

### A Suggested In-Class Activity

If you are viewing the counseling sessions with Stan in class, after each session form small groups to discuss your reactions to the session. Your discussion could address your reactions to both Stan and to me as his therapist. If you can get experientially involved after viewing a session, this will enhance your learning about the counseling process and about applying theory to practice. Ideally, I suggest that you form groups of three people. One can "become Stan" and can do some further role playing as a continuation of the themes you saw demonstrated. Another person can become Stan's counselor and attempt to stay within the spirit of the theory that is being studied. The third person can function as a process observer. After you have had a few minutes to actually experience these roles, you can then debrief and talk about what it was like for each of you to be in a given role and what was learned from the exercise.

## SUGGESTED IN-CLASS ACTIVITIES AND EXERCISES FOR COUNSELING GWEN: INTRODUCTION AND INTAKE SESSION

In Dr. Kirksey's initial meeting with Gwen, she learns about the life circumstances that bring Gwen into counseling. As you read the introduction to Gwen, identify and discuss the following:

- Your initial thoughts about Gwen
- How any of your potential personal biases may affect your work with Gwen
- Where you might begin working with Gwen
- Gwen's strengths upon entering counseling
- What would be helpful to you in establishing a therapeutic alliance with Gwen
- What you would most want to cover with Gwen at the initial session regarding informed consent
- What else you may need to know about Gwen to work effectively with her

### REVIEWING THE HIGHLIGHTS OF A THEORY

*Lead This*

**Directions:** This set of questions has been designed to apply to each of the counseling theories after you have studied it. As a way to help you get the approach into clearer focus, give a few concise summary statements in your own words in answer to each question. Use this outline to write your *critical evaluation* of each of the therapeutic approaches. This outline (and the quizzes for each chapter) would be very helpful for either studying on your own or as a basis for discussion in a study group, should you decide to organize one. You might bring your critiques to class as a basis for active participation in discussion.

1. Key concepts of the theory
  - a. What is the theory's *view of human nature*, and what are the *basic assumptions* underlying the approach?
  - b. What primary characteristics distinguish the approach? What are its major areas of focus and emphasis?
  - c. What are some of the most important concepts?
2. The therapeutic process
  - a. What do you think are the most important therapeutic goals?
  - b. What are the functions and role of the therapist?
  - c. What is the client's role in the therapeutic process? What is expected of the client? What does the client do?
  - d. What is the role of the therapeutic relationship in terms of therapy outcomes?

3. Applications: Techniques and procedures of the approach
  - a. What are a few of the techniques and methods that you would most want to incorporate into your counseling practice?
  - b. Where is the approach most applicable? To what types of clients? To what types of problems? In what settings?
  - c. How can you apply some concepts and techniques of the approach to group counseling?
  - d. How can this theory fit into the framework of brief therapy?
  - e. What do you see as the major strength of this theory from a diversity perspective?
  - f. What do you see as the major shortcoming of this theory from a diversity perspective?
  - g. What is *your evaluation* of the approach? What do you consider to be the most significant contribution of this approach? What do you consider to be the most significant limitation of this approach?
  - h. In what ways can you apply this approach to yourself *personally* as a basis for self-understanding and for making changes you desire?
  - i. What are some of the most significant and personally meaningful questions that you would like to pursue further?

## SURVEY OF ATTITUDES AND VALUES RELATED TO COUNSELING AND PSYCHOTHERAPY

### A Self-Inventory and Pretest

**Directions:** This is *not* a traditional multiple-choice test in which you must select the correct answer. Instead, it is a survey of *your* basic beliefs, attitudes, and values related to counseling and psychotherapy. Circle the letter beside the response that most closely reflects *your viewpoint* at this time. *You may circle more than one response* for each item.

Notice that a blank line ("e") is included in each item. If none of the provided options seem appropriate or if you have what you consider a better answer, write your response (or responses) on the line. Bring the completed inventory to class during one of the beginning sessions of the course and compare your viewpoints with those of other students. *Take the inventory again at the end of the course* to see whether any of your beliefs, attitudes, and values have changed.

