

Free Essay on Personal Counseling Theory in Psychology Essay

A personal counseling theory is a well-established explanation of activities that use social relationships to enhance people's understanding of their future lives. School psychologists play an important role in training and enhancing knowledge in personal counseling theory. This framework, stemming from the highly varied therapeutic counseling approaches available, helps guide the student's practice in understanding the human condition and facilitating change. Although the task of creating a personal theory of counseling cannot be completed within the confines of an introductory counseling course, individuals can begin to integrate and synthesize various approaches to create a counseling theory tailored to their personality (Corey, 2015).

Research indicates that there is no specific type of therapy that has proven to be the most effective approach to counseling. Rather, studies show that variable success is often linked to differences with individual counselors, not the approach used. In recent years, many therapists have begun to move away from a single-school approach towards an integration of psychotherapies. When developing a personal theory within an integrative perspective, Corey (2015) states that it must be an ongoing and well-thought-out practice integrating elements and concepts from various theories. This paper will outline my emerging personal counseling framework to support my future role as a school psychologist. My chosen theory is Cognitive Behavioral Therapy.

At the beginning of this course, I flipped through our textbook and immediately thought I would be drawn to cognitive-behavior therapy (CBT). As a learning support teacher, I have extensive experience with several CBT programs used in the school environment as well as techniques recommended by community psychologists and psychiatrists. I have witnessed benefits with this therapeutic approach and the overall philosophy makes sense to me. However, I have always felt that something was missing from CBT. There have been children that did not respond to the interventions and many times I have felt that the root of an individual's emotional distress was not always addressed with the CBT approach.

This course has helped me identify my conflicting feelings with CBT, and introduced me to an approach more aligned with my personal belief systems. I have identified that my personal theory is an assimilative integrative approach primarily based on Gestalt therapy, incorporating concepts and approaches of cognitive behavior therapy. According to Corey(2015), the Gestalt perspective of human nature is rooted in experiential philosophy and field theory. I agree with this experiential and humanistic approach that stresses the importance of holism with a belief that people cannot be understood separate from their environment or interpersonal relationships (Yontef & Jacobs, 2011). This is an important component to remember as a school psychologist, particularly when assessing, interacting and working with children as well as communicating with parents and colleagues.

It is true that self-does not exist without other (Yontef & Jacobs, 2011). I agree that when we examine the self, it is in relation to experiences and contact with other people that influence the formation and function of who we are. I also agree with the assumption that people have the power to regulate themselves in their surroundings if they have an awareness of the entire environment. As Yontef and Jacobs state, the Gestalt approach integrates components from the effective, sensory, cognitive, interpersonal and behavioral aspects. I appreciate this holistic outlook and find that it fits

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