Index

ABC model 245, 246–7, 247, 249–50
abnormal psychology 308
abreaction 308
abuse of clients
  and confidentiality 275
  in counselling 285
  past experiences 25, 84, 88
acceptance in counselling see
unconditional positive regard
acceptance of counselling
  by client 20
  in society 12–13
acquisition 308
action, in therapies 44, 69–72, 253–4, 259
action phase 69–72
active listening 50, 51–3, 150, 184
actualising tendency 148–9, 308
  see also individuation; self-
  actualisation
adaptation 308
Adapted Child 213–14
addiction 26–7, 81, 308
  counselling approaches 103, 104, 112, 154–5, 201, 233
Adler, Alfred, Individual Psychology
  approach 108–13, 120, 308
Adult ego state 214, 217
advantages of counselling see
benefits of counselling
advice giving
  difference from counselling 15, 16
  limitations 21–2
  in other professional roles 20–1
affect/affective disorders 308
ageism 155
  see also elderly people
agencies, for placements 35
AIDS 31
altruism 111
  see also helping relationships
ambivalence 308
anal stage, psychosexual
development 81–2, 308
analytical psychology 113–20
anima/animus, collective
unconscious 114, 115, 308–9
anorexia 30
  see also eating disorders
anxiety 309, 314
  case studies 19–20, 46–7, 246–7, 256
  about confidentiality issues 278
  existentialist view 167
  irrational beliefs 248–9
  use of mindfulness 262–4
  need for counselling 26
  caused by negative thinking 246–7, 256–7
  in psychodynamic theory 85, 87, 89
  relaxation techniques 241, 241
  roots in socialisation 80
  see also obsessive compulsive
disorder; phobias
anxiety inducing thoughts 257
appearance, counsellors 57
archetypes 114, 115, 309
assertiveness training 243, 304
attitudes
  of counsellors 17
  see also empathy for client
to counselling 12–13
audience role, psychodrama 199
authenticity, in existentialism 167
automatic thoughts 256–7, 258
   see also irrational beliefs; negative
thinking
autonomy, in ego psychology 123
auxiliary ego role, psychodrama 197, 198–9, 201
aversion therapy 309
awareness of others 37
   see also empathy with client
awfulising 245
babies see child development; children; infants
Bandura, Albert, social learning
theory 239–40
basic needs 160, 309
basic trust 280, 309
Beck, Aaron, cognitive therapy
254–9
behaviour modification 48, 49
behaviour therapy 48–9, 309
   development 238–40
   influences 240–3
   see also cognitive behaviour
   therapy
behavioural change, in transactional
analysis 208, 216, 230–1
behavioural problems, counselling
for 27, 193, 233, 253
behaviourism 309
being mode 263
belongingness need 309
benefits of counselling
   cognitive behaviour therapy
   253–4, 255, 260
existing existentialist approach 170–1
Gestalt therapy 193, 194
mindfulness 262
object relations theory 136–7
person-centred counselling
154–5
psychodrama 201
psychodynamic approach 103,
112, 118–19
transactional analysis 233
transpersonal psychology 172
bereavement
   case studies 165, 180, 281
   children 24–5
   counselling for 24–5, 104, 113,
   119–20, 154, 172, 193
two-chair technique 190
   see also grief; loss
Berne, Eric 206–7
   see also transactional analysis
bias, counsellors 91
   see also countertransference
biological determinism 309
bipolar disorder 309
blind spots 309
body language see non-verbal
communication
Bowlby, John, object relations
theory 131–2
brain, changes following counselling
264, 300, 319
breast-feeding, and development
125, 127
breathing techniques 241, 263
Brenman, Eric 134
bridging response (summarising)
60–2
brief cognitive therapy 260, 260
brief therapies 310
brief cognitive therapy 260, 260
   solution-focused therapy 264–6,
   326
bulimia 30
see also eating disorders
bullying 28–9
burn-out 310
carers, counselling needs 156
case histories 310
case studies
  ABC model 246–7
  active listening 51–2, 55
  advice giving v. counselling 15
  anxiety 19–20, 46–7, 246–7, 256
  automatic thoughts 256
  bereavement 165, 180, 281
  bullying at school 29
  cognitive behaviour therapy 242–3, 246–7, 256, 263
  confidentiality 276–7, 279
  countertransference 92, 135, 296
  depression 246–7, 263, 276, 281
  dreams 115, 189, 288
  ego states 209, 213
  ending of counselling 288
  ethical issues 276–7, 279, 281, 288, 296
  existentialist approach 168
  figure and ground needs 179
  Freudian psychodynamic therapy 78, 86, 90, 92, 94, 97–8, 100, 101–2
  game analysis 221
  Gestalt therapy 179, 180, 183, 189
  helping relationships 165
  hierarchies for phobias 242–3
  humanistic counselling 144–5, 147, 152, 165, 168
  Jungian therapy 119
  mindfulness 263
  negative thinking 246–7, 256
  neglect 126
  non-verbal communication 183
  object relations theory 126, 129, 135
  openness 152
  past experiences 109–10, 200–1
  permission in counselling 226
  phenomenology 144–5
  post-Freudian psychodynamic therapy 119, 126, 135, 137
  psychodrama 200–1
  referral from GP 19–20
  relationship with counsellor 281
  repression 86
