

# Socratic dialouge essay



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Cognitive therapy methods I have used the dialogue to change the client's thinking which resulted in a change of behavior and feelings, I have found when I have directed questions in a discovery way such as; how does this relate to what you told me earlier or do you see any connection, unlike 'self-directed' (as in PACT) I have found that there are recurrent themes in cognitive therapy methods of management, control and monitoring, particularly around behavior.

Whereas from the outset person centered therapy notes that the client is their own best authority the focus of

PACT is always on the client's own feelings and thoughts. Conceptualization involved devising a 'mini-theory of the client's problems with her agreement (McLeod, 2003). PACT typically does not give advice or interpretations as Rogers believed that people are trustworthy with a great potential for self awareness and self-directed growth (Cooper, 2007). Therefore working in this way with my client using the skill of Socratic dialogue and work collaboratively has enabled the client to identify and priorities difficulties and look for solutions.

Ellis (1973) actually claimed that there were virtually no legitimate reasons for a person to be upset, emotionally disturbed or hysterical. Regardless of any psychological or verbal stimuli impinged on them. For me to imply that a client may be irrational might be considered concerning, within the person centered theory. In the past as a counselor I would have worked in a way that encouraged clients to encounter themselves and become more intimate with their own thoughts, feelings and meanings.

Person centered counselors aim to help the client develop a framework for understanding life, rather than aiming to 'fix people' Like Ellis implies.

Yet for my lenient I could clearly identify that CB maintains a healthy respect for the value of research and tasks as a means of improving practice, enabling me to be decisive and questioning. Learning constructively from and with my client through the use of Socratic dialogue When using the non directive approach as used in Person centered therapy It can be long term, Whereas ACT is brief and time limited, structured and directive in form, problem/solution orientation and based on an educational Journey of discovery.

In using this model where homework is the central feature my client has been able to see the benefits in just two weeks as the Socratic methods of dialogue has helped guide my client to discovery as she has come up with answers that will resolve her own problems it was evident she always knew the answers . I found that asking the questions beginning with one of these words what, how, who, when, where and why seemed to draw out new information as we keep going back and forth helping her come to come up with the solution to the problems .

PACT could be considered simply problem focused, based on feelings and emotions not entirely sufficient in ACT, in contrast to Rogers' claim of the relationship and unconditional positive regard being sufficient to provide therapeutic change. The Socratic method of questioning is a key feature of both ACT and PACT, using guided questioning to promote a change in self perception in order to achieve what is after all the main aim of both

approaches – to make the client’s life happier and more satisfying. McLeod, J. (2003) *An Introduction to Counseling* (Third Edition) Berkshire: Open University Press  
Person’s (1993) Cooper, M. ‘ Person-centered Therapy: The Growing Edge’.

Therapy Today, 18(6), July 2007, pp. 33-36. Ellis, A. (1973) *Humanistic Psychotherapy*. New York: McGraw-Hill  
Evaluate your experience of applying collaboration and Socratic Dialogue with a client.

The view a person takes of an event depends on their chosen orientation, and their orientation is influenced by their beliefs about their self in relation to the world, (Wolfe and Dryden, 1996).

This is the theoretical origin of contemporary Cognitive Behavioral Therapy, one of the major orientations of psychotherapy deriving from cognitive and behavioral psychological models of human behavior (Grazers McFarland, 2005). ACT is based on ten scientific principles which have proven effective for a wide variety of psychological disorders. By forming a therapeutic alliance of warmth, empathy and genuineness, “ a genuine therapist is honest with himself as well as with the patient...

... Deeds to mix diplomacy with honesty..

....

And must have the skill to communicate genuineness to the patient. ” Beck (1979) With my client it has helped me gain an awareness of her problems in relation in place a lot quicker and in using the questions as described above it has guided discovery to thoughts, feelings and behavior with regard in the

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here and now. By using Socratic dialogue with my client in relation to agreement of personalized, time limited, solution focused achievable goals.

ACT focuses on specific emotional and practical skills, through reflection and exploration of the meanings attributed to events and situations, and the re-evaluation of those meanings working collaboratively by contributing and sharing, and by me actively listening, bring forth information around behavior feelings, emotions and eliciting the correct information and feeding back and reviewing ramming my questions encouraging shared problem solving and decision making, where the client takes responsibility for herself.

The client and I continue to work in this revolving way frequently summarizing, reviewing, and evaluate together as our therapeutic relationship was like working as a team on a project for change. By being truly curious,(if your not curious don't ask) feel for emotion idiosyncratic words and emotional reactions listen for metaphors and the unexpected this is were and experience life the way the client does can help the process.

Beck (1979) The recess so far has been empowering to my client as I am working in a way which is enabling my client come up with solutions her problems through the use of Socratic dialogue which is systematic, disciplined and deep and usually focuses on issues, problems and concept. What, How, Who, When, Where and Why, only sentences beginning with one of these words are high quality questions that bring forth new information.

The use of these questions explore completeness or truthfulness of what a person/people are telling you and are extremely helpful in encouraging exploration and discovery, as in the short time I have used this method of

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working with my client she is more conscious and responsive to her thoughts and feeling. The overall purpose of using Socratic dialogue is to challenge accuracy and completeness of thinking in a way that acts to move the client towards their ultimate goal.

An example of using Socratic dialogue could be homework, encouraging a learning environment of a win [win for the client, giving the client and I a greater insight. To focus on and by reinforcing appropriate answers on thinking, around achievable goals exploring obstacles using question's , I have asked the client questions using What...

? And How...? Which were most useful in eliciting facts that we used to feed in to the theme of the issue throughout the conversation.

This guided discovery encouraging the client to bring forth that which is within because only the had the answers to the problem then in following with “ Show me... ” Was the vital importance of understanding of the issue that what had been described is so. I feel in working with my client in this way is true collaboration as we are a readership trying to resolve is issue together me with the skills of Socratic questioning empathic listening summarizing and synthesizing and my client bringing forth the answers.

As a result when a new conclusion is reached it can be put into action as it is not linear but constantly revolving asking more questions such as, what do you see?.

.. What do you make of that? By gaining and using these skills it will be see that as the main objective and key component to change, in particular the

use of ' homework to put what has been learned into practice between sessions. The client will hopefully accredit the improvement in their problems to their own efforts, with their alliance with the counselor (Agreeable and Garland, 2005).