

## CERTIFICATE IN COUNSELLING

### HISTORY OF COUNSELLING AND SCHOOLS OF THERAPY

#### A brief history of counselling and psychotherapy

Counselling and Psychotherapy theories were being developed during the beginning of the 20th century, however it is thought that the roots of this subject originated a long time before this. The most renowned work is that of Sigmund Freud (left) whose research into the human mind began in Vienna in 1881. He received training to become a neurologist and began working with patients who were classed as hysterical. Freud named his method psychoanalysis and continued to practice his theories until the 1930's.

Although Freud is thought of as the oldest psychological theorist, it was Franz Anton Mesmer, an 18th century physician who discovered animal magnetism (also known as mesmerism) and James Braid who developed hypnotherapy using inspiration from Mesmer's ideas. Hypnosis was a technique Freud adopted in his early work to treat mind disorders but then concentrated on developing his own theories after recognising that hypnotherapy was only a useful technique with certain problems. However Freud's work remains the most well known in recent times. Freud proposed the division of the mind into ego, superego and id. He also believed that infants pass through oral, anal and phallic stages and becoming 'stuck' in one of the phases could lead to disastrous consequences.

Carl Jung was a close colleague of Freud, but eventually split from Freud to pursue his own school of analytical psychology. His ideas are also widely recognised in recent times. Alfred Adler, Sandor Ferenczi, Karl Abraham and Otto Rank are other influential theorists who worked closely with Freud. Carl Jung, and other descendants of Freud's approach, focused heavily on psychodynamic theories.

A different view arose amongst people such as Carl Rogers (the person centred approach), Albert Ellis (Rational Emotive Behavioural Therapy, a pioneering form of CBT), Eric Berne (Transactional Analysis) and Abraham Maslow (best known for creating Maslow's hierarchy of needs). These put the person and their experience at the middle of attention, as opposed to the more therapist and method focus of psychoanalysis.

Humanism was largely a practitioner philosophy and was largely ignored by academia for a long time. Nevertheless its message resonated with both therapists and clients and it was widely used.

Attachment theory, originating in the work of John Bowlby, is a psychological, evolutionary and ethological theory that provides a descriptive and explanatory framework for understanding interpersonal relationships between human beings.

The full theory is published in the trilogy *Attachment and Loss*, 1969- 82. Although in the early days Bowlby was criticised by academic psychologists and ostracised by the psychoanalytic community, attachment theory has become the dominant approach to understanding early social development.

# Humanistic therapies

Humanistic therapies focus on self-development, growth and responsibilities. They seek to help individuals recognise their strengths, creativity and choice in the 'here and now'.

## Existential therapy

Existential therapy focuses on exploring the meaning of certain issues through a philosophical perspective, instead of a technique-based approach.

## Gestalt therapy

Gestalt therapy can be roughly translated to 'whole' and focuses on the whole of an individual's experience, including their thoughts, feelings and actions. Gaining self-awareness in the 'here and now' is a key aspect of gestalt therapy.

## Human Givens psychotherapy

Human Givens psychotherapy is a relatively new approach that has been described by its founders as a 'bio-psycho-social' approach to psychotherapy. The therapy's basic assumption is that humans have innate needs (called givens) that need to be met for mental well-being.

## Person-centred therapy (also known as "client-centred" counselling)

Person-centred therapy focuses on an individual's self worth and values. Being valued as a person, without being judged, can help an individual to accept who they are, and reconnect with themselves.

## Psychosynthesis

Psychosynthesis aims to discover a higher, spiritual level of consciousness.

## Reality therapy

Reality therapy is an approach to therapy that focuses on the here and now rather than issues from the past. Developed by William Glasser in the 1960s, the theory behind the therapy is that an individual in mental distress is not suffering from a mental illness; instead they are suffering from a socially universal human condition as they have not had their basic psychological needs met.

## Solution Focused Brief Therapy (SFBT)

SFBT is also known as solution-focused therapy or brief therapy and predominantly looks at what the individual wants to achieve rather than historical problems. Questions are asked by the therapist to help the individual uncover their own strengths and resources. Solution-focused therapy can be especially helpful to those who are goal-orientated and have a desire to change.

## Transactional analysis (TA)

TA is based on the theory that we each have three ego states: parent, adult and child. By recognising ego-states, transactional analysis attempts to identify how individuals communicate, and how this can be changed.

## Transpersonal psychology

Transpersonal psychology means "beyond the personal" and seeks to discover the person who transcends an individual's body, age, appearance, culture etc.

# Cognitive and behavioural therapies

Behavioural therapies are based on the way you think (cognitive) and/or the way you behave. These therapies recognise that it is possible to change, or recondition, our thoughts or behaviour to overcome specific problems.

