

**Counseling Theory & Practice: Theory Summaries**

Theory	View of Human Nature	Key Concepts/Causes	What changes can be made?	Interventions
Behavioral Bibliotherapy Cognitive-Behavior	People can learn to recognize triggers.	•	• Goal is to adjust information-processing and initiate positive change • Teaches individuals to use conscious control to recognize and override maladaptive responses	1. Identify ineffectiveness of current attitudes 2. Help student see experience directly 3. Change experiences of client/student Homework, journaling, role-play, shaping (small steps toward goal)
Conjoint Family (Virginia Satir)	People can learn what they don't know & can change	• Self-esteem (irresponsibility & poor communication symptoms of low self-esteem) • Roles in families: placater, blamer, computer, distractor, leveler	• 4 components of family subject to change: members feelings of self-worth, family communication, the system, rules of a family	• Help families operationalize worlds like love and respect, become more aware of expectations for each other • Increase self-esteem in all members • Teach members to understand their encounters w/ each other and learn leveling responses • Encourage members to take responsibility for own actions
Existential/Constructivist	Learning what it means to be human	• Stresses the understanding of persons rather than a system of techniques • Existential paradox: humans are both free & dependant on relationships • We search for meaning	• Self awareness (the more aware we are, the more freedom we experienced) • The more freedom we experience, the more responsible we are for our freedom, existence, actions • Awareness of freedom sometimes creates anxiety	• Goal of therapy is to expand self-awareness and increase choice potentials • Become free & responsible to direction of one's life • Reflection; self-disclosure, roleplaying, confrontation, open questions that address the "why" issues
Gestalt Narrative	Postmodern, reality is what the person determines it to be	• Reality is constructed in the context of interpersonal interactions • Language (verbal & nonverbal) organizes relational events into narratives that hold meaning • The person is not the problem; the problem is the problem	• Client can re-write their personal narrative to be more resilient • If our personal narrative changes, so can our view of our identity • We can change our meaning; make sense of our experiences	• Externalization (The Self-Doubt monster); separate the problem from the person • Finding unique outcomes • Joining through metaphor
Paradoxical Brief	Drive for independence, wants to resist	• Counselor takes advantage of the idea that the client wants to prove the counselor wrong	• Focus is on the problem formation and elimination	• "one-up"/"one-down" • Problems reframed as
Person-Centered (Carl Rogers)	Forward moving, core of positive goodness; realistic;	• Clients know themselves best • Therapy rooted in the client's capacity for awareness & ability to make decisions • Focus on trusting relationship b/t counselor & client	• Client begins counseling in state of incongruence • Client must perceive that there is a problem • Client learns that they hold responsibility in relationship • Client explores wider ranges of their feelings	• Counselor helps client discover their capacity for positive adjustment • Counselor attitudes: Congruence (genuineness), unconditional positive regard, accurate empathic understanding
Play/art Psychoanalytic	Behavior is unconscious	• Id, ego, superego	•	• Analyst is anonymous (not a relationship b/t counselor & client) • Focus on resistance & transference • Free association • Analyst interprets to teach client the meaning of behavior • Condone ("Nobody loves you") • Counselors can influence the client's interpretation of events
Rational-Emotive Behavior (Albert Ellis)	People are irrational; people have choices & control over own ideas, feelings & actions	• Misinterpretation of situation • Person becomes angry, mean • Others react negatively, reinforcing irrational thought • Look for overgeneralizations, distortions, catastrophizing, absolutes, condemning statements	• Can change people's behavior • Can be persuaded to be more rational • We can choose to think differently • Treats the underlying cause (irrational thought), not just the symptoms	•
Reality (William Glasser)/ Choice Theory	Problems are result of inability to meet basic needs	• Lack of success is result of irresponsibility • 5 Basic Needs: Survival, belonging, power, fun, freedom • 3 R's: Reality, responsibility, right & wrong • People deny the reality of the world and try to avoid logical/natural consequences	• Can only control own behavior • Focus on present	• Client needs to face reality & choose responsible behavior 1. What are you doing now? 2. How is it working? 3. What might work better? 4. Develop plan 5. Get commitment
Solution-Focused Brief	No deep, underlying problems; Present/future orientation; people are	• Change is perpetual • Focus on the problematic exceptions • Reality is subjective & socially constructed through conversation	• Focus on small behavior changes • Look for the exceptions to the current problem, and build off of those • Often more productive to increase existing successes, rather than try and eliminate problems.	• Focus on the changeable • Change the pattern • Focus on resources, strengths • "Miracle question" • Scaling question • Do something different/wacky • Reframing, spin the negative
Strategic	rational & capable of solving problems	• Understanding problem is not necessary to resolve it • Focus on the presence, not the absence, of behaviors	• Re-establish parents natural authority over the child	• Directives that change the family interaction pattern • Introduce new behaviors • Focus on presenting problem
Strategic Planning	Students may not know how to plan for long-term	• n/a	• Teach students how to link with resources • Gain life/ coping skills • Focus on solving the presenting problem	• Strategy sampling • Set time frames (be specific) • Use sub-goals if main goal is lg • Make a Plan B 1. Identify hierarchical structure of family 2. Identify behaviors that cause/maintain problem 3. Develop an intervention/directive for how members are to change behaviors 4. Evaluate effectiveness • Joining counselor actively directs, and participates as a family member) • Facilitate rule changes
Structural Family		• Families are governed by rules • Families have subsystems	• Focus on altering the family structure • Shift the family focus from the identified client to the therapist, allowing the identified client to begin the process of rejoining the family as regular family member	

# Counseling Theorists Study Guide

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