Chapter 1

Introduction and Overview
Introduction

- **The author’s perspective:**
  - No single model can explain all the facets of human experience
    - Eleven approaches to counseling and psychotherapy are discussed

- **The book assumes:**
  - Students can begin to acquire a counseling style tailored to their own personality
    - The process will take years
    - Different theories are not “right” or “wrong”
Where Corey Stands

- **He is strongly influenced by the existential approach and so believes:**
  - Clients can exercise freedom to choose their future
  - The quality of the client/therapist relationship is key

- **He likes to use a variety of techniques:**
  - Role playing and various techniques from cognitive and behavioral therapy approaches
Where Corey Stands (2)

- He believes:
  - “…counseling entails far more than becoming a skilled technician”
    - Who you are as a therapist, is critical
    - Students should experience being a “client” and feel anxiety over self disclosure, and learn to model courage and growth
  - It is not “sufficient to be merely a good person with good intentions”
    - Also essential are a knowledge of counseling theory and techniques, theories of personality, and supervised experiences
Suggestions for Using the Book

- Relate readings to your own experiences
  - Reflect on your own needs, motivations, values, and life experiences

- Apply key concepts and techniques to your own personal growth

- Develop a personalized style of counseling that reflects your personality

- Early on, read chapter 16 and skim chapter 15
The Case of Stan (Chapter 16)

- As you read about Stan ask yourself:
  - What themes in Stan’s life merit special attention?
  - What techniques and methods would best meet these goals?
  - What characterizes the relationship between Stan and his therapist?
  - How might the therapist precede?
Chapter 2

Counselor: Person and Professional
The Effective Counselor

- **The most important instrument you have is YOU**
  - Your living example, of who you are and how you struggle to live up to your potential, is powerful

- **Be authentic**
  - The stereotyped, professional role can be shed
  - If you hide behind your role the client will also hide

- **Be a therapeutic person and be clear about who you are**
  - Be willing to grow, to risk, to care, and to be involved
Counseling for the Counselor

- In your experience of being a client you can:
  - Consider your motivation for wanting to be a counselor
  - Find support as you struggle to be a professional
  - Have help in dealing with personal issues that are opened through your interactions with clients

- Corey believes “...that therapists cannot hope to open doors for clients that they have not opened for themselves.”
The Counselor’s Values

- Be aware of how your values influence your interventions

- Recognize that you are not value-neutral

- Your job is to assist clients in finding answers that are most congruent with their own values

- Find ways to manage value conflicts between you and your clients

- Begin therapy by exploring the client’s goals
Multicultural Counseling

- Become aware of your biases and values
- Attempt to understand the world from your client’s vantage point
- Gain a knowledge of the dynamics of oppression, racism, discrimination, and stereotyping
- Study the historical background, traditions, and values of your client
- Be open to learning from your client
Issues Faced by Beginning Therapists

- Achieving a sense of balance and well-being
- Managing difficult and unsatisfying relationships with clients
- Struggling with commitment and personal growth
- Developing healthy, helping relationships with clients
Staying Alive – It’s a Prerequisite

- Take care of your single most important instrument – YOU
- Know what causes burnout
- Know how to recognize and remedy burnout
- Know how to prevent burnout
Chapter 3

Ethical Issues in Counseling Practice
Ethical Decision Making

- **The principles that underlie our professional codes**
  - Benefit others, do no harm, respect other’s autonomy, be just, fair and faithful

- **The role of ethical codes – they:**
  - Educate us about responsibilities, are a basis for accountability, protect clients, are a basis for improving professional practice

- **Making ethical decisions**
  - Identify the problem, review relevant codes, seek consultation, brainstorm, list consequences and decide
Client’s Rights

- **Clients need enough information about the counseling process to be able to make informed choices**

- **Educate clients about their rights and responsibilities**

- **Confidentiality is essential but not absolute**
  - **Exceptions:**
    - The client poses a danger to others or self
    - A client under the age of 16 is the victim of abuse
    - The client needs to be hospitalized
    - The information is made an issue in a court action
    - The client requests a release of record
Multicultural Issues

- **Biases** are reflected when we:
  
  ◆ Neglect social and community factors to focus unduly on individualism
  
  ◆ Assess clients with instruments that have not been normed on the population they represent
  
  ◆ Judge as psychopathological – behaviors, beliefs, or experiences that are normal for the client’s culture
Dual Relationships

Some helpful questions:

◆ Will my dual relationship keep me from confronting and challenging the client?

◆ Will my needs for the relationship become more important than therapeutic activities?

◆ Can my client manage the dual relationship?

◆ Whose needs are being met -- my client’s or my own?

◆ Can I recognize and manage professionally my attraction to my client?
Theory
FOUR GENERAL PURPOSES OF A THEORY

1. To organize and clarify observations.

2. To explain the causes of past events so that further and future events can be predicted from the same cause. (predictability)

3. To provide a sense of understanding of the subject matter.

4. To generate new ideas and research.
Theories are guidelines

Paradigms

From old theories come new theories

Theories change through
  - Evolution
  - Revolution

Natural Science vs. Behavioral Science