

# Counseling theory: case study

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It has been hard as a beginner to read some chapters of the Corey text (2009) and Richen text (2007), and to be able to raw enough information to use to make a comparison of these two counseling theories, both of which are complicated and have a number of different aspects. In an effort to make the comparison effective, my paper will be comparing these two theories by using five evaluation criteria: 1. Human Nature Both Freud and Adler agree that human nature is basically shaped by unconscious and conscious aspects.

Regardless of their differing views on some of the specifics, both theories recognize the impact of childhood events on our daily lives, on our behaviors and psychiatric health. One difference between these two theories is basically based on the abstract approach of Freud to understanding human nature, and the emphasis on unconscious forces, and the very deferent approach of Adler, with his focus on social factors and their interaction with humans' behavior.

Psychoanalytic theory emphasizes the social-sexual development and psychological structures of humans, while Deadlier theory places more focus on the social factors, and emphasizes the holistic approach to understanding human behavior. However, the psychoanalytic theory recognizes that human development perspective is reflected in the view that each of us, our psychology is product of a unique developmental trajectory, influenced both by the characteristics of the family within in which we grew up and by innate, genetic attributes, such as temperament, that are in constant interaction with a person's milieu" (Richen, A.

B. 2007. Page 8) Although Freud has evoked the family and innate drives and desires, it can be argued that these are limited factors when we are trying to understand the full picture of all of the influences on human behavior.

I would also argue that this theory does not provide enough practical material to direct the client's goals. I totally agree with Idler's comment that "we are embedded in a society; we cannot be understood in isolation from that context" (Corey, G. 2009. Page 102).

However, I would believe that the energy or capacity of humans to strive and deal with anxiety depends on the environmental structures revealed by Freud.

According to Jung "each person is unique and driven by an instinctual urge to be his or her unique self". (Richen, A. B. 2007. Page 22).

Also, we recognize that "biological and environment conditions limit our capacity to choose and create. (Corey, G. 2008. Page 99). That is the reason why I also challenge the Adlerian theory's ability to help clients understand their impulsive behaviors, shaped during their childhoods.

As an example, I have seen a curious behavior in genocide survivors from Rwanda. Two brothers or sisters who have grown up in the same social environment, with the same style of life, survived in the same conditions, but the impact of what they experienced during the genocide is totally different from one to the other. One way of considering how this might be is to consider Freud's theory on the development of the ego, and his thoughts on

the function of the ego, and how everyone is unique. This uniqueness has an internal quality that is shaped but not totally directed by external forces.

Reflecting on my own experience, the events of my childhood had a negative impact on my life.

I am first born. My father mistreated me until he passed away when I was 12 years old. I started being responsible for myself and my five siblings at a very young age. I treated my young brothers the same way I had been treated. In spite of my colonization and my assimilation, which has allowed me to be thriving in many ways and become successful, it has been hard for me to express my emotional feelings, or to express feelings of love or affection.

From what I was then to what I am today, there is big difference. The psychosocial factors in my life change and I changed with them, all for the better; This is one reason why I agree that the holistic approach of Adler can help a person gain insight, help explain the nature of an individual's problems, and help to direct the person's goals. 2. Therapeutic goals The therapy goals in psychoanalytic theory seem to be most focused on the client's biological and instinct aspects. Freud refers to the goals of psychoanalysis this way, " to make the unconscious conscious and to strengthen the ego' (Corey, G. 009.

Page 69), helping the client to assess his past life during childhood, by bringing up all the material that has influenced and shaped his feelings, thoughts, and behavior, while discovering the gap that exist between his capacity for dealing rationally with the anxiety shaped during his childhood. I  
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would argue that therapeutic goals focused on unconscious aspects and the weakness of the ego are not sufficient, by themselves, to bring about positive change, as this would ignore the impact of social and 4 cultural forces..

The therapeutic goals in Adlerian theory give to the client the wide Title AT assessment AT Nils Testily tongue a “ noels approach. ” It appears tans approach is oriented to disclosing mistaken goals and the thoughts of the client toward the world.

However, in my understanding, it ignores the important role that the developmental stages provide to us in arriving at unique levels and styles of emotional strength and self regulation. I can conclude by saying that both approaches are complementary to understanding the client’s behavior. 3.

Therapist’s function and role The therapist’s function and role in psychoanalytic theory basically depends on relationship between client and therapist. I would argue that therapists have to help clients feel empowered to experience fuller, better lives.

It’s very important to the client to know that regardless of what happens, he is able to behave rationally and feel comfortable. I have worked with a client who was in Jail for 19 years. He had a serious criminal background. He had an anger management problem, alcohol addiction, depression and a diagnosed personality disorder.

He is convinced that he is a “ bad boy’ and nobody loves him. For his intake session he was surprised to hear that he has the potential to be a good person.

He cried and said “ Do you believe that I can be a good person? I have been created for fighting. Look, I have muscles. I have been in Jail all my life. Please can you help me to be a good person? ” I tried to show him that he does have people who love him, he does have a future life and he should be useful for himself and for others. Since that time I have been the one person who could calm him down when he is in crisis.

Deadlier therapists’ function and role is basically being open to the client.

The therapist will help the client to discover his basic mistakes and try to correct these mistakes. This will be more useful for the client who has not been totally affected by anxiety, depression or a personality disorder. I can conclude by saying that these approaches are still useful and applicable depending on the circumstance in which the client wants to see a therapist as well as the therapist’s experience toward different horses. 4.

Relationship between therapist and client According to Freud the view of the relationship between therapist and client is most focused on transference and counterinsurgency (Corey, G.

2009. Page 71 I agree that depending on his previous experience, the client can develop fear or love toward the therapist. 5 On the other hand the counterinsurgency from the therapist can impact the therapy process. I believe that Idler’s relationship model, based on mutual respect, is a solution

to the boundaries issue between therapist and client. I also believe that a DOD relationship between therapist and client is the key to successful therapy.

However, the difficulties in the therapy process are establishing the tools that will be used to interpret the client's feelings and prevent the misusing of the information disclosed.

5. Therapeutic techniques and procedures. The techniques and procedures used in the two therapies process are different. The psychodrama therapy reflects the power of the group therapy in Fraud's model. I like the analytic framework of Freud because of his therapy structures and the way they help to unreason unconscious materials as well as symptoms AT maladjustment.

However the details on the role and responsibility of the client and therapist are not clear. It sounds to me like the client is limited to the " free association" step in which he is encouraged to say whatever comes to mind. Other steps are dominated by the interpretation of the therapist. In my understanding this gap underlines the way in which Fraud's theory defines human behavior. The Deadlier techniques and procedures are focused on the individual's lifestyle.

According to his holistic approach, his techniques help the client to evaluate his whole life, discover the stakes, the reason why and how these should be addressed.

I find this individual's psychological dynamic more useful in the therapy phase than Fraud's technique, which would be most valuable in discovering

the unknown material connected to our psyches, in which our behaviors take source. Conclusion Both theories are useful for counseling therapy. This topic requires more reading, sharing experiences and practice being able to fully compare and contrast the two counseling theories. Against the backdrop of my own experience and professional career, these readings re raising lot of questions in my mind.

These readings compel me to consider my own background and childhood, in relation to the theories of Freud and Adler in considering how I have developed that way I have, and why.

At the same time, looking at the cases of clients I am working with through these therapeutic lenses allows me to consider them in new ways, and possibly develop new ideas about appropriate interventions. 6 References  
Corey, G. (2009). Theory and practice of counseling and psychotherapy. (8th De.

). Richen, A. B. (2007). Applying counseling theories: An online, case-based approach.