  self-concept 147
  stages of counselling 46–7
  supervision 296
  terminal care 137
  timekeeping implications 97–8
  transactional analysis 209, 213, 221
  transference 90, 100, 135
  transitional objects 129
  unconscious influences 78
  castration complex 83, 310
  catastrophising 247, 249, 310
  catharsis 187, 310
  Cathexis model, transactional analysis 230–1, 310
  CBT see cognitive behaviour therapy
censor 310
  challenging skills 66–8, 249–50
  change
    counselling for 112, 208, 216, 230–1, 249–50, 265
    desire for 22
    planning for 69–70
  child abuse see childhood abuse
Child Bereavement Trust 25
child development
  object relations theory 125–7, 128–30, 130–1, 132–3
  psychodramatic stages 196–7
  psychosexual stages 80–4
  psychosocial development 121–2
  socialisation 80, 210
Child ego state 212–14
childhood abuse
  and confidentiality 275
  generational nature 88
  need for counselling 25
  in psychodynamic theory 84
Childhood Bereavement Network 25
Childline 24
children
  bereavement 24–5
  bullying 28–9
  early experiences 21, 212–13, 222
  see also child development
  neglect 126, 222
  socialisation 80, 210
  see also infants; parent-child relationships
clarification 14, 96, 152, 200
classical conditioning 238–9
claustrophobia 310
clients 13
  advice seeking 21
  contracts with 34, 96–8, 225, 226, 233, 252, 285–6, 311
  definition 310
  empathy for 58, 133, 149–50, 155, 252, 254
  ending counselling 287–9
  listening to 50–6, 150, 184
  reasons for counselling 22–32, 23
  relationship with counsellor see therapeutic relationship
  respect for 17, 57, 151, 252, 327
clinical psychologists 310
closed questions 63
cognition 238
  cognitive behaviour therapy 48–9, 243–69
    activities 259
    benefits 253–4
    cognitive therapy (Beck) 254–60
    for depression and anxiety 26, 241, 253, 262–4
    development 243–4, 266–8
    evidence-based practice 264, 266–7
    Gestalt view 182
    internet provision 268–9
    limitations 254
    mindfulness-based CBT 262–4
    personal construct theory 260–2
    for phobias and obsessions 27
    rational emotive behaviour therapy 244–54, 260
    solution-focused therapy 264–6, 326
    see also ego psychology
  cognitive dissonance 311
  cognitive restructuring 311
  cognitive therapy (Beck) 254–60
  collective unconscious 114, 115, 311
    see also transpersonal psychology
communication
  in Adapted Child mode 214
  assertiveness training 243, 304
  non-verbal 50, 54, 182–4
  see also ulterior transactions
  stroking (transactional analysis) 217
verbal 58–65
see also language use; listening skills; transactions
compensation 110, 311
complementary transactions 217–18, 218–19
complexes 110, 311
compulsion 311
see also eating disorders; obsessive compulsive disorder
compulsive eating 30
see also eating disorders
condensation 311
conditioning 238–9, 239, 308, 321
confidence, acquired during counselling 287
confidence problems, counselling for 253
confidentiality 14, 30, 274–80, 285, 311
limitations 275–6
conflict avoidance (confluence) 188
confrontation 98, 112, 231
congruence 151–2
conscious mind see ego/Ego
continuing professional development 298–9, 300
contracts 311
for counselling training 34
ethical issues 285–6
in psychodynamic counselling 96–8
in REBT 252
in transactional analysis 225, 226, 233
Controlling Parent 212
conversion reaction 312
core beliefs 257–8
see also irrational beliefs; negative thinking; personal constructs
core conditions, person-centred counselling 149–52, 152
co-supervision 297
counselling, definitions 11–12, 13, 14, 15–16, 178, 312
counselling relationship see therapeutic relationship
counselling skills and techniques see skills and techniques
counselling theories see theories of counselling
countertransference
case studies 92, 135
identification 282–4
in object relations theory 135
in psychodynamic theory 91–4
supervision for 90, 91, 92, 94
in transactional analysis 228–9, 229
couples therapy 138
creative thinking 70–2
cries situations
advice and information giving 22
counselling approaches 23–4, 104, 109, 136–7, 138, 154, 171, 234
ethical issues 291–4
re-evaluation of self-concept 147–8
types 294
see also suicidal clients; violent threats
crisis intervention 312
crossed transactions 219, 220
Cruse 25, 32
cultural differences, and counselling 194–5, 233, 234, 301
cyber bullying 28–9
de Shazer, Steve, solution-focused therapy 264, 266
death instinct 125, 312
death layer, neurosis 187
defence mechanisms 85–9, 121, 184–5, 187–8, 188, 312
definitions of counselling 11–12, 13, 14, 15–16, 178, 312
deflection, in Gestalt therapy 188
Delisle, G., integrative therapy 134
delusions 312
denial 87, 312
dependency, in childhood 130–1
depression 312
  bipolar disorder 309
case studies 246–7, 263, 276, 281
counselling for 26, 103, 138, 253
and life scripts 223–4
mindfulness for 262–4
caused by negative thinking 246–7, 255, 258–9
and parental attitudes 257
