselors and social workers** to treat much kind of mental conditions. Some of the mental conditions are: **depressive disorder, panic disorder, agoraphobia, generalized anxiety disorder, post-traumatic stress, bulimia and chronic fatigue**.

Assumptions underlying the Behavioral Therapy

This therapy mainly assumes that behavior is learnt from the environment and not something that is-in-born. Thus, all behavior can be learnt, re-learnt and eliminated. The assumptions underlying the Behavioral Therapy are:

1. All behavior is caused by the effects of stimulus from the environment.
2. Behavior is shape by consequence.
3. Behavior that is reinforced will repeat itself.
4. Positive reinforcement is better than negative reinforcement.
5. Positive reinforcement should be given after a certain behavior happens.
6. Reinforcement can come in the form of material or non-material (e.g: praise).
7. Unwanted behavior can be eliminated by not having any reinforcement.

Approaches in the Behavioral Therapy

1. According to Albert Bandura (1978), new behavior can be formed using modeling.
2. Another approach is through cognitive learning – whereby the counselor and the client has an argument and contract that states the form of reward for the new behavior.
3. According to Wolpe (1958), about systematic desensitizing, whereby a stressful situation is associated with a relaxed situation.
 - a) Calm down the client.
 - b) Talk and sequence anxiety feelings hierarchically.
 - c) Do an exercise to calm down the anxiety and replace the anxiety with images of happiness.
4. Operant conditioning whereby the desired behavior is given immediate reinforcement.

The Seven Techniques of SLM (Social Learning Model)

1. **Symbolic Modeling** - The consultant see and observe the clients behavior because the behavior will be displayed or conveyed through observation as well as through electronics medias such as radio, video, etc. This will given an advantage to the consultant because he or she would be able detect the clients behavior and that the consultant will have an opportunity to correct or strengthen the clients behavior.
2. **Participant Modeling** – The consultant will be prepare beforehand the required behavior from the client. This means that the consultant will have the authority to decide which behavior he or she would want to see in the client. The consultant will ask the client to do the required behavior and instruct the client to repeat the behavior.
3. **Convert Modeling** – The consultant capable of deciding what behavior should his or her client posses or what behavior that he or she expects to see in the client.

4. **Cognitive Modeling** – The process of perception by a person will shape his or her behavior. This is because perception plays an important role in a relationship because it will influence our behavior and our actions on the things that we have to do.
5. **Cognitive Restructuring** – The consultant will have to identify the current clients problem. In this situation, the consultant has to give priority on either the client's current problems that depend on a certain situation.
6. **Systematic Desensitization** – The consultant will be responsible to help the client to eliminate his or her phobia. One way of doing it is by exposing the client with the phobia that they are facing right now.
7. **Self Monitoring** – The consultant will have to identify the problem parameters and they need to monitor and to keep an eye on the progress of it in order to achieve the intended goals.

Related Bandura's Theory (1978), Beck, Wolpe (1958) and Lazarus. Their opinion is that thinking and feelings are difficult to measure, so the concentration should focus on behavior.

1. Introduction

- Orientated to response.
- Application to various techniques and learning theory procedures.

