



Institute of Counselling

experts in clinical and pastoral counselling

Dip CPC (Course 5000N)

MODULE 1

UNIT 1 -

Introduction to Theories
and Models of Counselling

CLICK ABOVE TO VISIT

COURSE READING AND VIEWING SOURCES

All of our courses stand alone with comprehensive notes contained within the course for your studies. However, to further enhance your learning you will find references to various books and websites throughout the course. These books can be purchased from Amazon or Sage online. Below are some books, articles and You-tube sources to enhance your studies.

Books

You can purchase text books online from:

- a. Amazon: <http://www.amazon.co.uk>
- b. Sage: <http://www.sagepub.com/textbooks.nav>

Click the links to view the relevant materials

Articles

You can source good academic articles from:

- c. Google Scholar: <http://scholar.google.co.uk>
- d. BACP: <http://www.bacp.co.uk/publications/JOURNALS/index%20of%20articles.php>

YouTube Videos

Examples:

Carl Rogers (Speaking on Counselling)
<http://www.youtube.com/watch?v=DjTpEL8acf0&feature=related>

Aaron Beck
(Speaking on the history and future of CBT)
<http://www.youtube.com/watch?v=wr4sMR33lmw&feature=relmfu>

Institute of Counselling channel
(Counselling audio and video files)
https://www.youtube.com/channel/UCd5Tsm5vM7eWalHwhb-_06Q



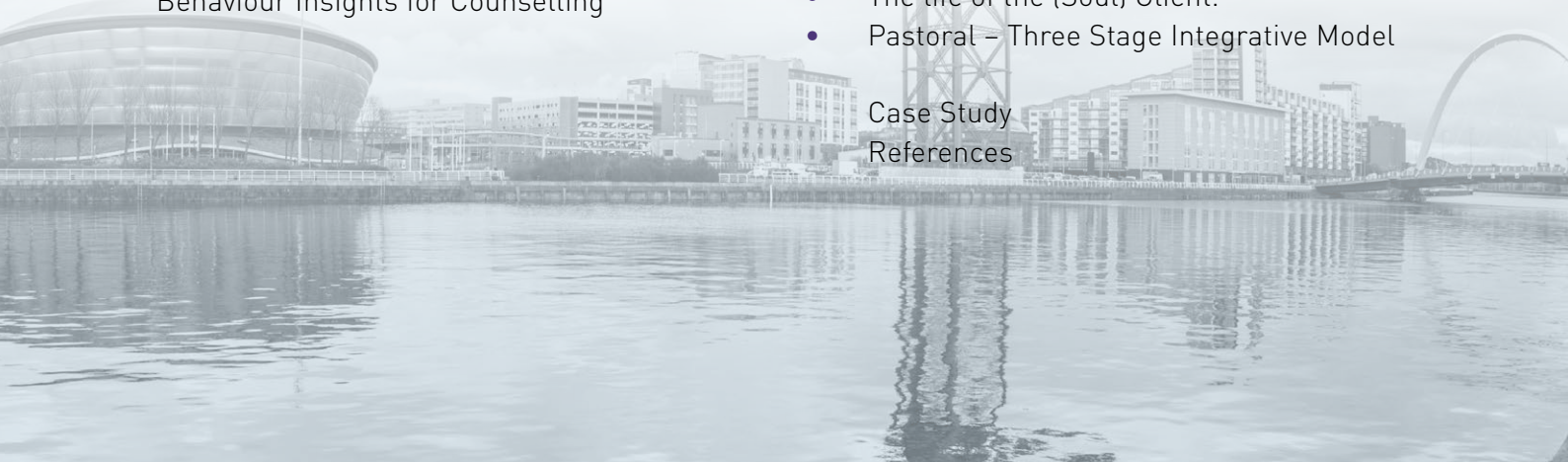
UNIT 1

INTRODUCTION TO THEORIES AND MODELS OF COUNSELLING

Contents

The Aims of the Unit - Study Instructions

- 1. Introduction to Counselling Theory**
 - Historical Overview
 - Schools of Counselling
 - Theory and Models
- 2. The Psychodynamic Model**
 - Basic Concepts of Freud's Work
 - Anxiety
 - Defence Mechanisms
 - Sexual Development
 - Normal Development
- 3. Overview of Behaviourist Model**
 - Classical Conditioning
 - Radical Behaviour
 - What is Personality?
 - Conditioning and Experimentation
 - B.F. Skinner
 - Hans Eysenck
 - Behaviour Insights for Counselling
- 4. Person Centred (Humanistic) Model**
 - Basic Concepts
 - Positive Regard
 - Healthy Functioning
 - Relationships
 - Core Conditions
- 5. Cognitive Models**
 - Cognitive Therapy
 - Rational Emotive Behavioural Therapy
 - Goals
 - Rational and Irrational Thinking
 - Self-Talk
 - Implications of REBT for Counselling
 - ABC Framework
 - D & E Factors
 - Reality Therapy
- 6. Pastoral Counselling Models**
 - Introduction to Pastoral Counselling
 - Pastoral Counselling Models (1-3)
 - The client as a Living Human Document
 - The life of the (Soul) Client.
 - Pastoral – Three Stage Integrative Model
 - Case Study
 - References



Module 1: Clinical and Pastoral Counselling

The Aims of this Unit are:

- To make you aware of the range of different theories and models of counselling.
- To explore by comparison and contrast the principal theories, concepts, models of pastoral counselling and pastoral care.
- To demonstrate a detailed knowledge and a critical evaluation of current perspectives and models of the principal counselling approaches.

Notes:

Throughout the text the personal pronouns she / her, depending on the context, incorporate he / him.

Study Instructions

You should read each section of the Unit, satisfying yourself that you understand each section before moving on to the next one.

You should attempt the activities indicated in the Unit and also in your Practice Activities Portfolio: Activities 1 & 2.

Ignore all references in the text to core textbooks or videos.

These internal references have been replaced by your Study Planner.



MODULE 1: CLINICAL AND PASTORAL COUNSELLING

UNIT 1: INTRODUCTION TO THEORIES AND MODELS OF COUNSELLING

1. Introduction to Counselling Theory

What do Counsellors Actually Do?

As soon as someone introduces him or herself as a 'counsellor', people are generally interested in what he or she does with, to, or for the client. "But what do you as a counsellor actually do?" is a common question. The answers are as varied as the types of counsellors that are available.

What is important is that the counsellor knows exactly what he or she does and why it is done in a specific way. Counselling is a very disciplined way of using specific skills, concepts, theories and models to help clients. The skilled responses of the counsellor come from an intention to help the client in a specific way using specific skills and techniques.

Professional counsellors, while they work with clients, are constantly asking themselves, "What am I doing with this client at this moment?" and "Why am I doing it?" Answers to these questions are usually based on some theories of human psychology

Why Have Theory?

So, you may ask, if we've been puzzling about this, why do we need theory? Try to think why theory might be valuable in a 21st century counsellor.

Some reasons could be:

- As counsellors we are concerned to help people change. Good theory, based on sound research, can help to explain and predict behaviour. Accurate explanation and prediction can lay a solid foundation for good models of practice.
- We rarely work in isolation. Knowing how others may view our clients, and from which theoretical insight they are looking, can help our own interventions.
- We sometimes get 'stuck' with a client. A knowledge of theory can help us see where we can get help.
- By studying more than one theorist we can begin to appreciate the complexity of our clients (and ourselves), which should improve our practice and help us guard against simplistic cause-and-effect solutions.