



PROGRAM STUDI  
**BIMBINGAN DAN  
KONSELING**

FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN  
UNIVERSITAS AHMAD DAHLAN

# COUNSELING APPROACH

**Disusun oleh**

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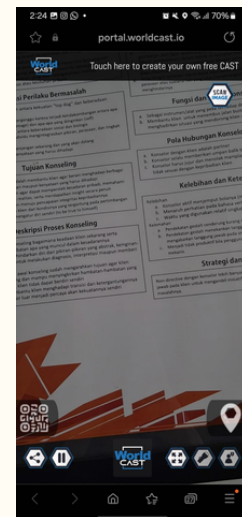
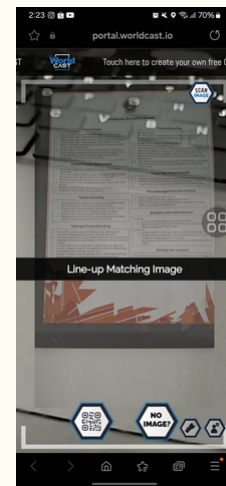
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# INSTRUCTIONS FOR USE

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- The barcode will open a browser (web) and display like this. If it doesn't automatically direct you to the web browser, you must touch the pop-up that appears when the barcode is successfully scanned.
- Point the camera at the image on each module page (example image). Pay attention to your internet connection if the words "loading" appear.
- After that, the web will display a 3D image that can be moved using your fingers.





# EXISTENTIAL HUMANISTIC COUNSELING APPROACH

## BASIC CONCEPTS

The humanistic-existential counselling approach is a counselling method that focuses on the individual's experience and existence in the world. This approach emphasizes individual freedom, personal responsibility, and the search for meaning in life.

## EXISTENTIALISM

- Meaning of life:

This approach focuses on the search for meaning and purpose in life. Each individual is considered unique and has the freedom to determine the meaning of their life.

- Freedom and responsibility:

Emphasizes that humans have the freedom to make choices but must also be ready to be responsible for the consequences of those choices

- Limitations and death:

This approach acknowledges human limitations and the uncertainty of life, including death being part of human existence.

## HUMANISTIC

- Self-actualization:

It focuses on the individual's potential to develop and achieve self-actualization. Counsellors help clients recognize and reach their maximum potential.

- Counsellor-Counselee Relationship:

A relationship full of empathy, respect, and sincerity between the counsellor and client is essential. The counsellor tries to understand the client's world from the client's perspective.

- Subjective Experience :

Emphasizes the importance of the client's subjective experience and how they understand and perceive the world around them

## MAIN PRINCIPLES

- Phenomenology :

This approach focuses on how individuals experience and interpret their world. Phenomenology is the study of subjective experience.

- Here and now :

Focuses on the present experience rather than the past. Clients are encouraged to be more aware and present in the present moment.

- Growth and change :

Counselling seeks to help clients find new ways to cope with problems and achieve positive change in their lives.

## PURPOSE OF COUNSELING

Self-understanding:

Helping clients understand themselves better, including their values, beliefs, and life goals.

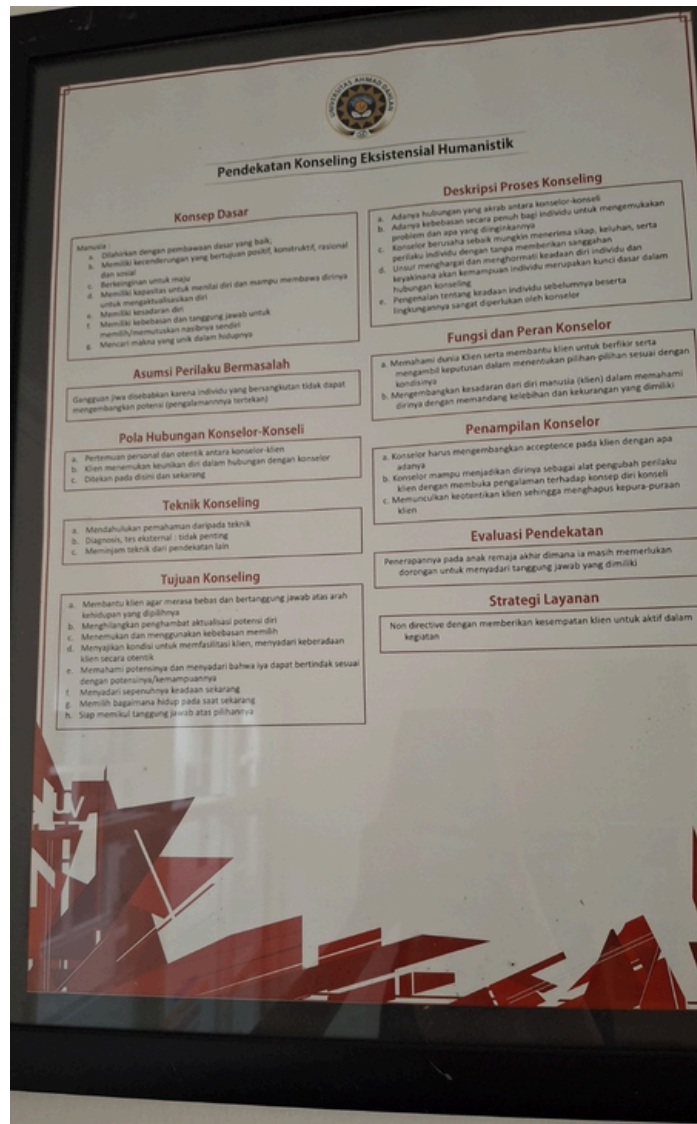
Decision making:

Assist clients in a more authentic and responsible decision-making process.