depressive position 127, 312
depprivation in infancy 132
developmental psychologies 312
dialogue exercises 191
diaries 36–7
director role, psychodrama 197
disability, counselling for 137
disadvantages of counselling see limitations of counselling
disasters, counselling for 31–2
discrimination, women 303–4
displacement 87, 312
dissociation 313
‘do as I say’ ego state 209–10
doctors, relationships with patients 18, 19
doing mode 263
double, psychodramatic stage 196
dream presentation 200
dreams 95, 101–2, 112, 115, 116–17, 188–90, 313
case studies 115, 189
dress code for counsellors 57
Dusay, J. 231
eyear experiences
  abuse 25, 84, 88, 222, 275
  and adult emotions 212–13
  deprivation and neglect 126, 132, 222
  family life influences 109, 110
  receipt of advice 21
see also parent-child relationships; transference
eating disorders
  counselling for 30, 103, 172
  and oral development 81
eclectic counselling 313
Egan, G., bridging response 44, 45, 54, 60
ego/Ego
  (Freud) 79–80, 85, 120, 310, 313
  see also Adult ego state
  (Hartmann) 120
  (Jung) 113, 116
  (Moreno), auxiliary 197
Ego boundary 313
Ego ideal 312
Ego integrity 313
Ego psychology 120–3, 122, 124, 313, 316
elderly people
counselling needs 122, 147–8, 155–6
see also ageism
Electra complex 313
Ellis, Albert, cognitive behaviour therapy 244–54
email counselling 268
emergency situations see crises
situations
emotions
allowing strong feelings 58
as conditioned response 239, 242
in counselling see
countertransference; transference
displacement response 87
from past experiences 89–90, 212–13
spontaneous 214
see also projective identification
empathy with client
active listening 50, 51–3, 150, 184
developed through personal
therapy 40
in object relations theory 133
in person-centred counselling
149–50, 155
in REBT 252, 254
reflecting back 58
see also projective identification
empirically validated therapy (EVT)
27, 49
empowerment of clients 14, 21, 172,
253, 255, 259, 264
individuation 117–18, 317
role of contracts 286
self-actualisation 49, 148–9, 161–2, 326
of women 303–4
empty chair technique 190
encouragement 72
ending of counselling
preparation and readiness
287–9
see also sessions, ending
endogenous factors 313
environment 313
environmental determinism 313
epograms 231
Erickson, Milton H., solution-
focusses brief therapy 264–5
Erikson, Erik, ego psychology
121–2, 122, 123, 316
Ernst, Franklin, on behavioural
change 230
Eros 314
Erskine, 229–30, 231, 232
ESL speakers, benefits of
psychodrama 201
esteem needs 160, 314
ethical issues
clients in crisis 291–4
confidentiality 14, 30, 274–80, 285, 311
contracts 284–6
counselling relationship 280–1
ending counselling 287–9
exploitation 284–5
minority group issues 301–4
referrals for counselling 289–91
research 299–300
supervision 292–8
training and CPD 298–9
transference and
countertransference 282–4
ethnic groups 301–2
Eurocentrism (Western bias) 301
evidence-based practice, CBT 264,
266–7
EVT 27, 49
exaggeration, in Gestalt therapy 191
exercise 26, 27
existential therapy 167–71
see also person-centred
counselling; transpersonal
psychology
existentialism, in Europe and
America 166
experiential approach, in humanism 50
exploitation of clients 284–5
explosive layer, neurosis 187
external frame of reference 149
extraversion 116, 314
Eysenck, J. 240
fact finding, in listening 51
Fairburn, W. R. D., object relations theory 130–1, 194–5
false memories 314
family position 108, 326
family therapy 138, 314
fathers 82–3, 210
feminism and counselling 154, 303–4
figure and ground 178–9, 315
fitness to practice 314
fixation 314
flight into health 314
flooding 314
focused questioning 65
frames of reference 149
framework for counselling 44–7
free association 95, 314
Free Child 214
free floating anxiety 314
freedom, existentialist view 170
Freud, Anna, ego psychology 121
Freud, Sigmund
  on advice giving 21
  background 76
  contribution to psychodynamic approach 48
  humour in therapy 250
  psychoanalytic theories 48, 76–95, 78, 103, 132
  on transference 89–90
Freudian slips 314, 321
future projection 200
game analysis 222
genital stage, psychosocial development 83–4, 314
genuineness 151–2
Gestalt theory 178–9, 315
Gestalt therapy 177–95, 177
  benefits and limitations 193–4
  concepts 179–84
  development 194–5
  dreams 188–90
  language use 184–6
  neurosis 186–7
  origins 177–9
  resistance 187–8
  skills and techniques 190, 191–2
gestures in conversation, minimising 55
goal setting 69–70, 72, 224, 225
goals, failure to achieve 246
good object 320
Goulding, M. and Goulding, R., Redecision school 231
GPs, relationship with patients 18, 19
greeting clients 64–5
grief
  at end of counselling 288
  following trauma 31
  see also bereavement
group counselling 29, 30, 112, 304
  see also groupwork
group dynamics 191, 315
group polarisation 315
group supervision 297
group think 315
groupwork
  assertiveness training 243, 304
  in Gestalt therapy 190–1
Index

