

Psychoanalytic, humanistic- existential, and behavioural case



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Assignment 1.

Develop 3 cases example of Psychoanalytic, Humanistic-Existential, and Behavioural theories respectively. Each cases should include goals, reasons for referral, nature of treatment (counseling/psychotherapy) and outcomes. Critically analyze the underlying assumptions of the human nature among the three theories. Summarize all of the above in report format.

A. Psychoanalytic Theories.

Client Background Information:

Anne, 21-year-old female, first year college student, she lived with her mother, her father left her family when she was 3 years old.

Problem:

She has had a interpersonal relationships difficulty especially in social interactions which she cannot communicate effectively with her peers, low self-esteem, lack of confident because she having a difficulty in trusting people because she afraid that the people that she believed with will leave her.

Reasons for Referral:

She need someone to shared her problems and can help her in personal adjustment which build a self-esteem, confident, and trusting people especially with her peers.

Counselor's Goals:

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- Rapport a positive and comfortable relationship with the client.
- Explain the counselor's responsibility and counseling process to the client.
- Identify and exploring the client's problem and reasons that brought her to seek counseling assistance.
- Identify and help the client of the unconscious in her personality.
- Planning with client for problem-solving of self.

Client's Goals:

- Anne will understanding the counseling process.
- Shared the reasons and problems that bought her for seeking counseling.
- Cooperate with the counselor in the assessment for problem-solving.
- Anne will learn emotional regulation and problem-solving which will practice during counseling sessions.
- Anne will learn to identifying which negative thought that related to her low self-esteem, lack of confident and difficult to trust people and replacing it with more positive thought.

Theory Approach:

Psychoanalytic techniques that was applied in this case were analysis of transference and interpretation which will be held within the counselor office through the counseling processes. Through the analysis of transference technique, the counselor trying to identify and exploring Anne's past experienced. Psychoanalytic theory involved with personality confusion which including personality development and the method of therapy. As the

client having a confusion in her personality development and conflict in her conscious and unconscious mind. Counselor will identify and interpret the positive and negative feeling expressed about her past experienced including her parents parenting styles which initially focus on recall of her childhood experienced. The counselor will ask the questions to the client such as:

- What type of Anne's parents' personality and their parenting styles?
- Can you tell me more about your family and what do you like about them?
- Are there particular events in the past that causing Anne to become lack of confident or embarrassed to communicate with people?
- Can you tell me anything that are more relaxing? (something that easy such as Anne's daily routine every morning)
- Is there anything that fun or interesting that happen yesterday? (This question to make her more comfortable in the communication progress)
- Do you have any favorite movie or pets?
- When you having a problem, with whom you will shared it?

Planning for problem-solving:

Counselor will analysis and transference the client's emotions, past experienced, and facial expressed while communicated with the client and asking the questions. Through this, the counselor will identifying the problem to verify whether the counselor and the client having a similar view and

perspective of the problem and have the same understanding of its consequences.

The counselor and the client will participate in identifying all the possible solutions. The client will state what comes in her mind such as, "I would try to overcome my fears through facing it", or "I will try to build a trust with my peers". Then the counselor will guide the client with the solutions based on the client's perspectives. Through this method, the client will reflect back on her past experiences and will understand more about herself.

Outcomes:

Anne will be able to build trust with other people. She will change her negative to more positive personality. She will be able to replace the negative thought with more positive thoughts with encouragement words. She can communicate effectively among her peers. She will be able to build high self-esteem and confidence in herself.

B. Humanistic-Existential Theories.

Client Background Information:

Azri, 23-year-old male, working at a pharmacy as a cashier for almost 6 months, he lives with his brother.

Problems:

He felt neglected in the workplace due to the other workers avoiding to talk with him and pretending that he was not there.

Reasons for Referral:

He want someone to shared his problems and guide him in finding the solutions for this problems.

Counselor's Goals:

- Rapport a positive and comfortable relationship with the client.
- Explain the counselor's responsibility and counseling process to the client.
- Identify and exploring the client's problem and reasons that brought her to seek counseling assistance.
- Identify and help in planning with the clients for problem-solving of self.