Meaningful living:

Encourage clients to find and create meaning despite challenges and uncertainties.

This humanistic existential counselling approach is very suitable for individuals who feel trapped in the routine of life, have lost the meaning of life, or are facing existential crisis problems. Counsellors who use this approach will try to create a supportive environment where clients can express themselves and find solutions based on their values and life goals.





# TRANSACTIONAL ANALYSIS COUNSELING APPROACH

## BASIC CONCEPTS

The transactional analysis counselling approach is a method of psychotherapy developed by Dr Eric Berne in the 1950s. TA (Transactional Analysis) focuses on understanding social interactions and personality dynamics to help individuals achieve emotional well-being and healthier relationships.

## MAIN PRINCIPLES

### Ego State

- Parent :

Representation of rules, values, and behaviours learned from authority figures such as parents and subdivided into nurturing parent and critical parent.

- Adult :

An ego state that operates based on logic and current reality, without past influences or emotions.

- Child :

Representation of feelings, behaviours, and reactions learned in childhood. Subdivided into free child and adapted child.

- Transaction :

Interaction between two ego states. Transactions can be complementary, crossed, or ulterior.

- Stroking :

The form of recognition or attention given or received by an individual in social interactions. Stroking can be positive or negative and significantly affects emotional well-being.

- Life scripts:

Unconscious life plans formed in childhood are based on early decisions, which influence behaviour patterns and life choices.

- Games:

Recurrent, often destructive patterns of interaction in which individuals play specific roles to achieve predictable outcomes.

## PURPOSE OF COUNSELING

- **Self-awareness:** Increasing clients' awareness of their ego states and how they affect their social interactions.
- **Emotional freedom:** Helping clients break free from limiting life scripts and destructive play patterns.
- **Healthy communication:** Encouraging more authentic and honest communication between individuals by reducing manipulative or ineffective transactions.
- **Relationship enhancement:** Improving the quality of interpersonal relationships through understanding and changing interaction patterns.

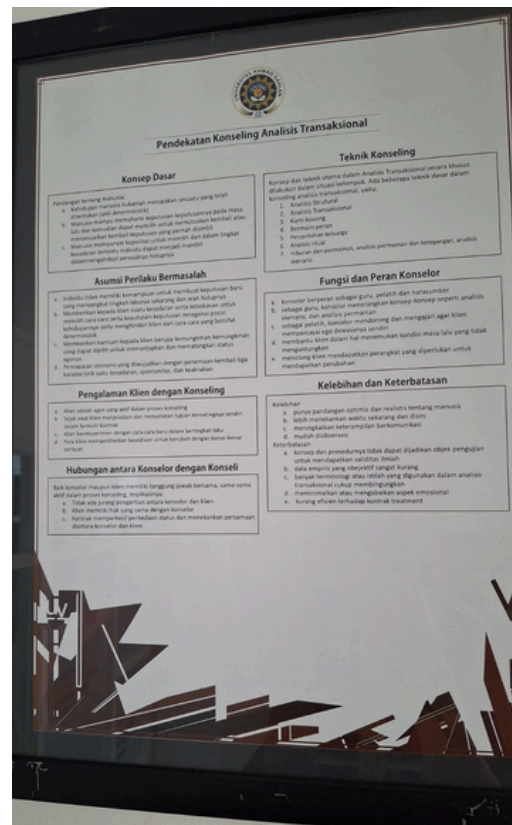
## COUNSELLING PROCESS

- **Assessment:** The counsellor will identify the client's primary ego states and transactional patterns frequently occurring in the client's life.
- **Therapeutic contract:** The client and counsellor set specific and measurable goals for the therapy process.
- **Intervention:** The counsellor uses various techniques to help clients understand and change unhealthy transactions, improve effective communication, and revise unhelpful life scripts.
- **Evaluation:** The counsellor and client will periodically evaluate progress and adjust the therapy plan as needed.

## TECHNIQUES IN COUNSELLING

- **Structural Analysis:** Analysis of ego states to understand the components of the client's personality.
- **Transactional Analysis Proper:** Analysis of transactions to understand the client's communication patterns.
- **Script Analysis:** Analysis of life scripts to understand the client's initial decisions and behavioural patterns.
- **Game analysis:** Identification and termination of destructive psychological games.

The transactional analysis counselling approach is suitable for individuals who want to understand and improve their social interaction patterns and achieve greater emotional well-being through a deeper understanding of themselves and their relationships.







# PSYCHOANALYTIC COUNSELING APPROACH

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## BASIC CONCEPTS

The psychoanalytic approach to counselling, developed by Sigmund Freud, is one of psychology's earliest and most influential therapeutic methods. It focuses on uncovering unconscious thoughts and feelings to understand and address deep-seated psychological problems.

