Semester 6th; Subject: Introduction to Guidance and Counselling

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**Behavioural Theory:**

Each of us has our own unique patterns of behaviour and most of us believe we understand at least why we behave the way we do perhaps even the behaviour of identifiable others as well. The behaviorists views behaviour as a set of learned responses to events, experiences or stimuli in a person’s life history. The behaviorists believe that behaviour can be modified by providing appropriate learning conditions and experiences.

The behaviorist focuses on scientific behavioural goals, emphasizing precise and repeatable methods. The behavioural theoretical approach to counselling has grown steadily since the 1950’s and today is utilized by therapists in a wide variety of settings. This approach has been successful in the treatment of smoking, weight control and other eating disorders, substance abuse, speech difficulties, behaviour problems and others.

For behaviorists, counselling involves the systematic use of a variety of procedures that are intended specifically to change behaviour in terms of mutual established goals between a client and a counselor. The procedures employed encompass a wide variety of techniques drawn from knowledge of learning processes. A current leader in behavioural psychology, John D. Krumboltz (1966) historically placed these procedures into four categories:

1. Operant Learning: This approach is based on the usefulness of rein forcers and timing of presentation in producing change. Rein forcers may be concrete rewards or expressed as approval or attention.
2. Imitative Learning: This approach facilitates acquisition of new responses by exposure to models performing the desired behaviours.
3. Cognitive Learning: This technique fosters learning of appropriate responses by introducing the client how he may better adapt.
4. Emotional Learning: Involves substitution of acceptable emotional responses for unpleasant reactions using techniques derived from classical conditioning.

John Krumboltz popularized behavioural approaches to counselling by identifying counselling as a way to help people learn to solve their problems. Learning and relearning are viewed as ways to help people make changes. Krumboltz also applied behavioural theory in terms of quantifying and measuring baselines and successes in counselling.

Arnold Lazarus developed a systematic multimodal approach to counseling psychotherapy based on a behavioural model. In this model, he uses the acronym BASIC –ID to account for al facets of a client’s life.

The cognitive behaviorists helped popularize behavioural methods of skill practice and homework assignments. Behaviorists believe that stating the goals of counselling in terms of behaviour that is observable is more useful than stating goals that are broadly defined; such as, self-understanding or self-acceptance. This means that counselling outcomes should be identifiable in terms of overt behaviour changes. Three examples of behaviour changes appropriate to counselling are the altering of behaviour that is not satisfactory, the learning of decision making process, and the problem prevention.

In many ways behavioural counselors follow an approach similar to that of other counselors in clarifying and understanding the needs of their clients. They use reflection, summarizing, open-ended inquiries. But rather than probing for deeper feelings, they are seeking to better understanding dimensions of the client’s situation and environment.

Behavioural counselors also take a more directive roe than many counselors in initiating and directing therapeutic activities. Sessions tend to be structured and action oriented. Behavioural counselors often take on roles of teachers or coach.

Counselors utilizing behavioural theory assume that the client’s behaviour is the result of conditioning. The counselor further assumes that each individual reacts in a predictable way to any given situation or stimulus, depending on what the person has learned. Success with behavioural interventions will come to clients with particular characteristics:

* People with a strong orientation-motivated by achieving goals or getting results
* People who are action oriented need to be active, goal focused, participating in the helping process.
* People who are interested in changing discrete and limited two to three number of behaviours.

 **Psychoanalysis:**

Psychoanalysis is defined as a set of psychological theories and therapeutic techniques that have their origin in the work and theories of Sigmund Freud. The core idea at the center of psychoanalysis is the belief that all people possess unconscious thoughts, feelings, desires, and memories.

Psychoanalysis was founded by Sigmund Freud (1856-1939). Freud believed that people could be cured by making conscious their unconscious thoughts and motivations, thus gaining insight. The aim of psychoanalysis therapy is to release repressed emotions and experiences, i.e., make the unconscious conscious.

Psychoanalysis was integral work in developing the fields of psychology, psychiatry, and psychotherapy. Many of the theories and concepts we understand and utilize in contemporary psychotherapy were born from the work of psychoanalysts.

Psychoanalytic therapy looks at how the unconscious mind influences thoughts and behaviors. Psychoanalysis frequently involves looking at early childhood experiences in order to discover how these events might have shaped the individual and how they contribute to current actions.

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A method of analyzing psychic phenomena and treating emotional disorders that involves treatment sessions during which the patient is encouraged to talk freely about personal experiences and especially about early childhood and dreams.

Psychoanalysis is a type of therapy that aims to release pent-up or repressed emotions and memories in or to lead the client to catharsis, or healing (McLeod, 2014). In other words, the goal of psychoanalysis is to bring what exists at the unconscious or subconscious level up to consciousness.

Sigmund Freud, a famous psychologist who was fascinated by the early mind, first popularized psychoanalysis in the 1900s. ... A real-world example of psychoanalysis in my own life is my fear of cats, which can possibly be attributed to an unpleasant experience that occurred when I was a child.