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Question 1

While some of these approaches seemed more effective than others, all of the therapeutic approaches highlighted are beneficial to the treatment outcome of psychological disorders.

Psychoanalytic therapy suggested that our behaviors are rooted in our feeling desires, thoughts, emotions and memories which lies dormant in our unconscious minds. Adlerian therapy targets our feeling of inferiority which serves as a barrier with interacting with others. Existential therapy focuses on attaining self-awareness, believes that since we as humans are unique that it is an individual responsibility for our choices. Person centered therapy is free of judgment, it puts the patient in the driver's seat, providing empowerment in controlling their own process. Gestalt therapy views each individual as a whole, meaning that every aspect of who we are is valuable. Behavioral therapy focuses on the origin of a behavior, that our behaviors are learned through observation. Cognitive behavioral therapy helps us learn to identify the thoughts that have a negative influence on our behavior and change these patterns to what is beneficial to our mental state of thinking. Choice theory reality views all our behaviors are void of mental health contributing factors. Feminist therapy is gender oriented that focuses on the challenges faced by women and the effects they have on our mental health. Postmodern approaches is the ability on the part of the therapist highlight the strengths in the patient and to take the focus off the current problem the patient is experiencing and shift the focus toward a projected positive image of what can be. Family system therapy, provides counseling for family members affected indirectly by the problems which arises due to a member struggling with psychological disorder or substance use disorder.

I do support Freud's belief that our behaviors are connected to feelings and emotions that lie dormant in our unconscious, therefore his psychoanalytic approach proves to be quite effective in

explaining our behaviors. Choice theory reality is my least favorite of these approaches because I do believe that our mental health plays a pivotal role in the choices we make.

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Question 2

My initial thoughts on Stan was that while he expresses a lot of uncertainty about his goals, he wanted to experience change and clearly was desperate for intervention that will help him achieve his goals. There are a number of issues revealed in this intake session, stan is in denial of his addiction problem, signs of psychological disorder because he mentioned anxiety and fear, expresses regrets, exhibits inferiority complex, untreated trauma from childhood parenting abuse, low self-esteem, lack of stability and commitment to change. I would suggest the cognitive Behavioral therapeutic approach which will be effective in stan's mental state of mind. Stan seemed to be struggling with the spirit of fear, which has overshadowed his ability to see himself the way God sees him.

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Question 7

Charles is avoiding the need to address his problem instead is deflecting the cause unto others. Accountability for his actions is important in the approach to dealing with his case. He needs to be told respectfully that the effects of his views are inappropriate and insensitive to others. I believe that the ability to see Charles's behaviors as the product of deeper hidden past painful issues, will enable me to function within a nonjudgmental zone while working with Charles. It is important to note that Charles in his decision to take the advice from his daughter to seek counseling is an indication that he is willing to make an effort to address and hopefully change his behavior.

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Question 5 part 2

The first step will be to find out from Brenda what she thinks is responsible for her dependency on her parents. She needs to be able to have her own views on her religion which will influence her faith in God. Brenda needs to learn who she is through self-awareness, in so doing she will develop self confidence and focus on the rewards that comes with achieving her independence. I believe that she needs to first address her inner challenges before she is able to accomplish her major goals. I am not sure whether or not my religious values would influence Brenda's direction, in that it is base on the directions of her questions directed towards my religious belief. Brenda's dependency on her parents seems to indicate that her parents are utilizing a do as I say parenting approach, which creates a guilt that hinders her decision to seek out her personal goals.

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Part 1 Question 3

In my opinion Gwen are experiencing the effects of unaddressed traumatic events that began in her childhood up until now. These undiagnosed and untreated events have created psychological effects that plagues her inability to function, leaving her drained mentally, emotionally, physically, and socially. She is also faced with her mother's health challenges and a work environment that causes her to become overwhelm. Even though Gwen does not show intent to harm herself, I am afraid that if she does not get the necessary help, her mental state of mind will deteriorate to that point. There are indications that she realizes her need for help, since she consented to her pastor's action of referring her to a professional therapist. In my view since Gwen mentioned past event where she felt different and excluded this is an indication that in an effort to address these feelings and emotions, she would benefit mostly from the application of psychoanalytic therapy. Gwen needs to be able to address these emotions as part of her treatment plan. There is not much indication that she has include prayer and meditation on an individual basis, therefore seeing that she has reached out to her pastor for help, I will assume that Gwen is a Christian, so I think it is wise to suggest to her the need for her to commit to spending time talking to God about her problems.

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Question 4 Part 1

I have been working in a CPEP for over a decade and I must confess that the knowledge and skills that I have acquired overtime has is not sufficient when dealing with the wide variety of issues related to psychological disorders and everything that it entails. Even though I do feel that I have a foundation that I can build on, my job description prevented me from functioning in areas that provides me with the skills that fully prepares me to be effective as a counselor. I am grateful for this self-inventory assessment because it has increased my awareness of the challenges that exists within the job of counseling. One of my biggest fears is the challenge of separating myself from the problems these patients face, I have a tendency to become emotional and struggle to rid myself mentally whenever I am faced with a situation where I feel like I needed to do more.