## MAIN PRINCIPLES

- **Unconscious mind:**

Freud suggested that unconscious drives and desires control many of our behaviours and thoughts. These thoughts are not directly accessible but influence our daily lives.

- **Personality structure**

1. **Id:** the part of the personality with primitive drives and desires that operate on the pleasure principle.
2. **Ego:** the part of the personality that functions on the reality principle, acting as a mediator between the id and the superego. The ego tries to fulfil the id's desires in a realistic and socially acceptable way.
3. **Superego:** the part of the personality that contains moral and ethical values learned from parents and society. The superego tries to suppress the id's drives and encourages the ego to act according to moral standards.

- **Defence mechanism**

1. **Repression:** Removing disturbing thoughts from consciousness
2. **Denial:** Refusing to acknowledge painful or uncomfortable realities.
3. **Projection:** Blaming others for unwanted feelings or urges.
4. **Displacement:** Directing unacceptable emotions or urges toward safer objects or people.
5. **Rationalization:** Making logical excuses to cover up true motives or uncomfortable feelings.

## PURPOSE OF COUNSELING

- **Unconscious awareness:** Helping clients uncover and understand the unconscious thoughts, feelings, and motives influencing their behaviour.
- **Processing internal conflicts:** Resolving conflicts between the id, ego, and superego to achieve balance and good mental health.
- **Insight development:** Increasing clients' self-understanding and self-awareness of their behaviour patterns and internal dynamics.
- **Emotional release (catharsis):** Helping clients release pent-up emotions through therapy.

## COUNSELLING PROCESS

- Free association :

The client is asked to talk freely about whatever comes to mind without censorship or judgment. This helps uncover unconscious thoughts and feelings.

- Interpretation :

The client analyzes the client's words, dreams, and behaviour to identify unconscious patterns and meanings. These interpretations are then conveyed to the client to enhance their self-understanding.

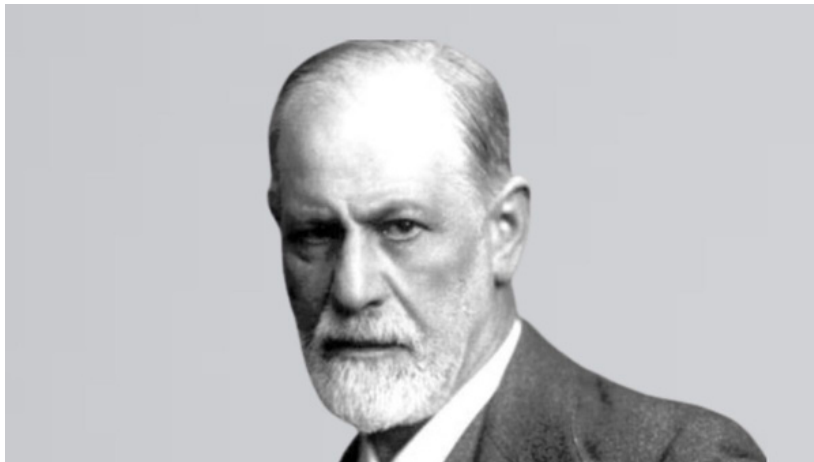
- Dream analysis :

Dreams are considered a pathway to the unconscious. The client analyzes the content of dreams to uncover unconscious conflicts and desires.

- Transference and countertransference :

**Transference:** The client transfers their feelings and attitudes toward essential figures in the past (e.g., parents) to the client. This can be a vital tool for understanding the client's emotional dynamics.

**Countertransference:** The client's feelings toward the client are based on their own experiences. The client must be aware of and manage these feelings to maintain the objectivity and effectiveness of therapy.





# TRAIT AND FACTOR COUNSELING APPROACH

## BASIC CONCEPTS

The trait and factor counselling approach is one method that focuses on assessing individual traits and external factors that influence career decisions. This approach is often used in career and education counselling.

## MAIN PRINCIPLES

- **Trait (personal nature):**

1. Interest: Individual preferences for certain activities or fields.
2. Aptitudes: Innate potential of individuals in performing various tasks or jobs.
3. Values: Beliefs and priorities held by individuals that influence their career choices and decisions.
4. Personality: Unique traits and characteristics of individuals influence how they behave and interact with the environment.

- **Factors (External factors):**

1. Job opportunities: Availability of labour market jobs matching the individual's traits.
2. Working conditions: Work environment and culture that may affect individual job satisfaction.
3. Qualifications: Education, training, and experience required for various jobs.

## COUNSELLING PROCESS

- Self-assessment

The counsellor helps clients evaluate their interests, abilities, values, and personality. This can be done through interviews, questionnaires, and psychological tests.

- Job assessment

The counsellor and client gather information about various jobs, including job requirements, working conditions, and career opportunities.

- Matching

After gathering information about themselves and their jobs, the counsellor helps clients match their traits with appropriate jobs. This involves analyzing the fit between the client's traits and job factors.

- Career planning

Based on the matching done, the counsellor helps the client create short-term and long-term career plans. This includes specific steps that need to be taken to achieve their career goals, such as additional education, training, or work experience.

