

Psychological Counseling

- Counseling process will be helpful if the client helps himself to reach the goal.
- Counseling theories and approaches involves Psychoanalytic theory, Unconscious motive that build individual, Behavioral theory, Cognitive Theory, Humanistic Theory, Holistic /Integrated theory
- Verbal Communication Provides focus area and draw necessary information
- Vocal Communication same statement said in different ways with softness
- Optimal number of words spoken / minute that Emphasis – highlighting important aspects of situation
- Mind Skills – ABCDE

A	B	C	D	E
Activating	Belief	Consequence	Disputing	Energizing
Event / Situation	Things should happen the way I want it to happen			
	It is horrible if things do not go the way I want it			
	I cannot stand if things does not go my way			
	Blaming others			

- Counselor responses should be empathetic
 - How to structure your empathic response
 - Start with
 - You feel – (mention the emotion expressed by client)
 - Because – (mention the thoughts and experiences of the client. You may also talk about the behavior the client has mentioned if you wish to urge the client to change the behavior)
 - “please tell me if this sounds accurate”, or “ let me know if I’m making sense”
- Art of Questioning
 - Don’t ask
 - Questions that sound judgmental – do not use why
 - So Many questions
 - Time pass Questions
 - Confirmatory questions
 - Kinds of questions to ask
 - Open Ended vs Close Ended
 - Open Ended – always use
 - No specific things to ask

- Example – How would you like to describe your marriage life?
- Close Ended – to avoid in the beginning
 - Demands specific responses
 - Example – is your marriage life good or bad?
 - Close ended questions should be asked once understand the situation
- Clarification Questions
 - Needs for clarification of something
 - To come on same page to that of client
- Elaboration Questions
 - Have information but you want the client to go in more details
- Art of Responding
 - Use of correct statements important to build good relationship with client
 - Paraphrasing
 - Reuse client's statements with focus on client's information
 - Mirror the client's internal frame of reference
 - Reflection of feeling
 - Listen to client
 - Pick emotional words and statements said by client
 - Use the same words and try to reflect feeling
 - Second situation to use reflection of feeling
 - When verbal and non-verbal messages contradict
 - Need to distinguish between thoughts and feelings
- *Thoughts are often opinions or assumptions – these are open to interpretation and modification.*
- *Feelings are often a product of our the way we are thinking about something – and are best modified through balanced thinking exercises or similar.*
- Expressing your Understanding – Summarizing
 - Listening Actively
 - Highlighting areas of focus
 - Show understanding of situation
 - Summarize at start of the session to check progress
 - Summarize at end of the session to solidify (confirm) & focus on areas
 - How to summarize effectively?
 - Verbal Consent
 - Body Language
 - Expressions
 - Thoughts

- Feelings
 - Lastly Inference
 - Then Paraphrase the summary
 - Check for accuracy with the client
- **Summary should add value to the discussion & should end to a positive connotation.**
- Interventions for thoughts 1 – After inaccurate explanations
 - Step 1 – Ask for evidence
 - Step 2 – See if blame frame fits in reality frame
 - Step 3 – Generate alternative explanations
 - Ask lot of questions – make sure not to sound annoying & irritating
 - Questions like
 - Do you believe
 - You see situation on both ways
 - Advantages & Disadvantages
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- Interventions for communications
 - Step 1 – Identify Specific problem
 - Write down specific Problem
 - Write down the strength / Positive points
 - Write down the weaknesses / Negative Points
 - Step 2 – Identify required Skills
 - List skills client lack in the situation
 - Step 3 – “If – Then” statements
 - Step 4 – Rehearsal
 - Rehearse with client based on script prepared by client
 - Step 5 – Role – Playing – Executing acquired skills in novel environment.
 - No script
 - Ask questions to the client which he/she is not expecting or difficult questions such as it should make the client to step out of comfort zone.
 - Step 6 – Evaluation
 - Asses the skills learned