

Ten counseling theory constructs



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Constructs Lecturer: Basic beliefs about human nature of the theory

Freud developed the theory that basic beliefs were driven by innate, animalistic instincts, the most predominant being sex and aggression. He further suggests that human history is derived from the relationship existing or that existed between persons and their society (Corey, 2008). He further takes humans to be inherently psychological beings with broader behavior perspectives.

2) Structure of personality

According to Corey (2008) Freud developed the theory that personality is comprised of the id, ego and superego as its three structures. Id holds the psychic energy and is concerned with a person's instincts. The ego is on the other hand is concerned with realization of reality and it demands on someone and it is involved with reasoning. Superego is concerned with things being right or wrong.

3) Function of personality

Since the personality has the id, ego and superego, it is the three that function in their own ways to result to functions of personality. The id controls ones desires and needs like the drive to eat or drink. Ego acts as the mediator of the others i. e. the id and the superego (Corey, 2008). It also mediates these two with the external world. The superego is responsible to decision making on what is right or wrong.

4) “ Normal” personality development

Freud stated that a normal human being is as such on the average. He further stated that this person's ego nears that of a psychotic in some instance or in a greater extent. He further asserted that anxiety reduction is

responsible for normal traits.

5) “ Abnormal” personality development

Freud asserted that mental illnesses develop from childhood and hugely caused by unconscious mind and motivation comes from anxiety reduction. He further said that behaviors in abnormality are exhibits of alternatives of repression.

6) Therapeutic process

Corey (2008) states that the theory makes it clear that the human mind is dynamic and the behaviors that one exhibits if well looked into have a source that is traceable meaning that it is possible to change behavior.

7) Therapeutic/Counseling techniques

Freud has mentioned a number of techniques that can be used therapeutically or in Counseling. One is dream analysis where traumatic ones are referred to as routes to the unconscious. The other is Para praxes which is the slip of the pen or tongue when the unconscious interrupts the conscious mind shortly. The last is word association where the first word uttered randomly is used at a later therapeutic situation.

8) Role/responsibility of the therapist/counselor

The therapist role is to listen and reflect with the client while also responding to them. They also assist their clients in understanding themselves by helping them to freely express their feelings.

9) Role/responsibility of the patient/client

The client needs to attend the sessions as required or agreed upon. The client is supposed to give honest information about the situation bothering them. Above all it is important for the client to give information of progress of the Counseling and whether it is of benefit or not (Corey, 2008).

10) Theory's Utility

The theory's strength lies in its applicability on a wide range of issues related to personality to date. It has been applied in various fields more so in psychoanalysis. It looks deeper into personality issues that are culturally sensitive like ones society shaping their personality as explained by Corey (2008). It is applicable to a great deal of people but I disagree that anxiety reduction is responsible for both mental illnesses and normal personality characteristics because this idea does not help in predicting behavior in a verifiable manner.

Reference

Corey, G. (2008). Theory and practice of counseling and psychotherapy. Cengage Learning.