- Decision making

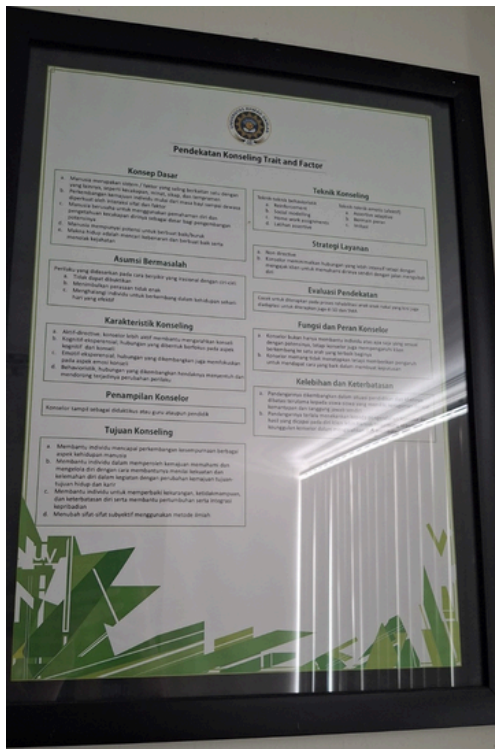
The counsellor supports clients in making informed and realistic career decisions. This involves considering various factors, including personal aspirations and job market conditions.

## PURPOSE OF COUNSELING

- **Self-understanding:** Helping clients better understand their interests, abilities, values, and personality.
- **Job information:** Providing accurate and relevant information about various jobs and careers.
- **Career fit:** Find and match jobs that match the client's traits to achieve job satisfaction and career success.
- **Career planning:** Helping clients develop a clear and realistic career plan based on self-assessment and job matching.

## TECHNIQUES IN COUNSELLING

- **Interest inventory:** Using assessment tools such as the substantial interest inventory or Holland Codes to identify the client's interests.
- **Ability testing:** Using standardized tests to assess the client's innate abilities in various areas.
- **Value assessment:** Using questionnaires or interviews to evaluate the client's work values and personal priorities.
- **Personality assessment:** Using the Myers-Briggs Type Indicator (MBTI) to understand the client's personality.





# REBT COUNSELING APPROACH

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## BASIC CONCEPTS

Rational Emotive Behavior Therapy (REBT) is a counseling approach developed by Albert Ellis in the 1950s. It focuses on identifying and changing irrational beliefs that cause emotional and behavioural problems. REBT combines cognitive, emotional, and behavioural elements to help individuals achieve psychological well-being.

## MAIN PRINCIPLES

- ABC Model :
  - 1.A (Activating Event): The event or situation that triggers an emotional or behavioural reaction.
  - 2.B (Beliefs): The individual's beliefs or thoughts about the event. These beliefs can be rational (logical and helpful) or irrational (illogical and harmful).
  - 3.C (Consequences): The emotional and behavioural consequences of these beliefs. Rational beliefs usually lead to healthy reactions, while irrational beliefs lead to unhealthy reactions.
- Keyakinan Irasional (Irrational Beliefs) :
  - 1.Demandigness: The belief that something "s "ould" "r "s "shouldn't "happen.
  - 2.Awfulizing: Seeing a situation as the worst it can be.
  - 3.Low Frustration Tolerance: The belief that one cannot tolerate hardship or frustration.
  - 4.Global Evaluation of Human Worth: Judging oneself or others as "b" d" "r "w "rthless" "based on specific behaviours or mistakes.

## COUNSELLING PROCESS

- Identifying Irrational Beliefs

Counsellors work with clients to identify irrational beliefs causing emotional or behavioural problems. This is often done through discussion and exploration of what triggers emotional reactions.

- Examining and challenging irrational beliefs

Counsellors help clients evaluate and challenge their irrational beliefs using cognitive techniques. This may involve asking questions such as, "What evidence is there that this belief is true?" or "Is there another way to look at this situation?"

- Replacing with rational beliefs

Counsellors help clients replace irrational beliefs with more rational beliefs that are more logical and realistic. Rational beliefs are usually more flexible and help clients cope with situations in healthier ways.

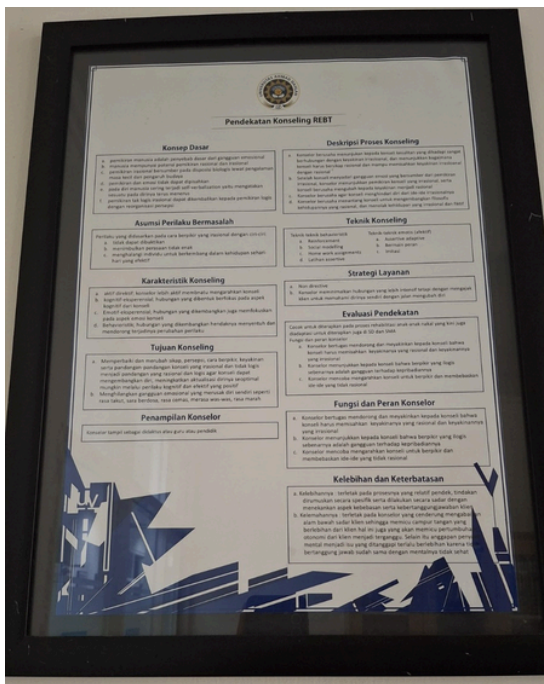
- Developing emotional and behavioural skills

In addition to changing beliefs, REBT also involves developing emotional and behavioural skills. This may include relaxation exercises, stress management techniques, or developing social skills.