in psychodrama 196, 197–9, 200–1
in REBT 253
in training 37
in transactional analysis 208, 224, 233

see also group counselling
growth motive 315
guilt, roots in socialisation 80
Guntrip, Harry, object relations theory 131
hallucination 315
halo effect 315
Hartmann, Heinz, Ego psychology 120, 123
health professionals, person-centred counselling 155, 156–7
health visitors, use of counselling skills 20–1
helping relationships
  differences to counselling 12
  making referrals 19, 30, 289–91
  success factors 163–4
  transference in 90
  see also professional staff
helplines 24, 25, 32
here and now, in Gestalt theory 181–2
heterosexuality, psychoanalytic theme 83–4
hierarchies, dealing with phobias 242–3
hierarchy of needs (Maslow) 160–1, 160, 309, 315, 325
HIV/AIDS, counselling for 31
holistic approach 26, 148, 160, 166, 315
homeostasis 315
homework 254–5
homophobia 83–4
homosexuality 84, 302
honesty in counselling 152
Horney, Karen 315
‘hot seat’ technique 191
humanistic counselling 49–50
  existential approach 165–71
  Maslow’s theories 159–65, 160, 309, 315, 325
  person-centred approach 145–58, 303–4, 321
  phenomenology 143–5
  transpersonal psychology 171–3, 327
humanistic psychology 316
humour
  in counselling 250, 253
  as defence 88, 188
hypnosis 316
hypnotherapy 316
IAPT 20, 266, 299
Id 79, 316
idea storming 70–1
ideal self 316
identification 316
identity crisis 316
illusions 316
imagery 71–2, 250
imago 316
immediacy, in counsellor response 67
impasse layer, neurosis 186
implosive layer, neurosis 187
Improving Access to Psychological Therapies (IAPT) 20, 266, 299
incorporation 316
indirect parent 209–10
individual, importance of see person-centred counselling
Individual Psychology approach 108–13, 120
individual supervision 297
individuation 117–18, 317

see also actualising tendency; self-actualisation

infant–mother bond 81, 93, 132, 321
infants 81, 93, 126–8, 130–3, 320, 321, 322, 323

see also child development

inferences see negative thinking

inferiority complex 110, 317

information from clients, using questions 62–5
information giving 22, 67, 285–6

ink blot test 325

insight 317

instinct 317

integrated personalities 114

integrated therapy 134

intellectual approaches see existential therapy; Jungian therapy; transactional analysis