2. Purpose

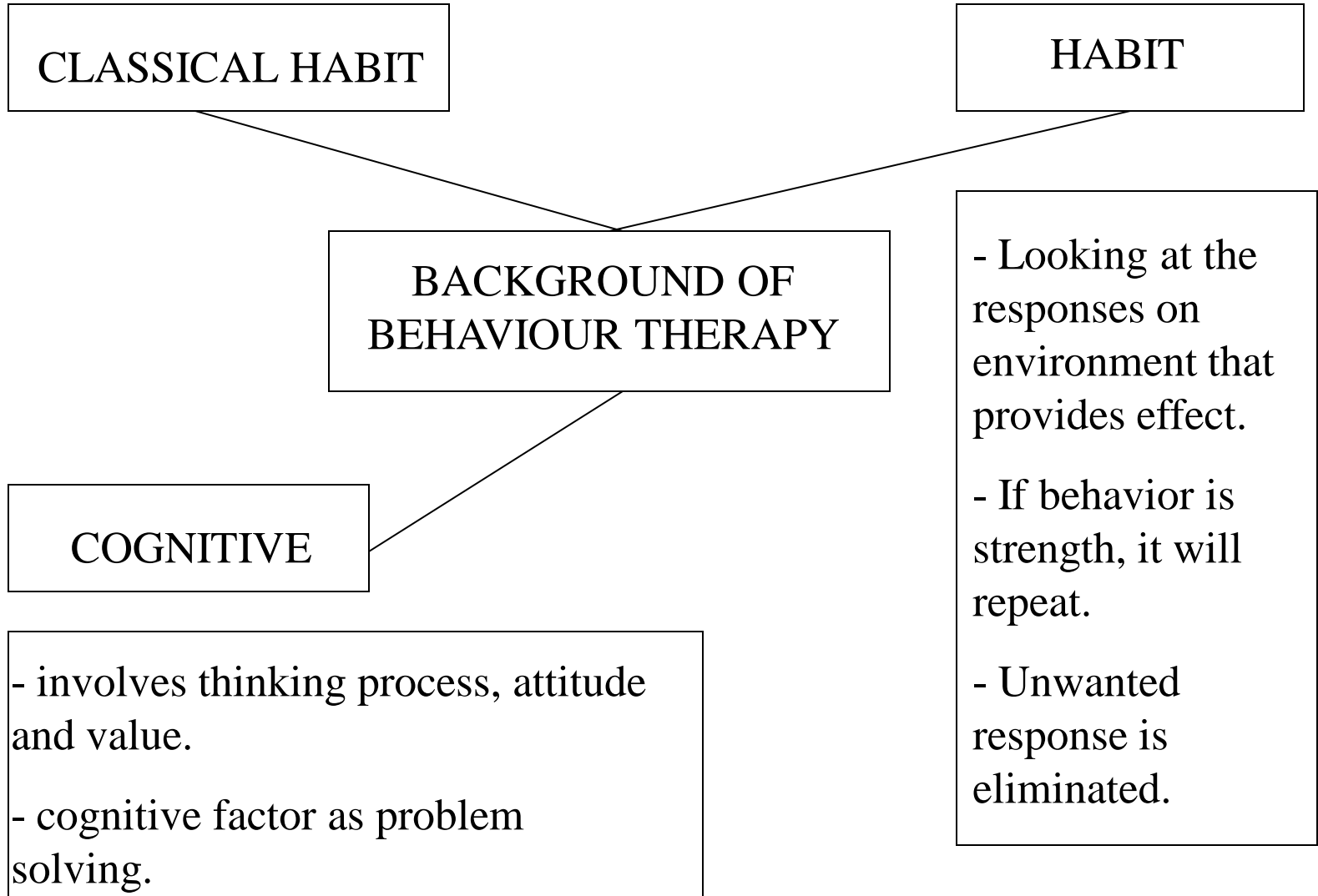
- To wipe put incorrect behavior.
- To help client empower new behavior or new skills.

3. History

- At 1950s
- Appeared in United States of America, South Africa and Britain.
- Based on the practice of psychoanalytic – different in terms of principle.

- **1960s** – Albert Bandura came out with Theory of Social Studies-Combination of Classical Habit, Operant Habit and Study of Observation.
- **1970s** – Behavior Therapy plays an important role in the study of psychology in education, psychotherapy, business and industry.
- **1980s** – Behavior Therapy focused on close examination on empirical and therapy's effect to clients and society. The appearance of Cognitive Behavior Therapy.
- Parlov's research as reference.
- Studies on animals – information to change human's behavior.

FLOW CHART : BEHAVIOUR THERAPY



Assumptions

Behaviour is learnt from environment, not from the organism. All behavior can be learnt and diminish.

1. All behaviour detects the effect of stimulus environment.
2. Behaviour is shaped by consequence .
3. The behaviour strengthen will repeat.
4. Positive strength is better than negative ones.
5. Rewards should be given after the expected behaviour.
6. Rewards can be in terms of item or social (praise).
7. Behaviour can be diminished with firm attitude.