1. I think the *main* purpose of counseling and psychotherapy is to
  - a. assist clients in creating solutions to their problems.
  - b. tell others how best to organize their life.
  - c. increase a client's awareness.
  - d. always provide an answer to the client's problem.
  - e. \_\_\_\_\_
2. Clients who seek counseling
  - a. can be trusted to find creative solutions to their problems.
  - b. are generally in need of advice on how to proceed.
  - c. will progress only if I am highly active and structured.
  - d. will generally be resistant to change unless doing so is easy.
  - e. \_\_\_\_\_
3. Regarding the issue of human freedom, I believe that we
  - a. create our own destiny by making choices.
  - b. possess *limited* degrees of freedom.
  - c. are almost totally the products of conditioning.
  - d. are what our genetic makeup and environment make us.
  - e. \_\_\_\_\_

Complete  
this  
→

4. I believe that setting the goals of counseling
- is primarily the client's responsibility.
  - is primarily the therapist's responsibility.
  - is a collaborative venture of client and therapist.
  - can interfere with the spontaneity of counseling.
  - \_\_\_\_\_
5. The goal of psychotherapy is
- assisting clients in creating a new life story.
  - making the unconscious conscious.
  - providing symptom relief in as brief a time as possible.
  - learning realistic and responsible behavior.
  - \_\_\_\_\_
6. Counseling should mainly focus on
- what people are thinking.
  - what people are feeling.
  - what people are doing.
  - each of these, depending on the stage of therapy.
  - \_\_\_\_\_
7. Counseling is a process of
- reeducation.
  - helping clients make life decisions.
  - learning to integrate one's feeling and thinking.
  - learning more effective coping behaviors.
  - \_\_\_\_\_
8. Counseling and therapy should focus on
- the client's past experiences.
  - the client's experience in the here and now.
  - the client's strivings toward the future.
  - both the present and the future.
  - \_\_\_\_\_
9. To be an effective counselor in working with diverse client populations, it is important to be knowledgeable about
- how gender roles are influenced by society.
  - how oppression and discrimination affect people of color.
  - how one's culture influences one's choices.
  - areas such as sexual orientation, disability, and spirituality.
  - \_\_\_\_\_
10. When practicing counseling in a multicultural society, it is essential to
- have specialized coursework on various cultures.
  - get fieldwork experience in multicultural settings.
  - understand a counselor's own culture.
  - develop skills in working with culturally different clients.
  - \_\_\_\_\_
11. Specific knowledge about cultural differences is
- essential for effective counseling.
  - potentially problematic because of the tendency to stereotype.
  - impossible to acquire because of the number of cultures.
  - useful in providing a conceptual framework.
  - \_\_\_\_\_
12. A person's early childhood experiences are
- not really important material for therapy.
  - the determinants of the person's present adjustments.
  - experiences that must be explored in therapy.
  - of interest but not of much significance for who one is today.
  - \_\_\_\_\_
13. The most important function of a therapist is
- being present for and with the client.
  - interpreting the meaning of the client's symptoms.
  - creating trust that allows the client to freely explore feelings and thoughts.
  - giving the client specific suggestions for things to do outside the therapy sessions.
  - \_\_\_\_\_
14. I believe that counselors should be
- active and directive.
  - relatively nondirective, allowing the client to direct.

- c. whatever the client wants them to be.  
 d. directive or nondirective, depending on the client's capacity for self-direction.  
 e. \_\_\_\_\_
15. The power of a therapist
- should be used to manipulate the client in the direction the therapist deems best for the client.
  - should be minimized because of its danger.
  - can be a vital force that the therapist can use in modeling for a client.
  - needs to be shared with the client toward the aim of client empowerment.
  - \_\_\_\_\_
16. To help a client, a therapist
- needs to have had a problem similar to the client's problem.
  - must be free of any conflicts in the area he or she is exploring with the client.
  - must share many of the same life experiences and worldview with the client.
  - must like the client personally.
  - \_\_\_\_\_
17. For individuals wishing to become therapists, experiencing personal therapy
- is an absolute necessity.
  - is not an important factor in a therapist's capacity to work with others.
  - is necessary only when a therapist has severe personal problems.
  - should be encouraged strongly, but not required.
  - \_\_\_\_\_
18. Regarding the client-therapist relationship, I think
- the client is the expert on his or her own life.
  - the therapist should remain relatively anonymous.
  - it is of critical importance, regardless of one's theoretical orientation.
  - this is the most important factor related to therapeutic outcomes.
  - \_\_\_\_\_
19. A counselor should
- select one theory and work strictly within that framework for the sake of consistency.
  - not be too concerned about theory, and instead trust his or her intuitions in working with the client.
  - strive to combine a couple of theoretical approaches.
  - borrow techniques from many different theories.
  - \_\_\_\_\_
20. Of the following, the most important feature of effective therapy is
- knowledge of the theory of counseling and behavior.
  - skill in using techniques appropriately.
  - genuineness and openness on the therapist's part.
  - the therapist's ability to specify a treatment plan and evaluate the results.
  - \_\_\_\_\_

**Directions:** For items 21 through 50, circle the answer (T = true, F = false, or both) that best fits your belief. Then, on the line provided, give a reason for your answer. Because these items are designed to sample your views, there are no "right" or "wrong" answers; hence, there is no answer key.