## TECHNIQUES IN COUNSELLING

- **Disputation:** The process of challenging irrational beliefs through discussion and critical questioning
- **Behavioral Techniques:** Behavioral exercises to help clients test their new beliefs in real-life situations. Examples: practising social skills or facing fears.
- **Emotive Techniques:** Techniques for dealing with negative emotions, such as role-playing, rational-emotive imagination, or humour.
- **Homework Assignments:** Assignments given by the counsellor to help clients apply what they have learned in therapy sessions to their daily lives.

The REBT approach benefits individuals who want to overcome emotional and behavioural problems, changing their thinking patterns to be more rational and realistic. This approach combines cognitive, emotional, and behavioural elements to help clients achieve better psychological well-being.





# FOCUSED BRIEF COUNSELING APPROACH

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## BASIC CONCEPTS

Solution-focused Brief therapy (SFBT) is a counselling approach that focuses on finding solutions rather than analyzing problems. This approach was developed by Steve de Shazer and Insoo Kim Berg in the late 1970s and early 1980s. SFBT focuses on the client's goals and future and utilizes existing strengths and resources to achieve positive change quickly.

## MAIN PRINCIPLES

- **Solution-focused:** Rather than exploring problems in depth, SFBT focuses on what clients want to achieve and potential solutions already present in their experience.
- **Client Strengths and Resources:** The counsellor helps clients identify and use their strengths, resources, and past successes to address current problems.
- **A positive view of change:** This approach assumes that change is inevitable and likely to occur over time. The counsellor and client work together to find signs of positive change.
- **Collaborative and egalitarian:** SFBT emphasizes a cooperative relationship between the counsellor and the client. The counsellor acts as a facilitator who helps clients find their solutions.

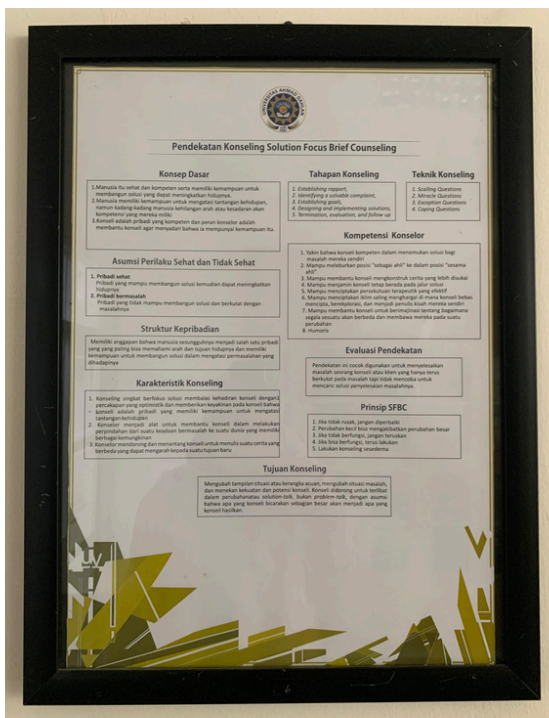
## COUNSELLING PROCESS

- **Setting Goals:** The counsellor helps clients determine their goals through therapy. These goals should be specific, measurable, and realistic.
- **Identifying Exceptions:** The counsellor and client look for examples of when the problem did not occur or the client successfully resolved the issue. These are called "exceptions" and provide clues to potential solutions.
- **Exploring Solutions:** The counsellor encourages clients to explore solutions and strategies that have worked or could be tried in the future.
- **Creating an Action Plan:** Together, the counsellor and client develop a concrete action plan to achieve the goals that have been set.
- **Evaluation and Adjustment:** The counsellor periodically evaluates the client's progress and adjusts the action plan.

## TECHNIQUES IN COUNSELLING

- **Exception Questions:** Questions that help clients identify when the problem does not occur. Example: "Can you tell me about a time when you felt less anxious even in a challenging situation?"
- **Scaling questions:** Use a scale (usually 0-10) to help clients assess their progress and determine next steps.
- **Miracle questions:** Hypothetical questions that help clients imagine their lives without the problem.
- **Compliments and reinforcements:** The counsellor praises and reinforces the client's progress and efforts.

The Solution-Focused Brief Therapy approach is an effective method for helping individuals achieve positive change quickly by focusing on their solutions and strengths. This approach benefits clients by providing quick, practical solutions to their problems.







# REALITY COUNSELING APPROACH

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## BASIC CONCEPTS

Reality Counseling Approach, also Reality Therapy, was developed by Dr. William Glasser in the 1960s. This approach is based on Choice Theory and focuses on helping clients take responsibility for their actions and make better choices to meet their basic needs.

## MAIN PRINCIPLES

- Choice theory

According to Choice Theory, all behaviour is a choice, and individuals are responsible for their own decisions. Behaviour is seen as an attempt to meet five basic needs: love and belonging, power, freedom, pleasure, and survival.

