

Theoretical Orientation in Counseling

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Theoretical orientation towards psychology is an important part of counseling. A counselor must excel in at least one of the orientations but must have substantial training in all of them. Aside from this when training future counselors it should also be noted that when preparing as counselors people should "develop their own personal model of counseling as they work toward integration in theory and eclecticism in practice" (Spruill & Benshoff, 2000)

The theoretical orientation that has been adopted by me personally pertains to the cognitive behavioral approach. "Behavioral approaches assume that people are basically shaped both by learning and socio-cultural environment." (Corey & Corey, 2002)

This type of therapy is mostly employed to treat disorders related to neurosis and psychopathology like mood and anxiety disorders. The article by Hall (2001) discusses that it is possible to make use of the cognitive behavioral therapy approach in the prisoner counseling and chaplaincy programs. The cognitive behavioral procedures can be used as a form of corrective programs for the prisoners. Through this approach the behavior of the prisoner can be changed by changing and influencing their disturbed emotions.

Insight Oriented Approach and Action Oriented Approach

Insight oriented therapy is the type of approach which aids the individual to understand the past events and identify the emotional and psychological drivers that influence the behavior of the person.

The specific kind of therapy which can be referred to as an insight oriented therapy would be the psychoanalytical therapy. "The purpose of psychoanalytic treatment is to make the client conscious of unconscious material and to structure his or her personality in order to attain a healthy balance of energy." (Okun & Kantrowitz, 2007)

Action oriented approach is a less passive approach for therapy. According to this approach the client tends to seek out the problem and attempts to confront it by changing the environment or the situation. The cognitive therapy approach is an example of the action oriented approach which emphasizes the client to think rationally and have a positive outlook.

The difference between the action oriented and the insight oriented therapy is that the action oriented therapy triggers a process for problem solving. Through the cognitive techniques the problem is identified, and analyzed, the solutions and alternatives are discussed with the result that the most appropriate solution is chosen. Through the insight oriented approach to therapy however the states that the depression that is felt by the client is the result of unconscious psychological conflicts. As a result changing the thought patterns, moods and behavior patterns can change the results in the long term.

Directive and Non Directive Therapy:

The non directive technique is a client centered technique where the clients tend to direct themselves to change and solve their problems. Through this technique the therapeutic process is usually avoided. The non directive technique allows the clients to be in charge and make a positive change for themselves.

The directive therapy requires a third party of a psychologist to aid the client...

Orientation To Counseling

Thomas Griffiths



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