intellectualisation 182, 188, 317

internal frame of reference 149

internalisation

of counselling process 288

in personality development 80, 127, 128, 132, 186, 187, 210

see also introjection

internet

counselling via 268

online bullying 28–9

interpretation 98–9, 112, 134, 182

see also introjection; negative thinking

interviews, in psychodrama 200

intrapsychic processes 317

introjection 88, 126, 187, 317

see also internalisation; negative thinking

introversion 116, 317

irrational beliefs 248–9, 248

see also core beliefs; negative thinking

irrational thinking 247–9

isolation 111, 171, 317

James, William 318

Joseph Rowntree Foundations, reports 24

journals, in training 36–7

judgements, when listening 51

Jung, Carl, Analytical psychology 113–20

Jungian therapy 113–20, 315

Kelly, George, personal construct theory 260–1

Kernberg, Otro 133–4

Klein, Melanie

object relations theory 125–8

on projective identification 92–3

Kohut, Heinz, object relations theory 132–3, 23

labelling of clients 88

Laing, R. D. 166

language use

clients 184–6, 191

and negative thinking 244–5, 249

semantic correction 251

in solution-focused brief therapy 265

see also ESL speakers; verbal communication skills

latency stage, psychosocial development 83, 318

law of effect 239, 318

leading questions 64

learned helplessness 318

learning theory 238–40
Libido 81, 113, 130, 318
life coaching 15
life events, and existentialist approach 171
life scripts/styles 110, 223–4
limitations of counselling
  cognitive behaviour therapy 254
  existentialist approach 171
  Gestalt therapy 193
  object relations theory 138
  person-centred approach 158
  psychodrama 201
  psychodynamic approach 104, 112–13, 119–20
  transactional analysis 233–4
listening skills 14, 15, 50–6, 150
logical errors 258–9
loneliness 111, 171, 317
longitudinal studies 318
loss
  counselling for 137
  at end of counselling 287
  see also bereavement; grief
lucid dreaming 318
magnification, in negative thinking 259
male dominance 111
mania 318
marriage guidance see relationship problems, counselling
masculine protest 111
Maslow, Abraham, theories 159–65, 160, 309, 315, 325
masochism 318
maternal influences see mother-child relationship
maturation 318
May, Rollo 21, 166, 167
medicinal model 318
meditation 318
melancholia 26
  see also depression
mental illness
  addiction 26–7, 81, 103, 104, 112, 154–5, 201, 233
  and confidentiality 275
  eating disorders 30, 81, 103, 172
  neurosis 186–7
  obsessive compulsive behaviour 27, 82
  phobias 27, 238–9, 241–3
  psychosomatic conditions 22, 193
  see also anxiety; depression
mental representations 124
‘metaphor for group’ exercise 192
mindfulness 262–4, 318
minimisation, in negative thinking 259
minority groups, ethical issues 301–4
miracle question technique 266
mirror, psychodramatic stage 196
mirror technique 200
modelling 251
models of counselling 44–5
  see also theories of counselling
moral principles 318–19
  Superego role 80
Moreno, J.L., psychodrama development 178, 195–7
mother-child relationship 122–3; 82–3, 125–6, 127, 128, 128, 130–2, 132–3
  mother-infant bond 81, 93, 132, 321
motivation, compensation for inferiority 110
multidisciplinary approach 319
multiple personality 319
multiple questions 63
narcissism 132, 319
narcissistic personality disorder (NPD) 133
narrative transactional analysis 232
need satisfying objects 319
needs
  in Gestalt theory 179–80
  hierarchy (Maslow) 160–1, 160, 309, 315, 325
negative therapeutic reaction 319
negative thinking 244–5, 246, 255
  case studies 246–7, 256
  see also core beliefs; interpretation; introjection; irrational beliefs
neglect in childhood 126, 222
neo-Freudian 319
neurogenesis 300
neuroimaging 300
neuroplasticity 300
neuroscience, changes in brain due to counselling 264, 300, 319
neurosis 186–7, 319
non-judgemental attitudes 14, 17
non-reciprocal relationship, with counsellor 14
non-verbal communication 50, 54, 182–4
  see also ulterior transactions
norm 319
NPD (narcissistic personality disorder) 133
nursing, person-centred counselling in 156–7
Nurturing Parent 212
object constancy 320
object permanence 320
object relations theory 124–38
  benefits and limitations 136–8
  infant development 125–8, 131–3, 134–5
  influence on Gestalt therapy 194–5
  skills 136
  therapeutic relationship 135–6
  transitional objects 128–30
objects (object relations theory) 124
observational learning 320
obsessive compulsive disorder (OCD) 27, 82, 320
Oedipus complex 82–3, 108, 109, 320
omnipotence 320
online bullying 28–9
online counselling 268–9
open questions 63, 265
openness in counselling 152
operant conditioning (Skinner) 239, 321
oral stage, psychosexual development 81, 321
organismic self 148
overgeneralisation, in negative thinking 259
over-identification with client 52
panic disorder 321
paranoia 321
paranoid-schizoid position 125–6, 131, 321
paraphrasing 59
paraphraxis (Freudian slips) 314, 321
parent–child relationships
  ego-psychology theory 109, 110
ego state development 209–14, 226

