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PSY 444_ Unit 1Essay

Part 1

Questions 1.

By reading the Contemporary Counseling Methods section, I explore the philosophy and concepts of these 11 therapeutic approaches. I see that each theory inevitably converges into a psychological understanding of the complexities of human behavior and how to better help people in their various psychological struggles.

As for the Psychodynamic approach; both psychoanalytic therapy and Adlerian therapy, which focuses on early stage of life and how it remains influential to the rest of life. While psychoanalytic therapy targets unconscious thoughts and motivations, Adlerian therapy is aware of feelings of inferiority and superiority, arguing that humans are influenced by social motivations. Experiential and relationship-Oriented therapies are more client focused, that it aiming to client awareness of self-actualization and to striving for the best of self. Such as Existential therapy to understand client and how he is who he is today, and draw option and freedom within that context.

Person-centered therapy, as the name suggests, looks at the human experience and helps clients become aware of the issues and self-directed. Gestalt therapy focuses on the integration of self and others, and make sense to its varied aspects of self. Cognitive Behavioral Approaches; Behavior therapy as the learning and reinforcement and how it in related to shape one's behavior. Cognitive behavioral therapy emphasizes education and believes that therapy is a learning process that guides clients to think and learn in new ways to achieve mental health. Choice

theory/Reality therapy suggests that what we do is by our internal factor rather than external factors. The other approaches as systems and postmodern approaches; such as Feminist therapy focuses on how women as the gender impact the mental condition. Postmodern approach client's struggle as self explore rather than viewing it as deviant, and believe that we can lead and guide ourself into any new direction of reality and life. Family systems, therapy draws family into the process of therapeutic journey, for believing that the relationship with family is vital in one's psychological condition.

It's hard to say whether to agree with some therapies or disagree with others, because each approach in the various sections of the textbook seems to have its weaknesses and strengths.

When treating clients, it is best to be open to these approaches and have theoretical and practical knowledge of these different treatment models. While our shared goal is to help clients better deal with their psychological issues and struggles, these 11 methods can be various tools in the process of treating client. Whereas, the counselor is to be the guild with the understanding of each client and the knowledge how each approach is appropriate to each individual client.

Questions 2.

When I think of Stan from the initial overlook of his intake interview, I notice that he doesn't know what to do with his struggles, and he is frustrated about his situation at the current state. He seems to be open to talk about his childhood, life experiences, and his feelings, that it is clear to me that Stan is eager to seek for professional help for his life change. I believe many people can relate to many his emotion struggle, and it can be such a distress when it impacts your life negatively. If I am to counsel Stan, I want to make sure that he is feeling comfortable and that he is accepted without being judged. I would agree with his feeling and thoughts without telling him

what he should or shouldn't at the first place. It is important to let him know that I am ready to embrace his story and all his feelings, and also want to provide some perspectives to him as a way to improve himself. I would let him know that he is at the right step and it is hopeful to be better, and we are to work together in getting each point of achieving the goal. If I am to counsel Stan, I would want to get insight of his background and eager to understand him in varied aspects. I see that Stan's low self-esteem and feeling incapable is very much impacted from his childhood. I believe it is to work internally first, as to focus on Stan's self identity and how he views himself. From the spiritual and Christian perspective, I would suggest that he has been believing the lies from the darkness, and he need the salvation of Jesus to realize that he is full loved unconditionally. It is true that when people not yet taste the love of Christ and without acknowledging the truth, people believe the lies of the darkness.

Questions 3.