Client's Goals:

- Understanding the counseling process.
- Shared the reasons and problems that bought him for seeking counseling.
- Cooperate with the counselor in the assessment for problem-solving.
- Shah will learn emotional regulation and thinking for problem-solving.

Theory Approach:

Azri felt that he was not importanced anymore among his friends and felt neglected. Through this humanistic-existential theories will help and encourage him to do soul-searching which he will determine what that he was missing such as his friendships? A trust? Self-esteem? Anything to feel fully realized person is what to look for as a treatment. The counselor will

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make a positive and close relationship with the client. The counselor will help the client to gain self-understanding and positive feelings. The focus in this counseling is on the present, not the past experienced. So, the counselor will asked questions to the client such as:

- Would you like to shared your problems with me?
- So, you feel depressed because you are not good enough to anyone.
That was a negative thought. So, you have lost your self-esteem, confident and you feel worried did you?
- What that make you feel down?
- Did they said that, they don't want you anymore?
- Now, what kind of job do you work?
- That sound great, so you already chose the right job didn't you?
- Do you feel better now?

Planning for Problem-solving.

I choose existential counseling because Azri did not realized about his potential and awareness. Through this process, the client was given a freedom to think and choose based on his own need. The counselor was responsible to help the client to become more understanding through his feelings and experienced. So, the clients will confronted with the idea that was given by the counselor that he is responsible on his own life. The technique that use was goal-setting activity which the client will sets his own goals based on his own interested.

Outcomes:

The result was successful because he finally realized that others people perspective was not importance and he believed on his owned abilities. He finally have a close friends at his workplace. He able to built high self-confident in self and able to replaced the negative thought to positive and motivated thought.

C. Cognitive-Behavioral Theories.

Client Background Information:

Suraya, 20-years-old female, a first year college students, she have low self-esteem

Problems:

She have a low self-esteem and have a negative thought in her life.

Reasons for Referral:

She need someone that can help her learn and change her negative to more positive thinking and build high self-esteem.

Counselor's Goals:

- Rapport a positive and comfortable relationship with the client.
- Explain the counselor's responsibility and counseling process to the client.
- Identify and exploring the client's problem and reasons that brought her to seek counseling assistance.

- Identify and help in planning with the clients for problem-solving of self.

Client's Goals:

- Understanding the counseling process.
- Shared the reasons and problems that brought her for seeking counseling.
- Cooperate with the counselor in the assessment for problem-solving.

Theory Approach:

Cognitive counseling theories focus more on the client's thought which her mental processes

that will influenced her behavior and her mental health. This will determines her emotions and her behavior. The method that are uses in this theories was rational emotive behaviorial therapy (REBT). Through the REBT approach, the counselor are active listening and direct or logical in questioning.

Planning for problem-solving:

The counselor will give a guidance or instructors in the thinking processes. Suraya expressed a negative though which she felt that she will not success in her life with her low self-esteem. The counselor will try to help her avoid this feelings. The counselor will use the *A-B-C-D-E* model of REBT:

- A: State her experienced.
- B: What that she think about her experienced.

- C: Is there any emotional or feeling based on her thought about her experienced.
- D: She have a negative thought about her experienced, and the counselor will replaced the negative thought with the more positive thinking.
- E: The client will think in more positive ways and this will build her new personality which will help her feel more enthusiastic in her life.

Outcomes:

The client able to identify her negative thought , “ I have no value” and replaced it with a more positive based on her own choice such as “ I have my own value”. Her thought about her life are more positive and she has high self-esteem compared to before the counseling sessions. She able to communicated effectively with others and understanding on her own personal values.

Summary.

The view of human nature for psychoanalytic theories based on Freud’s view was every people have their own conscious, preconscious and unconscious mind which it related to the human development of defense mechanism which some of people have a conflicts in their personality that were related from the childhood experienced. The view of human nature for humanistic-existential theories determines the freedom of people in their choice which they will responsible in their decision and action in their lifes. Based on the case above, the clients will state his thought and the counselor will help him in the problem-solving based on his statements or thoughts. The view of

human nature for cognitive-behavioral theories through the REBT was
assume that people is rational, and not logical or reasonable.