guilt towards mother 127

infants 81, 93, 126–8, 130–3, 321

life script development 110, 223–4

love from parents 146, 151, 159

negative thinking development 244–5, 257

neglect 126, 222

object relations theory 125–6, 127, 128, 130–2, 132–3

Oedipus complex 82–3, 108, 109, 320

person–centred theory 146

socialisation 80, 210

Parent ego state 209, 226, 231

past experiences

abuse 25, 84, 88

case studies 109–10, 200–1

in psychodynamic approach 48, 84

transference of emotions 89–90

traumas 25, 31–2, 103, 144–5, 201

see also early experiences; parent–child relationships

paternal influence 82–3, 210

patterns, in problems 68

Pavlov, Ivan, classical conditioning 238–9

peer counselling, in training 39

peer group supervision 297

penis envy 83

perceptual organisation 179

Perls, Fritz, Gestalt therapy development 177–8

permission, in transactional analysis 226

person–centred counselling 145–58, 303–4, 321

benefits 154–5

core conditions 149–52

limitations 158

in professional contexts 155–7

self–concept 145–9

therapeutic relationship 153–4

see also existential therapy; transpersonal psychology

persona 321

collective unconscious 114, 115

personal construct theory 260–2

personal constructs 261, 321–2

see also core beliefs

personal development, counsellors 34, 164, 291

see also continuing professional development

personal development groups (PDGs) 37

personal growth, counselling for 30, 103, 233

personal therapy, advantages for students 39–40

personal unconscious 113–14

personalisation, in negative thinking 259

personality 322

and family position 109

introversion and extraversion 116

psychodynamic perspective 79–80, 109, 113–14, 116

in transactional analysis 208–15, 211

see also child development

personality disorders 133, 319, 322

personality structure (Jung) 113–14

phallic stage, psychosexual development 82–3, 322
phantasies 127, 322, 324
phenomenology 143–5
phobias 268, 308, 310, 322
counselling for 27
development (conditioning) 238–9
flooding 314
systematic desensitisation 241–3
phobic layer, neurosis 186
phony layer, neurosis 186
placements, in training 35–6
pleasure principle 322
post-traumatic stress disorder 31–2, 144–5, 322
potency of counsellor 227
potential, development of 161–5
practical experience, placements 35–6
pre-conscious mind 77
preferred scenario 44, 66
prejudice, and countertransference 91
see also stereotyping
present experience, in Gestalt theory 181–2
primary process thinking 322
probing questions 65
problem solving, avoiding when listening 51
problems requiring counselling 22–32, 23
professional staff (non-counsellors)
counselling skills 16, 18, 19,
20–1, 24–5, 99, 155, 156–7, 165
making referrals 19, 30, 289–91
Project Liberty 31
projection 87, 127, 187, 192, 200, 323
projective identification 92–4, 323
protagonist role, psychodrama 198
protection by counsellor 227
psychiatrists 323
psychoanalysis 78
psychodrama 177, 178, 195–201
psychodynamic approach 78
Adlerian approach 108–13, 120, 308
benefits 103, 112, 118–19
countertransference 91–4
defence mechanisms 85–9
dreams 95, 101–2
Ego psychology 120–4, 316
free association 95
Freudian theories 48, 76–95, 78, 103, 132
Jungian approach 113–20, 315
limitations 104, 112–13, 119–20
object relations theory 124–38, 319
past experiences 48, 84–5, 89–90
personality 79–80
projective identification 92–4
psychosexual development 80–4
role of unconscious 77–9
skills for 95–102
transfer 89–92, 100–1
psychologists 323
psychopathology 323
psychosexual development 80–4
psychosis 315, 323
psychosocial development theory 121–2, 124
psychosomatic conditions 22, 193, 324
psychotherapy 16
punishment (aversion therapy) 239, 309
questions in counselling 53–4, 62–5, 70, 265–6
Index