**Example:** T  F Giving advice is an important function of therapists.

*This is the easy way out, but it is not therapy.*

T F 21. Therapists should work only with clients whom they really like and care for.

T F 22. As long as I counsel others, it is essential that I be open to the idea of receiving therapy myself.

- T F 23. I expect to apply my theory to practice in much the same way with all my clients.  
\_\_\_\_\_
- T F 24. It is critical that my values be kept out of the therapy process.  
\_\_\_\_\_
- T F 25. To work with a client effectively, the therapist must first be aware of the person's cultural background.  
\_\_\_\_\_
- T F 26. I should model certain behaviors that I expect my clients to learn.  
\_\_\_\_\_
- T F 27. My own levels of self-awareness and psychological health are probably the most important variables that determine the success or failure of counseling.  
\_\_\_\_\_
- T F 28. It is therapeutically useful for me to be completely open, honest, and transparent with my clients.  
\_\_\_\_\_
- T F 29. It is appropriate for me to discuss my personal conflicts at length with my clients, for they can apply my solutions to problems they are facing.  
\_\_\_\_\_
- T F 30. The kind of person I am is more important than my theoretical orientation and my use of techniques.  
\_\_\_\_\_
- T F 31. Knowledge of my own cultural background is as important as knowing about the cultural background of my client.  
\_\_\_\_\_
- T F 32. Intellectual insight is enough to make change happen for clients.  
\_\_\_\_\_
- T F 33. Therapy must be aimed at social and political change if any real personal change is to occur.  
\_\_\_\_\_
- T F 34. My job as a therapist is basically that of a teacher, for I am reeducating clients and teaching them coping skills.  
\_\_\_\_\_
- T F 35. I view my client as being an expert in his or her own life.  
\_\_\_\_\_
- T F 36. Because confrontation might cause great pain or discomfort in a client, I think it is generally unwise to use this technique.  
\_\_\_\_\_
- T F 37. My own needs are really not important in the therapeutic relationship with a client.  
\_\_\_\_\_

- T F 38. Silences during a therapy session should be avoided.  
\_\_\_\_\_
- T F 39. It is essential that I form a collaborative relationship with my client.  
\_\_\_\_\_
- T F 40. The therapeutic relationship should be characterized by the same degree of sharing by both client and therapist.  
\_\_\_\_\_
- T F 41. I must be careful to avoid mistakes, for my clients will lose respect for me if they observe me faltering.  
\_\_\_\_\_
- T F 42. For effective counseling, technical skills are more important than the therapeutic relationship.  
\_\_\_\_\_
- T F 43. Therapy can have either a positive or a negative effect on a client.  
\_\_\_\_\_
- T F 44. There is no personal change or growth unless a person is open to anxiety and pain.  
\_\_\_\_\_
- T F 45. As a counselor, I want to be flexible and modify the techniques I use, especially in counseling culturally diverse clients.  
\_\_\_\_\_
- T F 46. As a counselor, I strive to be objective and not to become personally involved with my clients.  
\_\_\_\_\_
- T F 47. As a therapist, I should not judge my client's behavior, for therapy and value judgments are incompatible.  
\_\_\_\_\_
- T F 48. If I experience intense feelings toward my client (anger or sexual attraction, for example), I have lost my potential effectiveness to counsel that person, and I should end the relationship.  
\_\_\_\_\_
- T F 49. It is inappropriate to touch clients in any way, under any circumstances.  
\_\_\_\_\_
- T F 50. I would accept a client who was mandated to attend counseling.  
\_\_\_\_\_

# Psychoanalytic Therapy

Complete this →

## PRECHAPTER SELF-INVENTORY

**Directions:** The purpose of this self-inventory scale is to identify and clarify your attitudes and beliefs related to the key concepts of and issues raised by each therapeutic approach.

