Theory and Practice of Counseling and Psychotherapy

by Gerald Corey

Wadsworth
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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 proceed?

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**.