as defence mechanism 188
‘questions into statements’ exercise 191
rational emotive behaviour therapy (REBT) 244–54, 260
  ABC model 245, 246–7, 247, 249–50
  activities 250–1
  benefits and limitations 253–4
  contracts 251
  group work 253
  therapeutic relationship 252–3
rational thinking 247, 249–50
rationalisation 87, 324
reaction formation 87–8
‘real self’ 146–7
reality principle 79–80, 324
Redecision school 231
referrals
  from counselling to other professionals 99
  into counselling by other professionals 19, 30, 289–91
reflection/reflecting back 58, 59, 60, 62–3
  case study 97–8
regression 88, 324
reinforcement 48, 239, 324
relationship, between counsellor and client see therapeutic relationship
relationship problems 23, 27–8
  counselling 103, 112, 136, 138, 154, 172, 233, 253
relationships
  counsellor with client see therapeutic relationship
counsellor with supervisor 298
doctors with patients 18, 19
in object relations theory 124–34
sibling 108
see also helping relationships;
parent-child relationships
relaxation techniques 240–1, 241
reliability of counsellors 35
reliving events see psychodrama
reparation 127, 324
reparenting 231
repetition compulsion 325
repression 86–7, 97–8, 325
abreaction 308
research
  CBT 264, 266–7, 268
cognitive therapy 255
  ethical issues 299–300
  Gestalt therapy 194
  mindfulness 262, 264
  person-centred approach 155
resilience, following trauma 31–2
resistance 87, 187–8, 325
respect for clients 17, 57, 151, 252, 327
see also empathy with client
response rehearsal 51
‘responsibility for self’ exercise 192
retroflection 187–8
rhetorical questions 64
risk-taking, to counteract shame 251
Rogers, Carl 49, 145–6, 148–50, 151–2, 152, 153–4
role play
  in counselling 197, 251
  in training 38
role reversal 197, 200
Rorschach test 325
Rowntree report, child bereavement 24
sadism 325
safety needs (Maslow) 325
Samaritans 24, 32
Sartre, Jean-Paul 167
schema 257
Schiff, Cathexis model of TA 230–1
schizoid position 131
schizophrenia 325
school counselling 28
script analysis 216
scripts theory 223–4
secondary gain 325
secondary process thinking 325
Segal, Hanna 134
selective abstraction 259
self 325
    collective unconscious 114, 115
    sense of 132, 133, 135
    see also ego/Ego
self-actualisation 49, 161–2, 326
    see also actualising tendency; individuation
self-awareness
    clients 179
    counsellors 34, 37, 39–40, 52, 164
    recognising countertransference 283–4
self-concept 146, 149
self-confrontation/challenge, clients 68
self-development see personal development
self-disclosure, counsellors 67, 252
self-fulfilling prophecy 326
self-harm 25, 172, 187
self-love 223
self-monitoring 251
self-presentation 200
semantic correction 251
senses, focus on in mindfulness 263
sessions
    ending 72–3, 287–9
    greeting clients 64–5
    length 73
    number and frequency 118, 222, 260, 287
settings for counselling 32–3, 54
sexual abuse
    in childhood 84
    of clients 284
sexuality, development 80–4
shadow, collective unconscious 114, 115
shame, addressing 251
Shorter, Professor Edward, on depression 26
should and shouldn’ts, in Gestalt therapy 185–6
shyness, counselling for 193
sibling relationships 108, 326
sibling rivalry 326
silence, in communication 56–7
skills and techniques 17
    assertiveness 243, 304
    behaviour therapy 240–3
    challenging/confrontation 66–8, 98, 112, 231, 249–50
    contracts 96–8, 225, 226, 233, 252
    creative thinking 70–2
    drama 177, 178, 195–201
    empty chair technique 190
    exaggeration 191
    existentialist approach 168–9
    focussing 169, 191
    free association 95, 314
    Gestalt therapy 191–2
    goal setting 69–70, 72, 224, 225
    interpretation 112, 118, 136
    Jungian therapy 118
listening skills 14, 15, 50–6, 150
non-verbal communication 50, 54, 182–4
object relations theory 136
paraphrasing 59
person-centred counselling 153
see also core conditions
projection simulation 192, 200
psychodrama 200
psychodynamic counselling 95–102, 111–12, 118
questioning 53–4, 62–5, 70, 265–6
questions into questions 191
REBT 249–51
reflecting back 58, 59, 60, 62–3, 97–8
relaxation techniques 240–1, 241
role play 197, 251
solution-focused brief therapy 265–6
summarising 60–2
systematic desensitisation 240, 241–3
training 37–40
transference/countertransference awareness 282–4
transpersonal psychology 172
used by other professional workers 16, 18, 19, 20–1, 24–5, 99, 155, 156–7, 165
see also empathy with client; therapeutic relationship
Skinner, B.F., operant conditioning 239
Skype counselling 268
social care professionals, person-centred counselling 156–7
social interest 111
social learning theory 239–40
social phobia 268
social psychology 326
socialisation 80, 210
SOLER skills 54
soliloquy 200
solution-focused therapy 264–6, 326
specialist training
for counsellors 25, 27, 30, 31, 33, 269
for non-counsellor professionals 16, 25, 155, 156–7
spirituality 172
splitting (ego) 126, 131
Stack Sullivan, Harry 326
stages (counselling) 44–7
in psychodrama 199–200
