

What Does Illumination Mean

Counselling psychology came at a time when government agencies were voicing their agitation at the rising tide of profound family distress and economic destitution. The hardships of war strained marriages and families and the creation of counselling psychology came as a composition for complex social contexts. Well educated counsellors strived to train veterans and struggling civilians a strategy for an awareness to define and develop a new contextual nature, in their new wakefulness, whilst adopting interventions to resolve their present more functionally. Where is the academic reference for this statement?

The specific field of psychology termed counselling psychology implements a

single-mindedness about a number of mental health issues. Not sure what this means because counselling as a practice is not one discipline and so 'single mindedness' is not part of the way counselling works.

Therapists from this particular branch of psychology this needs to be related to the British Psychological Society framework on Counselling Psychology

assist clients in the management of their suffering of such ailments as anxiety and disorders such as depression, family and social problems and just as importantly vocational problems. Counselling psychologists are specifically trained to the extent that they can take care of people with more severe cases of mental health issues such as schizophrenia. Most counselling psychologists would not agree to treat someone with schizophrenia because it is outside of their area of expertise

In fact counselling psychologists emphasize preventative care with individuals in communities not necessarily in communities

and want to impede and prevent these particular types of challenges occurring in the first instance by paying particular attention to the clients strength and wellness, and much less their mental deficiencies. Where is the evidence for this?

The conception of counselling psychology can be considered a challenge to explain as it has so many antecedents and utilizes many theories and techniques of predeceasing psychologists, although it seems that vocational psychology has become fundamental in the creation of counselling psychology. I am not sure what you mean by this as I am not aware of a specific branch of Psychology that is specifically related to counselling psychology that focuses upon Vocational Psychology. Occupational Psychology is very different from counselling psychology and there is confusion here about what you mean

It is known that the emergence of counselling became apparent after the second world war when there were veterans coming back from the war who required new training to

be civilians and needed assistance with job placements, so as to fulfil family obligations. There is some confusion here about veterans and here family obligations and perhaps you need to think about what you mean?

It seems government agencies voiced their concerns to Universities regarding their need for career counsellors where is the evidence for this?

which initiated an influx of psychology students in university programs and led to the ratification of a new psychology specialty termed counselling psychology. The creation of counselling psychology utilised many techniques and theories of a number of psychologists. It was Sigmund Freud with his psychodynamic school of thought that became appropriately noted for his contribution of the concept known as 'talk therapy' which was used to process experiences and issues. Freud paid remarkable consideration why have you used the term remarkable?

to unconscious factors and became known for emphasizing his views on the importance of how unconscious conflict and how defence mechanisms produced mental illness, not necessarily mental illness

but he also associated infantile sexuality to the creation of neurosis. Freud's psychoanalytic therapeutic approach often lasted for a matter of years for each patient as the therapist drew particular attention to working through transference and his approach allowed his clients to perceive their therapist as a reincarnation of important people from childhood.

Freud not only had a large invested interest in the interpretation of dreams but most importantly proposed the mind into divisions termed ego, superego and id. How does this relate to the question?

Carl Jung was a close collaborator of Freud and eventually become to split from Freud to gather his own thoughts and opinions, this distinct period allowed him to maintain his interest in psychodynamic theorists and allowed him to emerge with a school of thought termed analytical psychology. So what was the contribution of Jung to the counselling movement?

It wasn't until the 1940's and 1950's which marked an expansion of great magnitude for the field of counselling, it was a expansion greatly influenced by Alfred Adler and Otto Rank and was created by a psychologist named Carl Rogers and became termed the 'person centred approach.' The approach is currently at the centre of most counselling practice and is now sub-titled under humanistic branch of psychotherapy. There are three general types of psychological therapies which are 'psychodynamic' and 'psychoanalytical therapies' 'humanistic therapies' and 'behavioural therapies.'

Gestalt therapy was also formed in the 1940's and 1950's and was vastly influenced by Psychoanalysis and became part of a continuum from Freud's earlier work to the later

periods of Freudian ego analysis and then continued onto Wilhelm Reich and his comprehension of character analysis but also Reich's notions of character armour and non-verbal manner. You would need to explain the relevance of this to the question

Gestalt therapists and client relationships are formed to emphasize personal responsibility and the therapist and client converge their centre of attention on the clients experience, they focus on the clients own environmental and social contexts and the therapist assesses

you are talking here about therapist , facilitator and counsellor in the same sentence and there is a difference between them

and provides understanding about self regulating adjustments that the clients needs to make as a result of the clients own personal situation. What does this mean in practice?

Gestalt therapy is a strategy that advances the awareness of clients, the therapist arranges a wakefulness, a level of consciousness to what is happening from moment to moment to consider how the client functions in their own environment in areas such as family and work but also other regions. You would need to provide an example of this

Clients learn to become aware of what they are doing and how they are doing what they are doing and how to amend themselves but also learn to accept themselves. How does this happen in practice?

