Chapter 9
Groups

Group Counseling -
-1960’s gained much popularity
-1980’s started specializing
-Size 6-8 members
-Co-leader 10-12

-Group counseling can be an effective therapeutic and educational modality in almost every counseling setting.
-Groups can be used with just about every theory.

Some General Characteristics For Group Members:
1. Clients with similar problems.
2. Clients that can’t afford individual counseling.
3. Clients that may not respond well to individual counseling.
4. Clients that may be more comfortable in groups of people.
5. Clients with problems of interpersonal relationships.

Advantages of Group Work -
1. Cost Efficiency
2. Spectator Effects
3. Stimulation Value
4. Feedback
5. Support
6. Structured Practice

Integrating Theory and Counseling Skills
- First time studying
counseling theory can be confusing and bewildering
-(Overlap / study re-study)
Form your own theory / opinion
Integrating Theory and Counseling Skills

Stages of the Counseling Process:
1. Assessment
   - Written instruments
   - Clinical observations
2. Exploration
3. Understanding
4. Action
5. Evaluation

There is a continuous recycling of the general counseling stages of:
2. Exploration
3. Understanding
4. Action

Chapter 5 Insight-Oriented Approaches

Psychoanalysis (Sigmund Freud)
- Evolved in the 1880's
- Medical background
- Worked with Joseph Breuer (hysteria / hypnosis)

Psychoanalysis (Sigmund Freud)
Breuer - (The case of Bertha)
- Was treating her for hysteria
- Bedside chats - she remembered past events
- Started using hypnosis for her to talk freely
- Symptoms started disappearing

Psychoanalysis (Sigmund Freud)
Freud and Breuer -
- Discovered that physical symptoms of hysteria could be alleviated using hypnosis.
- Patient recalled and verbalized unpleasant forgotten memories.
- Which they claimed released psychic energy bottled up inside the body.

Psychoanalysis (Sigmund Freud)
Freud replaced hypnosis with –
- Free Association: The beginning of Talk Therapy
Psychoanalysis
(Sigmund Freud)

With Free Association he discovered:
1. The significant influence of childhood sexuality upon the development of the personality
2. The importance of dreams as a way of understanding the sexual feelings that are repressed in the unconscious

Dreams are “The Royal Road to the unconscious”

Freud views people as inherently instinctual creatures

Psychoanalysis
(Sigmund Freud)

Layers of Awareness – (levels of consciousness)
1. Conscious - what we are aware of
2. Preconscious - not immediately aware of
3. Unconscious - most hidden part of mind (most dominant)

Psychoanalysis
(Sigmund Freud)

Death Instinct - (aggressive drive)

Unconscious wish to:
- Hurt self/others
- Die (death wish) - advertisement

Psychoanalysis
(Sigmund Freud)

Structure of the Psyche:
- ID - (Original system of the personality)
  - Biological Component of the Psyche
  - All ID at birth
  - Primary source of psychic energy
  - Can not tolerate tension (I want it)
  - Unconscious and out of awareness

Psychoanalysis
(Sigmund Freud)

Structure of the Psyche:
- EGO - (Reality, patience, emerges in 1st year of life)
  - Psychological component of the Psyche
  - Regulates and controls personality
  - Controls consciousness
  - Exercises censorship
  - Mediates between the Id and the Superego

Psychoanalysis
(Sigmund Freud)

Structure of the Psyche:
- SUPEREGO - (Judicial part of the personality)
  - Sociological component of the Psyche
  - Concerned with moral issues
  - Ideal part of self
  - Strives for perfection
Psychoanalysis (Sigmund Freud)

Defence Mechanisms:

Our psychological defense mechanisms operate without our conscious awareness in an attempt to:
- Reduce anxiety
- Lower tension
- Guard the ego against perceived attack

Behavior is determined by:
- Irrational forces
- Unconscious motivations
- Biological & instinctual drives
- Psychosexual events by age 5

Personality is formed by age 5

Stages of Psychosexual Development:

Oral 0 - 1
Psychosexual needs are gratified orally (sucking), fostering attachment to the mother.

Anal 1 - 3
Youngsters are urged to control their bladder and bowels, creating a conflict between biological urges and social demands and control.

Phallic (4 - 6)
Psychosexual energy is directed to the genitals

Oedipus Complex – During this stage, boys have a sexual desire for erotic interest in their mothers, together with hostile feelings for and fear of castration by their fathers.

Electra Complex – The female version of the Oedipus Complex.

Fixation - The tendency to remain at one level, interrupting the normal plan of psychological development.

Rationalization - The intellectual misuse of logic to over explain or justify conflicting messages.

Regression - The retreat to an earlier stage of development because of fear.

Suppression - The conscious effort to control and conceal unacceptable impulses, thoughts, feelings, or acts.

Denial - (Simplest) - The distortion of reality by pretending that undesirable or unacceptable events are not really happening.

Projection - Involves putting unacceptable feelings or characteristics on another.
Psychoanalysis (Sigmund Freud)

Stages of Psychosexual Development:

- **Latency**: 6 - 12 years
  A "quiet time" in which psychosexual energy is channeled into socially acceptable activities such as schoolwork and play with same-sex peers.

- **Genital**: 12 - 18 years
  A period of sexual maturation and older in which psychosexual needs are directed toward heterosexual relationships.

**Therapeutic Process: Goals:**

1. Make unconscious conscious
2. Strengthen ego so behavior is based on reality and away from the Id

**Childhood Experiences are:**

1. Reconstructed
2. Discussed
3. Interpreted
4. Analyzed

- Help clients overcome the "neurotic" use of defense mechanisms

**Ways to Get to the Unconscious:**

1. Dreams - symbolic representations of unconscious needs, wishes, and conflicts
2. Freudian Slips
3. Post hypnotic Suggestions
4. Free Association
5. Projective Techniques

Client - Centered Counseling (Carl Rogers)

(Person-Centered, Humanistic, Rogerian)

- Focused on reflecting feelings, clients autonomy, affect, and responsibility
- Introduced the concept of client instead of patient.

**Client**: One who comes actively and voluntarily to gain help on a problem, but without any notion of surrendering his own responsibility for the situation.

- Rejected the unconscious.
- Worked with motivated clients.

People are capable of dealing with their own conflicts.

They are only hindered by lack of knowledge of self.

Counselors perceive the client as:

- Essentially good
- Inherently capable of fulfilling his/her destiny
- Living in a peaceful, productive, and creative way
- The counseling session is a process of self-exploring.
**Existential Counseling**  
(Insight Oriented)

Comes from philosophy and Theology.

- Each person carves his/her own destiny and one’s essence, one’s inner being, is the product of one’s actions.
- Emphasizes the importance of freedom and responsibility.
- We are what we choose to be and must take an active role in making it so, and then accept responsibility.
- Phenomenological Approach.

**Goal:** To help the client find and develop meanings in life.

**Gestalt Counseling**  
(Fritz Perls)

- Influenced by Existentialism and humanism.
- The basic goal is to describe human existence in terms of awareness. People must find their own way in life.
- People must accept personal responsibility if they hope to achieve maturity.
- Phenomenological Approach
- Being in the present moment involves transition between the past and future.

**Anxiety**

- Anxiety is the gap between the now and the later.

- Most people can stay in the present for only a short while.

- Most people would rather avoid painful and bad feelings than deal with them. They don’t want to invest in their own change. Too much hard work.

**Criticism**

- Lack of a clearly articulated theory.

---

**Next Week**

- **Mid-Term Exam**