In the case of Gwen, it is where the cultural and racial issue involve in understanding her struggle and how she ended up feeling the way she is feeling now. I see that the environment can be the constraints on how a person process cognitively. From Gwen's intake session, I learned about her religious background that spiritual intervention can be properly insert during the counseling. Integrating a Christian perspective into a psychological understanding, I think is the word of God is powerful and the work of the holy spiritual is not to be neglected. If I am to counsel Gwen, I would be welcoming her to come and talk to me, and invite her to pray before beginning our session. From Gwen's case, it is clear that her culture context has played an important factor in her mental condition. Besides her childhood, her parents' frequent fights also

contributed to her insecurities. It is important to make the awareness of her challenges and struggle, and to find out where it may be coming from and how she feel like to achieve. I would consider it is vital to get a better approach and strategies on how to cope with the pressure in life, and exams her pattern of thinking patterns. For I see that she is struggling with her identity as a racial status, and the cultural context she has been. It seems to me that the integrative approach of existential therapy and feminist therapy may make positive progress to her case. However, I would need to spend more time to get the in depth understanding of her, to walk her through the process of awareness of self, crisis and in relation of the external.

Questions 4.

From this Self-Inventory of Major Concerns as a Beginning Counselor, I have observed that highest score with the area of concerned, and least score of area I have less worry. I noticed that my fear toward being a counselor is mainly about self-doubt and it troubles me the most when it comes be how am I going to do it I am not capable to make my client to make progress, as realizing that the responsibility as a counselor may be bigger than I think of. I see that I struggle with how to be a good counselor and what may be the proper approach toward each individual client and each of their crisis. That to be said, I believe that I am to learn more the in-depth knowledge of varied therapy methods, and more importantly to have experiences in utilizing the methods with myself or others.

I also learned from this Self-Inventory that I may have the strength of being accepting and approachable, that I could provide the client feel at ease as I very often presenting as non-invasive and peace. I realize that people can easily come to me to feel comfortable enough to

share their struggles and feelings. I see that I am a good listener and I'm acceptable to people feelings, and believe it is vital for the counselor to make known of client's emotion and struggles, while guiding the client to find out where it is may be coming from.

Part 2

Questions 7.

Charles is a senior, and is in separation with his wife. I am an Asian looking woman and my English pronunciation may not sound perfect. If I am to be his new counselor, I would wonder how his reaction and attitude may be when met me on the initial session. First of all, I would listen to him with acceptance and non-judgment. If it is proper in the later session, I'd like to guild him into the exploration on how and why his negative feelings toward the racial that is different from him. Because I have experienced racial discrimination myself in the past, It may be hard to be acceptable toward his attitude of racial comments. However, I can understand how his mentality may have been form from his own life experiences or bias. I would want to get the insight of his feelings, difficulties, life experiences and ask him about what goals he wants to achieve in coming to the counseling. It seems to me that if he has decided to have me as his counselor, I can overlook the positive progress he can be making. I want to also be aiming at the possible causes of his intolerant toward others, and how much he may have been aware of as the multiple sessions go. I believe it is efficacious to make therapy work as to know the client's needs in improvement and how his awareness toward his issues, and what are his feelings and how does he like to achieve in this process.

Questions 8.

I would let Greta know that I understand how she might feel as I have been there. I am too have been struggle as an immigrant and is in a cross-cultural marriage. I would have her come over to my house and spend more casual time with her family. It seems to me that Grete may be feeling isolated and lonely as a foreigner, I will also let her know that I am glad she has come to me and willing to share her struggles with me.

If I am a friend her husband, there may be a sense of responsibility to take care of her mental health in the more personal way. That is, Greta has come to the point that she is desperate and distressed, and she has decided to come to me as the only way to get help. I would want to make sure that she is free to share about anything with me and knowledge that I would keep it confidential to others, only if she wants me to share. I want to understand her more in order to help her to achieve a better social life. Because Greta needs to be in contact with others, and make new friends. If it is proper, I would invite her and her husband to encourage her join the conversation with others friends.

Since I have been through the similar situation of hers, I would have better understanding of her place. If Her husband is not my friend, it may be harder to take her into my personal life as to have her invited to my circle of life. However, my understanding of her struggle may still be beneficial in better counseling her and guild her into the effective therapeutic methods.