- Complete the self-inventory before you read the corresponding textbook chapter.
- After reading the chapter and discussing it in class, take the self-inventory again to determine whether you have modified your position on any of the issues.
- Respond to each statement, giving the initial response that most clearly identifies how you really think.
- Remember that the idea is for you to express your view, not to decide which is the "correct" answer. Each statement is a true assumption of the particular approach. Thus, you are rating your degree of agreement or disagreement with the assumptions that are a part of each theory.

Using the following code, write the number of the response that most closely reflects your viewpoint on the line at the left of each statement:

- 5 = I *strongly agree* with this statement.
- 4 = I *agree*, in most respects, with this statement.
- 3 = I am *undecided* in my opinion about this statement.
- 2 = I *disagree*, in most respects, with this statement.
- 1 = I *strongly disagree* with this statement.

Compare your responses with those of your classmates, and use the statements as points for discussion in class sessions.

- \_\_\_\_\_ 1. Clients are ready to terminate therapy when they have clarified and accepted their current emotional problems, and also have understood the historical roots of their difficulties.
- \_\_\_\_\_ 2. Our infantile conflicts may never be fully resolved even though many aspects of transference are worked through with a therapist.
- \_\_\_\_\_ 3. We experience transference with many people, and our past is always a vital part of the person we are presently becoming.
- \_\_\_\_\_ 4. The transference situation is considered valuable in therapy because its manifestations provide clients with the opportunity to reexperience a variety of feelings that would otherwise be inaccessible.
- \_\_\_\_\_ 5. The key to understanding human behavior is understanding the unconscious.
- \_\_\_\_\_ 6. Most psychological conflicts are not open to conscious control because their source has been repressed and remains unconscious.

- \_\_\_\_\_ 7. The unconscious, even though it is out of awareness, has a great influence on behavior.
- \_\_\_\_\_ 8. Development during the first 6 years of life is a crucial determinant of the adult personality.
- \_\_\_\_\_ 9. Most personality and behavior problems have roots in a failure to resolve some phase of psychosexual development in early childhood.
- \_\_\_\_\_ 10. One learns the basic sense of trust in one's world during the first year of life.
- \_\_\_\_\_ 11. To progress toward healthy development, one must learn how to deal with feelings of rage, hostility, and anger during the second and third years of life.
- \_\_\_\_\_ 12. It is normal for children around the age of 5 to have concerns about their sexuality, their sex roles, and their sexual feelings.
- \_\_\_\_\_ 13. Insight, understanding, and working through earlier, repressed material are essential aspects of therapy.
- \_\_\_\_\_ 14. Therapists should engage in relatively little self-revelation and should remain anonymous.
- \_\_\_\_\_ 15. For therapy to be effective, clients must be willing to commit themselves to an intensive and long-term therapeutic process.
- \_\_\_\_\_ 16. Therapy is not complete until the client works through the transference process.
- \_\_\_\_\_ 17. Analysis and interpretation are essential elements in the therapeutic process.
- \_\_\_\_\_ 18. It is important that a client relive the past in the therapy process.
- \_\_\_\_\_ 19. Effective therapy cannot occur unless the underlying causes of a client's problem are understood and treated.
- \_\_\_\_\_ 20. A basic aim of therapy is to make the unconscious conscious.

## OVERVIEW OF PSYCHOANALYTIC THERAPY

### Key Figures and Major Focus

Original key figure: Sigmund Freud, father of psychoanalysis. Ego psychologist: Erik Erikson. Object relations: Margaret Mahler. Historically, psychoanalysis was the first system of psychotherapy. It is a personality theory, a philosophy of human nature, and a method of therapy.

### Philosophy and Basic Assumptions

Although the Freudian view of human nature is basically deterministic and focuses on irrational forces, biological and instinctual drives, and unconscious motivation, later developments in psychoanalysis stressed social and cultural factors. Contemporary psychoanalytic thinking emphasizes the development of the ego and the differentiation and individuation of the self. The contemporary psychoanalytic approaches deviate significantly from traditional or Freudian psychoanalysis, yet these modern versions retain the emphasis on the unconscious, the role of transference and countertransference, the existence of ego defenses and internal conflicts, and the importance of early life experiences.

### Key Concepts

Key notions include the unconscious; anxiety; the functioning of ego-defense mechanisms; an understanding of transference and countertransference; a focus on the past for clues to present problems; and the development of personality at various stages of life. Healthy