- Basic human needs
  1. Love and belonging: The need to form close relationships with others.
  2. Power: The need to feel competent and control one's life.
  3. Freedom: The need to have autonomy and freedom to choose.
  4. Pleasure: The need to feel happy and enjoy life.
  5. Survival: The need to feel safe and protected.

- Focus on the present and the future.

Reality Therapy emphasizes the importance of focusing on the present and the future, not the past. Counsellors help clients identify what they want and how they can achieve it.

- Personal Responsibility:

Clients are encouraged to acknowledge personal responsibility for their actions and understand that they control their choices.

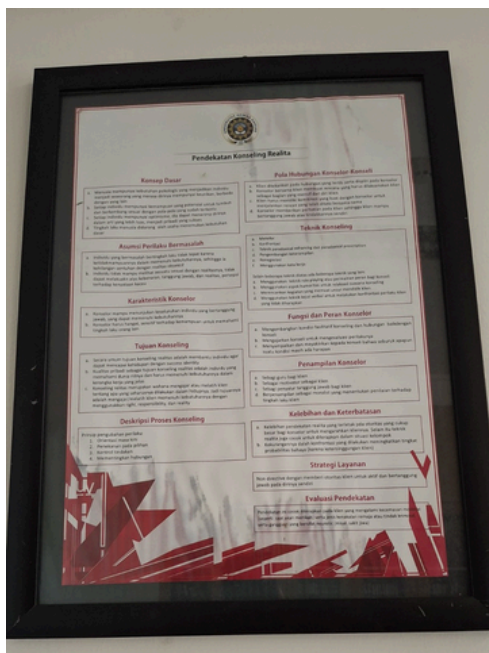
## COUNSELLING PROCESS

- **Building a good relationship:** The counsellor seeks to build a strong, trusting relationship with the client. This relationship is the foundation for the desired change.
- **Focus on current actions:** The counsellor directs the client's attention to their actions and how they affect their lives. A common question is, "What are you doing now?"
- **Evaluating behaviour:** The counsellor helps the client assess whether their current actions are helping or hindering them in achieving their goals and meeting their basic needs.
- **Planning more effective actions:** Together, the counsellor and client develop a more effective action plan to achieve the client's goals. This plan must be realistic, measurable, and can application immediately.
- **Commitment and responsibility:** The client is encouraged to commit to the agreed action plan and be responsible for its implementation.

## TECHNIQUES IN COUNSELLING

- WDEP Questions
  1. W (Wants): What do you want?
  2. D (Doing): What did you do?
  3. E (Evaluation): Did your actions help
  4. P (Planning): What is your action plan
- Behavioural contract: I am creating an agreement between the counsellor and client regarding the actions to be taken and a commitment to follow the plan.
- Self-reflection: Inviting clients to reflect on their actions and their consequences.
- Behavioural rehearsal: Practicing new behaviours in a counselling session to see their impact.

The reality therapy approach is instrumental in helping individuals take responsibility for their actions and make better choices to meet their basic needs. This approach emphasizes the importance of a solid therapeutic relationship and focuses on practical solutions to achieve positive change.





# BEHAVIOURAL COUNSELING APPROACH

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## BASIC CONCEPTS

The behavioural counselling approach, or behavioural therapy, is a counselling method that focuses on changing unwanted behaviours and the formation of undesirable behaviours and desired behaviours through various techniques based on learning principles. This approach is based on learning theory, especially classical and operant conditioning theory. Behavioural therapy is often used to treat a variety of psychological problems, including anxiety, depression and conduct disorders.

## MAIN PRINCIPLES

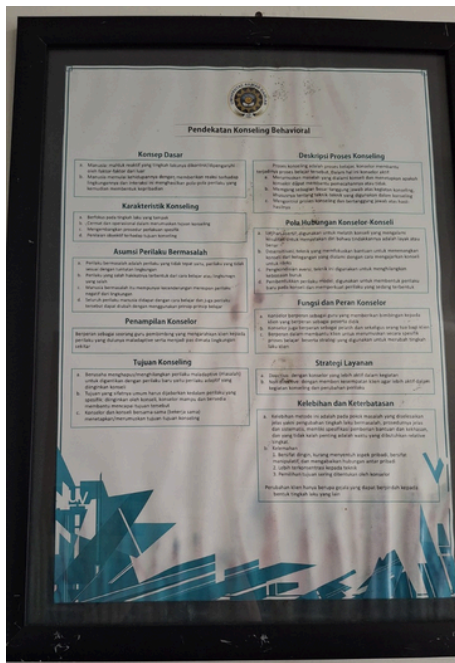
- **Learned Behavior:** This approach is based on the assumption that all behaviour, both desirable and undesirable, is learned through an individual's interaction with their environment.
- **Classical Conditioning:** This concept was introduced by Ivan Pavlov, who demonstrated that an initially neutral stimulus can trigger an automatic response after repeated association with the stimulus that triggered the response.
- **Operant Conditioning:** It was introduced by B.F. Skinner. This concept emphasizes that behaviour can be shaped or changed by the consequences that follow the behaviour. Positive and negative reinforcement and punishment are the primary tools in operant conditioning.
- **Modelling:** Individuals can learn new behaviours by observing and imitating the behaviour of others. Albert Bandura introduced this concept in his theory of social learning.