This strategy allows clients to familiarize, define, develop and comprehend their selves a little bit differently to before. So, how does this happen?

Gestalt therapy is practiced in treatment for a wide range of disorders including post traumatic stress disorders, depression, anxiety disorders and alcohol and drug dependency.

Why? What is effective about Gestalt therapy that makes it relevant to the above and relevant to the question

If we accept that behavioural patterns are the result of previous reinforcement, then we can imagine the understanding that maladaptive behaviour is a conditioned behaviour. You are moving here to a different theory and yet you haven't introduced it

Therefore, learnt patterns of maladaptive behaviour can be reversed using the same processes, such as re-enforcers and conditioning. According to Skinners 'operant conditioning model' individuals have a range of likely responses to stimuli, but the most likely response to stimuli is more often than not a favoured response that has been recurrently reinforced in the past. Therefore we can assume that if specific behaviour is negated a reward, then eventually the behaviour will become to be completely illuminated.

What does illumination mean in this context?

Skinner's guiding principles regarding stimulus response processes can be adopted to suit individual client requirements and the technique is known as 'behavioural self control' and is when behavioural ideas are provided to the client together with pattern analysis. What does this mean? Skinner would not recognise the self but may recognise the term 'control'

This type of approach can be encouraged to improve the self-knowledge process to allow the client to voluntarily improve behaviour patterns through the client learning the ability to provide their own stimulus and new response, but also interventions. Self knowledge is not recognised within the theory of behaviourism

Pavlovian conditioning is also good in this respect because it provides the client opportunities to replace unwanted responses with positive learned responses, and can also be described as learning behavioural self control. You would need to explain this process

Cognitive behavioural therapy (CBT) is also an intervention used in counselling and became a plinth on which most addiction counselling is centred upon, the therapy is an attempt to reduce emotional responses and self defeating behaviour by amending underlying belief systems and maladaptive behaviour. CBT assists clients to make progress towards self-control and teaches the clients to take on board a different perspective but most of all achieve a different understanding about anxiety and depression but also their addictions.

This is indeed an overview of CBT but there is no link to theory or an explanation of who is suitable for CBT or indeed why

The people that counsellors need to attend to arrive from wide ranging and varied backgrounds and they each carry with them a systemic view of the world deliberated from their own context and have learnt to communicate with their own words and phrases.

One client could arrive to a session with a crisis involving their own child abuse, and the next a client session could be regarding a 12 step program to cure their own alcoholism. Not necessarily to the same counsellor

Counsellors will spend a large part of their time listening to individual clients distress and much of the time in the clients own specific style of communication, which is learned from their own particular culture. Many counsellors will have specific areas of expertise and if related to Psychology will be clear about who they can accept as a client and who is outside their individual area of expertise. The door isn't open to all

It is the counsellors job to be able to communicate in a way that the client can understand but also be able to do the understanding. The need to comprehend the dynamics of complex social contexts is of the upmost and there is also a proclivity for counsellors to describe themselves and their know-how in particular phrases, such as psychological or psychotherapeutic school of thought. Not sure what you mean here?

But in truth, it would be a pity to see the counselling movement utilize various conceptual or theoretical specialisations or to even name themselves with the term cognitive behaviourist, psychoanalyst or rational emotive therapist, when it is obvious that this would only divert the focus of attention from the main issue which is one of a contextual nature. Therapists have to work within theoretical and professional specialisms to be accepted as part of the British Psychological Society and indeed the British Association of Counselling

If an individual sought the assistance of a counsellor they have not arrived for the terms quite aptly referred to but in fact arrive for the session with a problem seeking solution. Many people have been referred to a counsellor by another professional who will be aware of the expertise of the person they are referring the client to

For example, if a person arrives for counselling regarding their own sons alcohol abuse, they arrive for the intellectual capacity and support within the context of alcoholism. The definite chief purpose of the counsellor and client meetings is not to unearth past issues but to manage the present more functionally. This is not necessarily the case and you need to provide evidence for this

In conclusion, and as we can see, the creation of counselling psychology utilized many techniques and theories and basically consists of psychodynamic school of thought, not necessarily

but is also composed of Carl Jung's analytical psychology and contributed to greatly by Carl Rogers person centred approach. Freud's period of time influenced Fritz Perls creative insight which provided counselling psychology with the formation of information known as Gestalt therapy which tries to improve the clients own environmental and social contexts by improving the clients awareness, which indeed increases the clients consciousness about what is happening from moment to moment. This paragraph doesn't make theoretical sense and you seem to have misunderstood the important role that theory plays in th counselling movement

Counselling psychology ultimately extends the use of the intervention approach cognitive behavioural therapy, counselling psychology is different from a CBT approach

which is learnt by the client to reduce emotional responses and self defeating behaviour, whilst instilling changes to the clients belief systems and behavioural patterns.