stages (theatre), for psychodrama 199
‘staying with feelings’ exercise 191
stereotyping 155, 326
see also discrimination; prejudice
strengths of client 68
stress counselling 28
stroke victims 137
strokes/stroking (transactional analysis) 217
structural analysis 216, 217
structural models 45
structure of counselling 44–7
sublimation 326
substance abuse 26, 27
suicidal clients
advice and information giving 22
and confidentiality 275
responding to 292–3
suicide prevention courses 293
summarising 60–2
Superego 80, 326
superiority, striving for 110
supervision
  benefits 295–6
  and confidentiality 296–7
  ethical issues 292–8
  in training 35, 36, 297
  for transference/countertransference 90, 91, 92, 94, 282–3
supervisors, role 296
sympathy 52
systematic desensitisation 240, 241–3
tactile communication 56
teachers, need for counselling skills 24–5
techniques see skills and techniques
techniques telephone counselling 23–4, 155
terminology in transactional analysis 207, 234
Thanatos 327
Theatre of Spontaneity 195
theme identification in problems 68
theoretical approaches 327
theories of counselling 17–18
  Adlerian approach 108–13, 120, 308
  behaviour therapy 238–43, 309
  cognitive behaviour therapy 48–9, 243–69
  cognitive therapy 254–60
  Ego psychology 120–4, 316
  existentialist approach 167–71
  Freudian approach 48, 76–95, 78, 103, 132
  Gestalt therapy 177–95, 177
  Jungian therapy 113–20, 315
  Maslow’s theories 159–65, 160, 309, 315, 325
  mindfulness 262–4
object relations theory 124–38, 319
person-centred counselling 145–58, 303–4, 321
personal construct theory 260–2
phenomenology 143–5
psychodrama 177, 178, 195–201
psychodynamic counselling 75–138
rational emotive behaviour therapy 244–54, 260
solution-focused brief therapy 264–6, 326
transactional analysis 207–34, 327
transpersonal psychology 171–3, 327
see also models of counselling
therapeutic counselling 15–16
therapeutic relationship 14
  in Adlerian approach 112
  client involvement and understanding 259
  in cognitive behavioural therapy 252–3, 259, 267
  control of therapist 267
  empathy for client 58, 133, 149–50, 155, 252, 254
  ethical issues 280–1
  in existentialist approach 170
  in Gestalt therapy 192–3
  in Jungian approach 118
  in object relations theory 135–6
  in online counselling 268
  in person-centred counselling 153–4
  in SFBT 265
  in transactional analysis 225–9, 230, 232, 234
Thorndike, E. L. 239, 327
threats of violence see violent threats
three-stage model of counselling (Egan) 44–5
  action phase 44, 69
  skills for 54, 60, 66, 69
time availability 20
timekeeping
  clients 96
  in training 34–5
timing of questions 65
toilet training, and personality 82	
token economy 327
topdog 186, 187
touch, in counselling 56
training for counselling
  attendance and timekeeping 34–5
  components 298
  contracts 34
  Gestalt therapy 192, 193
  inadequate training 193
  online counselling 269
  other professions 16, 18, 24–5, 156–7, 165
  personal development 34–7, 164
  skills training 37–40
  undertaking research 299–300, 300–1
  see also specialist training
transactional analysis 327
  benefits and limitations 233–4
  components 216–24
  contracts and goals 224, 225
  development 207, 229–32
  ego states 208–15
  groupwork 208, 224
  terminology 207, 234
  therapeutic relationship 225–9, 230, 232
  transactions 216, 217–21
  transference 327
case studies 90, 100, 135
  in existentialist approach 170
  identification in counselling 282–3
  in object relations theory 135
  in person-centred approach 153–4
  in psychodynamic theory 89–92, 100–1, 112, 118
  in REBT 252
  resolution 288
  in transactional analysis 227–8, 228
  see also countertransference
transitional objects 128–30, 320
transpersonal psychology 171–3, 327
trauma
  childhood 24–5
  counselling for 31–2, 103, 201
trust
  basic 280, 309
  in counselling 274–5, 280–1
  v. mistrust (psychosocial stage) 327
two-chair technique 190
ulterior transactions 220–1, 221
ultimate concerns, existentialism 169
unconditional positive regard 151, 252, 327
unconditional response 328
unconditional stimulus 328
unconditioning 239
unconscious mind 328
  complexes 108, 110
  personal unconscious 113–14
  role of 77–9
  transference 89–90
  see also defence mechanisms; Id
unconscious motivation 78, 328
underdog 186
‘unfinished business’ exercise 191
validation of client 58, 61
verbal communication skills 58–65
see also language use
vignettes 200
violent threats
and confidentiality 275
responding to 293–4
visualisation 71–2
vulnerability of clients 163, 231,
280, 281
Watson, J.B., conditioning 239
weaknesses of client 68
Western bias, in counselling 301
whole objects 320
wholeness, in Gestalt theory 179,
182–4
see also holistic approach
Winnicott, Donald, object relations
theory 128–30
wish fulfilment 328
Wolpe, J., systematic desensitisation
240, 241–3
women
discrimination and
empowerment 303–4
and male dominance 111
working through 328
workplace problems 27–8
Yalom, Irvin
on CBT 27, 267
on existentialism 166, 169
on self-disclosure 67