## COUNSELLING PROCESS

- **Initial Assessment:** The counsellor identifies the problem behaviour and determines the situation or context in which the behaviour occurs. This involves gathering information through interviews, observations, and questionnaires.
- **Goal Setting:** With the client, the counsellor establishes specific goals to be achieved through therapy. These goals should be clear, measurable, and realistic.
- **Intervention Plan Development:** The counsellor designs an intervention plan using behavioural techniques to change unwanted behaviours and build desired ones.
- **Intervention Implementation:** The client applies the techniques designed in their daily lives, with guidance and support from the counsellor.
- **Evaluation and Adjustment:** The counsellor periodically evaluates the client's progress and adjusts the intervention plan as needed to ensure the therapy goals are met.

## TECHNIQUES IN COUNSELLING

- **Positive Reinforcement:** They are giving a reward or praise to increase the frequency of a desired behaviour. Example: Praising a child for doing an excellent job on their homework.
- **Negative Reinforcement:** They remove an unpleasant stimulus to increase the desired behaviour. Example: Allowing students to stop working on extra homework after completing their classwork well.
- **Punishment:** I am giving an unpleasant consequence to decrease the frequency of undesirable behaviour. Example: Giving a child a time-out for aggressive behaviour.
- **Extinction:** They are removing reinforcement to decrease undesirable behaviour. Example: Ignoring a child's unwanted attention-seeking behaviour.
- **Systematic Desensitization:** This technique reduces anxiety through gradual exposure to a fearful stimulus, often combined with relaxation techniques.
- **Assertiveness Training:** Teaching clients the skills to express themselves assertively and confidently without being aggressive.
- **Cognitive restructuring:** Although more closely related to cognitive therapy, this technique is also used in behavioural therapy to help clients identify and change negative thought patterns that influence their behaviour.





# GESTALT COUNSELING APPROACH

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## BASIC CONCEPTS

The Gestalt counselling approach, developed by Fritz Perls, Laura Perls, and Paul Goodman in the 1940s and 1950s, is a therapy method that focuses on self-awareness and the "here and now" experience. Gestalt comes from the German word for "form" or "whole," the approach emphasizes the importance of understanding the individual holistically rather than simply in terms of their parts.

## MAIN PRINCIPLES

- **Self-awareness:** Self-awareness is at the heart of Gestalt therapy. Clients are encouraged to become more aware of their feelings, thoughts, and actions in the present moment.
- **Here and Now:** Gestalt therapy focuses on current experiences and feelings rather than the past or future. This will help clients address issues they are currently facing.
- **Totality and Integration:** This approach sees the individual as a whole. Emotions, thoughts, body, and environment are interconnected and must be understood holistically.
- **Personal Responsibility:** Clients are encouraged to take responsibility for their actions and feelings. This includes acknowledging how they have contributed to the situations they experience.
- **Expression:** Gestalt therapy uses experiments to help clients explore their feelings and behaviours. These can be exercises done in therapy sessions to test new ways of interacting with the world.

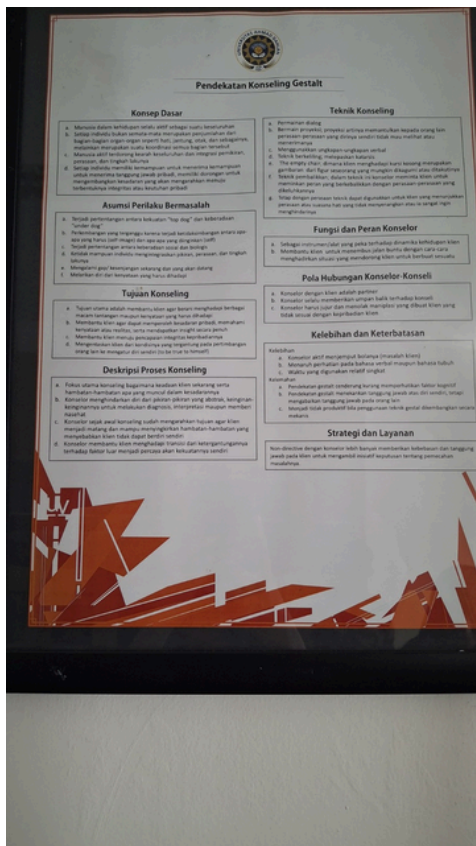
## COUNSELLING PROCESS

- **Focus on Present-Moment Awareness:** The counsellor helps clients become more aware of what they are feeling, thinking, and doing in the present moment. Techniques such as mindfulness are often used.
- **Using Body Language and Expression:** The counsellor pays attention to clients' body language, facial expressions, and tone of voice and helps clients become aware of how they communicate.
- **Expression and Exercise:** The counsellor teaches clients to try experiments in therapy sessions, such as dialogues between different parts of the self, role-playing, or breathing and movement exercises.
- **Identifying Emotional Blocks:** The counsellor helps clients recognize emotional blocks or barriers preventing them from fully experiencing or expressing feelings.
- **Integration and Resolution:** The counsellor works with clients to integrate insights gained during therapy into their daily lives and resolve unresolved issues.

