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### Unit 1: Introduction & Overview

Looking over these models, psychoanalytic therapy it goes in depth bringing unconscious and buried thoughts also feelings to our conscious mind because those experiences and thoughts that we may have repressed can be brought into our consciousness so that we are able not only to acknowledge but as well as examine. Adlerian therapy is normally called individual psychology where its very patient-centered focused on understanding and improving their short and long-term goals, increasing their social interest, help them make a change in their client's lifestyle, changing their thoughts and behaviors that often times become very self-defeating, become more self understanding and encouraging their clients that their is fairness among everyone that no one should feel less than. This approach does not focus on the unconscious dynamics but rather the clients present behavior by evaluating their clients childhood experiences. Existential approach, is also a person-centered approach focused on the quality of the client therapist relationship which is key. This approach is about finding the meaning in life and what it means to be fully humans such as freedom, responsibility, anxiety, guilt, awareness, creating meaning in this world and most of all shaping their future by making active choices. Gestalt therapy, usually take an active role in their session but they tend to follow their client's lead because it is an emotion-focused therapy. It's giving their clients the capacity of having self-direction without having any active intervention or even directions from the therapist but the goal is to help the client gain awareness of what they are dealing with or experiencing in the now. Reality therapy, is a cognitive behavioral therapy that focuses on choice theory meaning you cannot control what others do but you can control yourself by using this approach to help you have clear plans for having new behaviors. Rational emotive behavior therapy, is their clients learning on how to challenge imprecise beliefs that will most likely lead to behavioral problems. Last but not least, Postmodern approach is giving their clients solution focused therapy during their brief therapy sessions. What captured my interest is the Adlerian therapy because it deals with overcoming emotions, social interactions, help them feel like they belong in this world, and some way have community involvement in order to have individual growth. This approach dives deep into your earlier memories in your childhood to shape current problems that you may be facing in this current moment it means that the therapist will want the client to explore as well as confront the memories that may be painful or even saddening. Having that said, another model that was concerning or led me to disagree in some way is the Gestalt therapy which is the type of therapy it does not dive into their client's past experiences but rather their current life experiences and situations but what concerned me is that the therapist does not direct the client but rather the client is directing themselves in my understanding is the therapist trying to let the client just let out all their emotions so they can realize themselves what the core issues are. My initial thoughts

on Stan is someone who is able to acknowledge their core issues but does not believe or is unsure if their able to overcome those obstacles they have struggled for so long in addition of not knowing how therapy works and how the process would be if Stan would be consistent but once you read the assessment he laid his whole life and situation all out to me that was not fear but bravery even though he did not know the therapist that well probably. The main issue Stan struggles with is the fear of women because of the women's in his life would criticize him and make him feel weak like he wasn't being a real man so anytime he was near people or especially women he would get this intense feeling acting extremely nervous because he did not want to be judged by them that is why he would constantly drink because he did not want to have those thoughts or feel the pain he did. If I was his counselor, I would counsel Stan by making him aware that this space is not to make him feel he is not able to express his feelings and be himself but rather this is a safe space where I am here to listen to what he has to say guide him throughout the process by giving him assignments that he can work on a day to day basis when there is no sessions and help him achieve his goals. As for Gwen, she is someone that is exhausted, stressed and wanting to be isolated by those who is she surrounded by because in her past experiences her parents were divorced she had to take care of everyone and be the responsible one as she got older and married had children she was the one that had to do everything herself while the husband was just providing as the man of the house and her job what is expected from her. Her core issue is she would hold everything together well she felt that she had to because as child she she had to take care of everyone and thing never had the time to take care of herself and needs. As her counselor, once I know she is comfortable I would already want to dive in the main issue she is struggle in and use a strategy that she will be able to open herself up and work on this major issue in her life knowing it may be hard. This matter concerns me quite often, that my anxiety will keep me immobilized, and that I will be very passive as a counselor, that I make mistakes. This a concern I sometimes have, fearing that I will be so concerned about being appropriate that I will forget to be myself. This matter concerns me quite often, that I might say too much about myself, and in doing so I will burden the client and also take the focus off of him or her and put it on myself. This is a concern I sometimes have, that I should be pretty near perfect, and that if I blunder I could really mess up my client. This is rarely a concern of mine, I wonder about how honest I should be with a client. This is concern rarely a concern of mine, of feeling threatened during moments of silence, thinking that I am expected to do or say something. This is a concern I sometimes have, that it will be difficult for me to deal with demanding clients. This is a concern I sometimes have, that I will feel helpless with clients who are not committed to working or with 31 involuntary clients. This is rarely a concern of mine, I will probably demand instant results as a way of avoiding getting discouraged. This matter concerns me quite often, I have an expectation that I should be able to help every client. This is a concern I sometimes have, I anticipate I will worry a lot about whether I am intervening appropriately. This is a concern I sometimes have, I worry that I might over-identify with certain clients to the extent that I will take their problems on as my own. This is rarely a concern of

mine, I think that I might be inclined to give too much advice. This is rarely a concern of mine, I can see myself trying to persuade clients to value what I value. This is a concern I sometimes have, I have trouble in deciding how much responsibility is mine and how much is my client's. This is a concern I sometimes have, I have real doubts about my ability to help someone who is in a crisis. This is a concern I sometimes have, I worry that I lack the knowledge and skills to meet the needs of clients from diverse cultures. That is a concern I sometimes have, a concern of mine is that I will get burned out. This matter concerns me quite often, I am concerned about giving everything I have and then not getting any appreciation in return. This matter concerns me quite often, I wonder if I can do what I believe is important as a counselor and still work within the system.

