Theoretical Approach to Counseling

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Abstract

This paper is a review of my Theoretical approach. Looking at Cognitive behavior therapy and how I have used those techniques in my job. This paper also will be reviewing some of the personal things that I have gone through as well. Another portion of this paper will be looking at relationships and their importance. The final aspect is looking at the spiritual side.

Keywords: Cognitive Behavior Therapy, Child, Adolescence, Spiritual

Theoretical Approach to Counseling

As I have begun to dive further into the different theories and how they are helpful to serve school counseling, I have come to realize the significance of choosing a theoretical orientation. With that being said, I recognize the importance of using techniques from other Theories to better serve each of the students. I realize how much I have changed with the style in which I am counseling others over time. I have decided that Cognitive Behavioral Therapy is one that I use the most in the day-to-day.

Human Nature and Change

When assessing the changes in overall human nature can help us determine the counseling techniques that can be useful. Some techniques can be more useful in some phases of life than they would in others. It is also important to recognize if some individuals are wanting those changes, whereas some will not.

Theoretical Approach

Cognitive Behavior Therapy (CBT) is a therapy that I have used while working in the mental health field. Techniques that I have used most for CBT are understanding how thinking something can lead to feeling something and connecting those two things. I often have said to clients, “sometimes feelings can be misguided.” Trying to help clients focus on making sure how they feel is not something temporary or based on a single incident.

Cognitive behavior therapy can be used in so many with so many different mental health diagnoses and have some periods of success. Dealing with Trauma and anxiety behaviors could be a very important way to do the treatment. “The avoidance behavior itself, through negative reinforcement, also strengthens the behavior regulatory effect of the avoided private event even if that prevents adaptive, values-based responses (*Hayes, S. C., et an al. (2013)*.” Avoiding

situations is something I have done throughout my life, due to events that you will read about later in the paper. This is something I have found that in working with induvial who have experienced trauma or have social anxiety deal with it often. Thinking back to one of the slide shows that I had read earlier this semester, I notice that the "MUSTS" are typical things that those dealing with irrational thinking will often do. Many of those I have worked with who have components of anxiety often go through moments when they have a lot of irrational beliefs. Making some of those statements like, "They MUST not like me, that is why they do not talk to me." I will likely always go back to different aspects of CBT because it is something that I understand how to use and have been able to use with a diverse range of clients, at least certain techniques.

Moving forward as I begin in the school counseling field would like to continue to strive to understand other techniques from the different theories and use them in an eclectic way. It has been important for me to realize that each person is different and needs a different set of tools to guide them. So, I hope to gain the necessary knowledge to use different suitable techniques to better serve the individuals that I am working with.

Personal Background

I feel as though my entire life has been something that has molded me into the person I am today. At the age of 9, I knew my purpose in life was to help others, I just didn't know to what degree. In my senior year of high school, I had to write a paper to go in a career passport. I recall writing about how my goals were to just help people, in whatever way possible. So it is safe to say that my life experiences shaped me to want to help others, or will impact the way that I go about helping. My entire adolescents were about change and becoming a better version of

myself. So, I feel like, with that in mind, I can be an encouragement to those in times of transition and change.

I feel like depending on the age, the approach must be different to some degree. However, I feel like respect is like a universal language that is generally what people want to feel, to open in an individual or a group setting. Therefore, I plan to focus on showing respect, while being direct, when necessary. Including family in the needs of an adolescent can be tricky. First, they must want that for themselves, and second, it must be a healthy environment overall to it to begin to be successful all the way around. Then we integrate the family when the adolescent chooses, and as often as they wish, in my opinion.

Thinking back to my time in adolescence has helped in understanding the issues that are being dealt with by an adolescent. With recognizing that every situation is different. I believe that when adolescents can tell you are empathizing, with what they are experiencing, it will make things comfortable for them to feel confident that you can help them throughout their struggles. There are so many different issues that could and will arise that it is hard to pinpoint any. However, I recognize that relationships are one of the biggest things at this point in life, which will branch off into many other different avenues. Dealing with new relationships, healing from hurt/heartache, dealing with making healthy decisions for themselves, etc. The list could go on. Thinking about the more difficult aspects, and that is dealing with abuse and loss. I feel as though these will be very challenging for me. However, I think that continuing with my care, and recognizing that I have tools that could help them will defiantly be to my advantage.

Relationship Building and Assessment

When building a positive relationship with a child, you must meet them at their level in many ways. One of the things I currently use when counseling children is using art therapy

techniques or play therapy techniques. Each client is going to require communication between counselor and teacher, or counselor and parent depending on the goal that is being worked on or assessed. The next part of this I believe would be working with the parents. If there is a need for wellness or prevention, we would need to work with parents to assist them with solutions. There could be impacting the student's health, like not having money for food. So, we could link the family with community resources, and ensure the child has both breakfast and lunch each day. Due to being in school counseling, it is difficult for school counselors to determine psychopathy outcomes. So, it may be important to be in communication with a licensed counselor or school psychologist to collaborate on those parts of the need.

Ethical and Biblical Principals

There are many things to think about when discussing this topic. One of the articles I read this week made the truest statement about how to go about integrating values. “Integrating spirituality and religiosity into counseling also brings necessary attention to professional ethics, especially related to concerns of counselors imposing their values and beliefs on their clients (Evans et al., 2021).” This is where things get a little tricky, something I have learned over the years in mental health, if they bring it up, discuss it. However, we still must be very careful not to allow it to become our side of things. The last thing I wanted to look at is the disposition descriptions. When I was looking over this it was very significant for me. I notice that it points out each of the different parts of doing things ethically and biblically. “S - Displays a sense of social responsibility, C - Demonstrates Commitment and Work ethic, R - Demonstrates Reflective practices, I - Displays personal Integrity, P-Displays Professionalism in behavior and actions, C – Demonstrates Cooperativeness, O – Demonstrates Openness to Feedback, R – Displays Personal Responsibility, E – Demonstrates Emotional Regulation.” Each of these is

backed up by scripture in this disposition description. I think that this would be important for values as a Christian in this field. Understanding and implementing each of these in all areas of life I feel are important as a person, Christian, or counselor (mental health or school counselor).

Conclusion

This paper reviewed aspects of my personal, professional, and spiritual life. Looking at the Theoretical approach first and discussing the different components of that approach. Discussed relationships and the aspect of those. There are many different areas discussed in the biblical aspect as it is vital in my personal life. Then moving on to discuss other aspects of my personal life and ethical components as well.

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