## TECHNIQUES IN COUNSELLING

- **Empty Chair Technique:** The client talks to an empty chair as if talking to someone or an essential part of themselves. This helps explore feelings and internal conflicts.
- **Monodrama:** The client plays various roles in exploring different aspects of their experience in a given situation.
- **"I" Statements:** The client is encouraged to use "I" statements to increase personal responsibility, such as "I feel angry" rather than "You make me angry".
- **Confluence Exercise:** This technique involves the client holding back certain feelings or responses to increase awareness of what is happening inside them.
- **Breathing and Movement:** They are using breathing and body movement techniques to help the client become more aware of how their emotions are expressed through their body.

Gestalt therapy is a practical counselling approach to help individuals increase self-awareness, resolve dissonances, and improve relationships with themselves and others. With a focus on present-moment experiences and experimental techniques, it offers a deep and holistic way to achieve positive change.





# CLIENT-CENTERED COUNSELING APPROACH

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## BASIC CONCEPTS

The Client-Centered Counseling Approach, also known as Person-Centered Therapy, is a counseling method developed by Carl Rogers in the 1940s and 1950s. This approach emphasizes the importance of the therapeutic relationship between the counselor and the client and believes that clients have the capacity to understand themselves and resolve their problems if given a supportive environment.

## MAIN PRINCIPLES

- **Self-Actualizing Tendency:** Rogers believed every individual has an innate tendency to grow toward psychological health and self-fulfilment. This approach helps clients explore and realize their potential.
- **Non-Judgmental Therapeutic Relationship:** The counsellor creates a safe and supportive environment where clients feel accepted without judgment. This allows clients to open up and talk about their problems freely.
- **Empathy:** The counsellor seeks to understand the client's feelings and perspectives in a deep and understanding way. This empathy helps clients feel heard and understood.
- **Unconditional Positive Regard:** The counsellor demonstrates complete acceptance of the client without reservation. This means the counsellor accepts clients as they are, without criticism or judgment.
- **Congruence:** The counsellor is genuine and authentic in the therapeutic relationship. This means the counsellor must be honest and transparent with their feelings and thoughts.

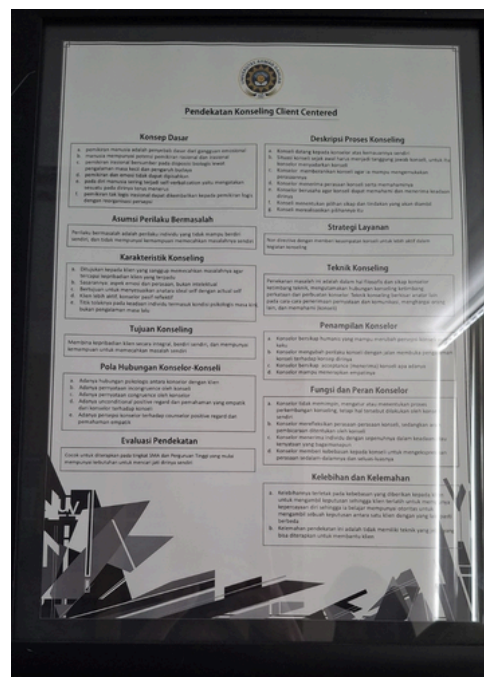
## PERSON-CENTERED COUNSELING PROCESSES

- **Creating a Safe Therapeutic Relationship:** The counsellor builds a relationship based on empathy, unconditional acceptance, and authenticity. This creates an environment where clients feel safe to open up.
- **Empathic Listening:** The counsellor listens attentively and seeks to understand the client's experiences and feelings from their perspective.
- **Avoiding Direction:** The counsellor does not provide direction or advice but instead focuses on supporting clients in finding solutions. This reinforces the belief that clients can solve their problems.
- **Facilitating Self-Exploration:** The counsellor asks questions that help clients explore their feelings, thoughts, and experiences. This allows clients to understand themselves better.
- **Encouraging Self-Acceptance:** The counsellor supports clients in accepting themselves and overcoming shame or negative self-judgment.

## TECHNIQUES IN COUNSELLING

- **Reflection:** Counsellors reflect on the client's feelings and thoughts to show they are listening and understanding. This helps the client feel heard and validated.
- **Paraphrasing:** They repeat the client's words in different words to show understanding and clarify the meaning.
- **Open-ended Questioning:** You ask questions that can't be answered with a "yes" or "no" to encourage deeper exploration.
- **Empathetic Statements:** Using statements that show empathy and understanding for the client's feelings.
- **Self-Awareness:** They encourage clients to identify and be aware of their behaviour's underlying feelings and thoughts.

Person-Centred Therapy is a counselling approach that places the client at the centre of the therapeutic process, focusing on increasing self-awareness, autonomy, and self-fulfilment. By emphasizing the importance of a therapeutic relationship based on empathy, unconditional acceptance, and authenticity, this approach offers a supportive environment for clients to explore and work through their issues.







# VIRTUAL REALITY

Double-click on the image and click on the link.



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