## Acceptance and commitment therapy (ACT)

Acceptance and commitment therapy (or ACT) is a form of behavioural analysis that uses acceptance and mindfulness strategies to help increase psychological flexibility. While the therapy isn't considered a long-term treatment, it is considered helpful in the treatment of depression, anxiety and other psychological disorders.

## Behavioural therapy

Behavioural therapy focuses on an individual's learnt, or conditioned, behaviour and how this can be changed. The approach assumes that if a behaviour can be learnt, then it can be unlearned (or reconditioned) so is useful for dealing with issues such as phobias or addictions.

## Cognitive analytic therapy (CAT)

Cognitive analytic therapy brings together ideas from both cognitive therapy and analytic psychology into one integrative model. By looking at past experience, the therapy aims to help clients understand why they think or behave in a certain way, before looking to develop new ways of coping.

## Cognitive behavioural therapy (CBT)

Cognitive Behavioural Therapy (CBT) combines cognitive and behavioural therapies. The approach focuses on thoughts, emotions, physical feelings and actions, and teaches clients how each one can have an effect on the other. CBT is useful for dealing with a number of issues, including depression, anxiety and phobias.

## Cognitive therapy

Cognitive therapy deals with thoughts and perceptions, and how these can affect feelings and behaviour. By reassessing negative thoughts an individual can learn more flexible, positive ways of thinking, which can ultimately affect their feelings and behaviour towards those thoughts.

## Rational emotive behavioural therapy

Rational emotive behaviour therapy (REBT), previously called rational therapy and rational emotive therapy, is a comprehensive, active-directive, philosophically and empirically based psychotherapy which focusses on resolving emotional and behavioural problems and disturbances and enables people to lead happier and more fulfilling lives. REBT is a form of cognitive behavioural therapy.

## Psychoanalytical and psychodynamic therapies

Psychoanalytical and psychodynamic therapies are based on an individual's unconscious thoughts and perceptions that have developed throughout their childhood, and how these affect their current behaviour and thoughts.

### Attachment based psychoanalytical psychotherapy

The practice of attachment-based psychoanalytic psychotherapy aims to provide a sufficiently secure base to enable a person to explore emotional experiences of the past and the present and sets out to repair the capacity to regulate affects. Where this capacity has been damaged by trauma it is difficult for people to experience these affects themselves. Attachment-based psychoanalytic psychotherapy provides a framework that both allows desire and conflict to come forward and to contain associated feelings.

### Jungian therapy

Jungian psychotherapy is a specific branch of psychodynamic therapy that works from the theories of Carl Jung, considered to be one of the forefathers of psychology.

### Psychoanalysis

Psychoanalysis was developed by Sigmund Freud and focuses on an individual's unconscious, deep-rooted thoughts that often stem from childhood. Through free associations, dreams or fantasies, clients can learn how to interpret deeply buried memories or experiences that may be causing them distress.

### Psychoanalytic therapy

Based on psychoanalysis, psychoanalytic therapy also focuses on how an individual's unconscious thoughts are influencing them. However, psychoanalytic therapy is usually less intensive than psychoanalysis.

### Psychodynamic therapy

Psychodynamic therapy evolved from psychoanalytic therapy and seeks to discover how unconscious thoughts affect current behaviour. Psychodynamic therapy - or psychodynamic counselling as it is also known - is a therapeutic approach that embraces the work of all analytic therapies. Its roots lie predominantly in Freud's psychoanalysis approach, but Carl Jung, Alfred Adler, Otto Rank and Melanie Klein are all widely recognised for further developing the concept and application of psychodynamics.

Like psychoanalysis and psychoanalytic therapy, the aim of psychodynamic therapy is to bring the unconscious mind into consciousness - helping individuals to unravel, experience and understand their true, deep-rooted feelings in order to resolve them. It takes the view that our unconscious holds onto painful feelings and memories, which are too difficult for the conscious mind to process. In order to ensure these memories and experiences do not surface, many people will develop defences, such as denial and projections.

### Attachment theory

Attachment theory, originating in the work of John Bowlby, is a psychological, evolutionary and ethological theory that provides a descriptive and explanatory framework for understanding interpersonal relationships between human beings.

Bowlby explored a range of fields including evolution by natural selection, object relations theory (psychoanalysis), control systems theory, evolutionary biology and the fields of ethology and cognitive psychology. The full theory is published in the trilogy *Attachment and Loss*, 1969- 82. Although in the early days Bowlby was criticised by academic psychologists and ostracised by the psychoanalytic community, attachment theory has become the dominant approach to understanding early social development and given rise to a great surge of empirical research into the formation of children's close relationships.

## **Arts therapies**

Creative expression plays an important role in our development and in many cases has been found to assist in the recovery of mental distress. Arts therapies employ creative arts in a therapeutic setting with a trained therapist, with the aim of encouraging individuals to draw on their inner creative resources and express their feelings without necessarily using words.

