Counseling Theories

Name

Course Title

Date

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Introduction

Counseling theories assist therapist in interpreting the behaviors, feelings, and thoughts of their clients. The approach that a counselor decides to take in offering psychotherapy determines the results of the entire process. The society we live in is full of diverse activities people are involved in which can be engaging and result in stressful moments. Children expect their parents to offer both physical and emotional support but it does not always happen due to the workload the parents' experience. A student in school may also undergo stressful episodes as they focus on performing better in schools as a result of the pressure they receive from teachers, parents and the entire society. Since counseling psychologists some person from different ages and cultures, they should be equipped with different theories which enable focus on the specific issues presented to them. Among the different theories, behavioral and Adlerian theories are commonly used. The two theories are discussed below highlighting their application.

***Behavioural Theory***. This theory insists that people act in certain ways based on the experiences they have had in the past. This means that different behaviors are learned and an individual’s behavior changes with change in the environment. A major concept governing the theory is operant conditioning which offers rewards and stimuli to parties hence making these people act in a specific way. On the other hand, classical conditioning usually occurs through temporal association ( Sommers, & Sommers, 2018). This is always applicable when events are conducted repeatedly and the mind registers them. When a related event occurs, the person acts in the same way they responded in the first event.

Behavioral therapy aims at identifying particular behaviors that are problematic to a person seeking to replace them with operant and classical principles. I would apply this theory in my class interaction with peers by helping individuals who have certain phobias. Some students fear particular objects and situations hence the therapy will ensure that these fears are dealt with using the correct formula.

***Adlerian theory.*** Adlerian therapy enables therapists to identify particular obstacles experienced by a client focusing on creating appropriate strategies that would ensure that the issues are solved. The theory entirely believes that when insights related to the challenges are gained, it could help to overcome inferiority feelings in individuals (Meany, & Kottman, 2017). Adlerians suppose that people feel that they have fulfilled their purpose after engaging in activities that are of social interest. Therefore, the theory emphasizes the ability of an individual to bring positive change to their life.

I would apply this theory in helping my siblings acquire new skills and insights as they go through their daily activities. When people feel encouraged, they can counter the feeling of inferiority while they are among peers. Among my peers, the theory would help me initiate a forum that focuses on carrying projects that are beneficial to society. This would include visiting children's homes and rehabilitation centers so that we can offer proper counseling sessions to the individuals in these institutions and also offer psychological encouragement to them.

**Strategies for Intervention**

A counselor is an important person in every community. Since there are diverse issues surrounding society, appropriate strategies to curb stressful situations are supposed to be set so that people can receive the help needed. A counselor should facilitate the process that enables them to solve the problems a client is facing ensuring that they show compassion and concern.

The counselor should be able to quickly interpret the personality of the client to make the session productive. Different personalities call for specific ways of asking questions so that the client can be allowed to present their emotions naturally.

**Psychological Approaches by Different Theorists**

**Sigmund Freud**. This theorist designed a theory that helps in explaining human behavior. He believes that childhood effects highly influences the adult lives of individuals. In addressing schizophrenia and other psychotic disorders, the theory would help individuals with this disorder find a sense of living as they continue with their adulthood life.

**Anna Freud**. Ann mainly focused on children’s lives. She felt it important to give a child an environment that fosters their emotional and psychosexual development. To address schizophrenia, the theorist’s ideas can find its application by enhancing a conducive environment for children as they go through their childhood experiences.

**Carl Jung**. Carl supports Freud’s sentiments concerning the relationship between childhood experiences and those that people exhibit in their adulthood. He also believes that people are shaped by the aspirations they exhibit. In addressing the schizophrenia, the theory plays an important role in developing a person’s mental capacity to go beyond their past experiences (Lester, 2019).

**Erick Erikson**. Erick developed stages a person goes through at different ages. He suggests that developmental stages are related to one another. The successful completion of every stage leads to the acquisition of different virtues. Since schizophrenia is a condition that relates to the developmental stages of life, this theory would allow individuals to access their lives to enhance personal growth.

**Karen Horney.** Karen emphasized the roles that self-help and analysis played in the psychological health of an individual. She highlighted the role of power, affection, independence and social prestige plays in a person’s life. Concerning the psychological problem under discussion, this theory helps people find affection from those they closely related which helps in addressing the disorder (Jacobs, 2018).

**Harry Sullivan**. His theory addresses self-esteem issues, anxiety and the self-system of a person. The theory would be fully applicable in addressing schizophrenia a condition that entails the above issues.

**Pharmacological Treatment for Schizophrenia and Other Psychotic Disorders**

The condition can be treated through the administration of antipsychotic drugs. These drugs are prescribed to both children and adults where they are also offered to people with bipolar conditions.

**Strengths and Weakness of the Approach**

Carrying out counseling sessions helps in offering appropriate therapy for patients who are under the care of counselors. The moment a client opens up concerning their issues, they experience normalcy after a short period.

On the other hand, pharmacological treatment may not be fit for every individual since some drugs exhibit serious side effects to people with allergic conditions.

**Summary**

Psychological theories play a great role in the functions of counselors. The theories are important reference points for this group and clients who visit them occasionally to receive appropriate therapy procedures. With various psychological therapist’s documents available online, counselors can improve on their skills and ability to conduct sessions which would be of help to society. People from different social statuses are faced with particular issues that need the intervention of a counselor hence every community needs to have this expertise at their disposal.

References

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