### Art therapy/Art psychotherapy

Art therapy or art psychotherapy is a form of psychotherapy that uses art materials such as paints, clay and paper. These tools are used to communicate issues, emotions and feelings and can provide an insight into any conflicts that may be present.

### Drama therapy

Drama therapy is a form of psychological therapy that applies acting and performance techniques within a therapeutic environment. The aim of drama therapy is to help those taking part to express themselves while helping to address difficult emotions in an indirect way.

### Music therapy

Music therapy is a type of creative therapy that harnesses the communicative power of music to foster positive change. Versatile by nature, music therapy can be used for a range of issues including autism, dementia and anxiety.

## Other therapies

Although there are four key categories into which psychological therapies generally fall, there are also a number of other specific therapies too.

### Couples Counselling

Couples counselling is a type of therapy that looks to aid communication and facilitate change within an intimate relationship. Typically the term couples counselling is applied when the therapy is specifically designed for two people within a relationship. With this in mind, counsellors who offer this form of therapy should have the relevant training to help them work with the dynamics of the couples.

### Equine assisted therapy

Equine assisted therapy is a form of animal assisted therapy that uses horses to help people build confidence and develop a greater understanding of their own behaviour. Challenges are set by a therapist and normally require the individual to work with the horse in a way that challenges their way of thinking.

### Eye movement desensitisation and reprocessing (EMDR)

EMDR is a form of psychotherapy that was developed in the 1980s by American clinical psychologist Dr Francine Shapiro. EMDR is used to treat psychological traumas, such as war experiences, natural disasters, road accidents, rape and assault.

### Family/Systemic therapy

Family Therapy, also known as Systemic Therapy, is an approach that works with families and those in close relationships, regardless of whether they are blood related or not, to foster change. Changes are viewed in terms of the systems of interaction between each person in the family.

### Group therapy

This type of therapy takes place with a group of people going through similar difficulties and is facilitated by one or more therapists. Group therapy can offer emotional support and help develop interpersonal skills.

### Integrative

Integrative counselling means drawing on and blending specific types of therapies. This approach is not linked to one particular type of therapy as those practising integrative counselling do not believe that only one approach works for each client in all situations.

### Interpersonal therapy

With a focus on interpersonal relationships, this therapy examines the way we relate and how this impacts our mental well-being. The core belief of interpersonal therapy is that psychological symptoms are often a response to the difficulties we have interacting with others - and when these interactions are improved, so are the psychological symptoms.

### Mindfulness

Mindfulness is a technique that originated from Buddhist meditation that helps people focus on the present to gain greater awareness of their emotions and improve general well-being. Mindfulness meditation and mindfulness-based therapies are becoming popular tools to help those with depression and anxiety.

### Play therapy

While adults can express their troubling thoughts and feelings through talking therapies, children and young people may find it difficult to put their emotions into words. Play therapy is used to help children communicate their worries at their own level and their own pace, while a play therapist offers valuable support and guidance. The aim of play therapy is to increase self-esteem and confidence, and teach children new patterns of thinking and behaviour that makes them more resilient in everyday life.

### Psychosexual therapy (PST)

PST is a treatment by a qualified practitioner which addresses a sexual dysfunction or emotional block within a relationship. PST is a behavioural programme which openly explores and discusses the sexual problem and looks at emotional blocks for the couple.

## **More recent developments**

### Mentalisation Based Therapy (MBT)

MBT is a form of psychodynamic psychotherapy and is designed for individuals with borderline personality disorder (BPD) who suffer from disorganised attachment and have allegedly failed to develop a mentalisation capacity within the context of an attachment relationship. Fonagy and Bateman (who developed MBT) claim mentalisation is the process by which we implicitly and explicitly interpret the actions of oneself and others as meaningful on the basis of intentional mental states. The object of treatment is that BPD patients increase mentalisation capacity which should improve affect regulation and interpersonal relationships.

### Dynamic Interpersonal Therapy (DIT)

DIT was developed out of the psychoanalytic/dynamic competences framework (Lemma et al., 2008) that provided the basis for the National Occupational Standards (NOS). It is drawn from those psychoanalytic/dynamic approaches with the strongest empirical evidence for efficacy, based on the outcome of controlled trials. It is a brief (16 sessions) psychodynamic psychotherapy designed to address presenting symptoms of mood disorders (particularly anxiety and depression) and is being rolled out within IAPT services.

### Interpersonal Therapy (IPT)

IPT is an acute and a maintenance therapy, delivered over as few as eight sessions in IPT-brief and up to three years in IPT-maintenance. It has psychodynamic origins but takes an explicitly biopsychosocial approach to the treatment of depression. It will be offered within IAPT for the treatment of depression.