

Practical to become
aware of values



**ASSIGN
BUSTER**

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Type your
answer here

1. The aim of the practical was to become aware of one's own values and see how they help strengthen or cause hindrances in a client-therapist relationship and to deal with value conflicts.

2. The Values Clarification Inventory, A

hypothetical
marital
problem of a
client named
Joyce,
evaluation of
and a group
discussion
about our
values on
family,
marriage and
infidelity.

3. The procedure followed in the practical

The students were first told to form pairs sit opposite each other. Then they were made to read a hypothetical marital problem of a

client named
Joyce and
answer a few
questions
related to the
scenario and
talk about it.
The students
were also
exposed to a
few
statements
as a form of
values
clarification
inventory
which they
had to (in
pairs) rate as
true, untrue
or undecided.
This was
done to
explore how
one's values
are likely to

influence
their role as
a counsellor.
Then, the
students also
discussed
values and
counselling in
general in a
larger group
of 4-6 people
(approximate
ly).

4. The After
outcomes evaluating
and
discussing
one's values
and
understandin
g how they
might
interfere in
the client-
therapist

relationship,
the students
understood
their
individualistic
values which
help them
perceive the
world
differently. I
personally
thought that
Joyce should
not get a
divorce and
should rather
try living
separately
for a while
and start
afresh to
give the
marriage
another
chance. This
showed my

values on
marriage and
how I wasn't
in the favour
of Joyce
getting a
divorce.
Secondly, I
also had
negative
views about
infidelity and
thought that
Joyce
shouldn't
have an
affair. Then
the class
took a value
inventory
test and
discussed in
small groups
about the
values that
were most

important to
them which
included
happiness,
justice,
compassion
etc. We also
touched base
on how
comfortable
we'd be while
dealing with
gay couples,
issues like
sexuality,
abortion and
feminism. As
a result of
this, the
students
were able to
explore their
own values
and
understand
others'

values to see
their effects
on the advice
that they
gave to other
people.

Lastly, the
students also
got an insight
of how they
would have
to deal with
their value
conflicts if
they cause
any
hindrance in
the
relationship
with their
potential
clients

5. Your According to
personal me, our own
comments values have

a significant
impact on
the way we
perceive the
world.

Therefore it
is important
for

counsellors
or potential

on how this
practical

related to
your own

experience
and

counsellors
to

understand
their beliefs
and values

about things
like family,

relationships,
spirituality,

abortion,

sexuality and

sex role

identity. But,

just being

aware of our

values is not

enough. I feel
that it is
essential for
them to learn
to deal with
value
conflicts that
may arise
while
working with
clients with
values
different than
theirs.

While going
through the
e-readings
about and
while doing
the practical
exercises I
realised that
although we
all think that
we should be

non
judgemental
towards
other people,
we often
don't think
what we'll do
if our clients'
views are
completely
different
from ours.
Before the
practical, I
never
contemplate
d on my
values and
beliefs about
families,
marriage and
infidelity and
did not think
about the
potential
value

conflicts that
I may have
with my
clients. This
practical
proposed a
hypothetical
situation
which
involved the
marital
problems a
woman
named Joyce
was having.
After reading
the scenario,
we were
made to
answer a few
questions
during which
I was
exposed to
my own
views about

divorce and
how it should
be the last
option one
should
explore. I
also realised
that I had
negative
views about
infidelity and
that I thought
that loyalty,
trust and
independenc
e are the
most
important in
a marriage. I
realised how
it was
influencing
Joyce by
giving her
suggestions
that reflected

my own
values. This
was causing
a hindrance
by not
allowing me
to empathise
with her. This
may have
occurred
because she
was not a
real person,
but I am
inclined to
believe that
my values
were telling
me that what
she wanted
to do was
morally
wrong.

Hence, this
practical

gave me an
insight of my
own beliefs;
challenging
and
motivating
me learn to
deal with
value
conflicts. It
has made me
realise that
to become a
non-
opinionated
helper/
counsellor, I
will have to
fully
understand
my values
and beliefs to
help another
individual by
trying to see
the situation

with their
eyes. I now
want learn
how to have
a more open-
minded
approach
towards
others values
without
having to
embrace
them. On the
other hand, I
also thought
that having
same values
and beliefs
as the
client's may
also help
strengthen
the client-
therapist
bond making
it easier for

both of them
to work with
each other as
the client will
be more
comfortable
sharing the
way he/she
feels and the
therapist can
use their own
experiences
and views to
help the
client.

6. Its Values
relevance govern an
in a individual's
counselling/ goals,
psychother attitudes and
apy preferences
context. (Mickleburgh,
Use theory 1992) Ideally,
from the a counsellor
lectures, should be

textbooks, comfortable
and with a client
practical to whose beliefs
comment and values
here. differ from
his/her own,
but it is not
always
possible and
sometimes
even difficult
to be non
judgemental
(Geldard,
1993). To
overcome
this problem,
one needs to
understand
and embrace
their own
values to
avoid
conflicts with
their clients.
Counsellors

need to be in
touch with
their values
as their
behaviour is
guided by
their belief
system
(Gerner ,
2014). Clear
values are
necessary
because
differences in
actions and
beliefs may
give rise to
cognitive
dissonance
(Mickleburgh,
1992) and as
a counsellor
it is vital to
be in a stable
state of mind
to be able to

help clients
efficiently.

Several
studies have
shown that a
counsellor's
values have
a significant
influence on
their clients'
values
(Mcleod,
2013). It is
not right to
force our own
opinions and
beliefs on
others even
if it is
unintentional
. Therefore, a
counsellor's
main aim
should be to
understand

their client's
values and
help them
understand
themselves
better.

(Geldard,
1993)

When
counsellors'
values cause
hindrances in
a client-
therapist
relationship,
they are
usually
blinded by
their own
beliefs and
are not able
to empathise
with their
clients.

According to

Geldard
(1993)
Empathising
with the
client is an
essential part
of therapy to
be able to
see the
problem from
the client's
point of view.
After having
identified the
difference in
opinions, the
counsellor
should be
comfortable
in sharing
his/her own
thoughts and
feelings
about the
topic
whenever

appropriate
or necessary
(Corey &
Corey, 1998).
Counsellors
should not
give
opinionated
suggestions
which are in
favour of
their own
values or
give advices
just to
socially
conform their
clients. They
should rather
focus on the
clients'
needs,
beliefs and
values while
helping
them.

Knowing
themselves
better will
enable the
counsellors
to
understand
their clients
better and
empathise
with them. If
the
counsellors
are fully
aware and
are
comfortable
with their
philosophies
of life and
their values,
they will not
feel
threatened or
be compelled
to defend

and justify
their own
values. The
clients'
problems and
situations
can then be
construed in
a way that
does not
make either
the client or
the
counsellor
uncomfortabl
e, whilst
protecting
the client-
therapist
relationship
between
them.

This practical
has enabled
the students

to gain a
clearer
insight of
their own
values and
given them
and
opportunity
to
understand
the things
mentioned
above. In
conclusion, it
can be said
that
counsellors
need to know
their own
values so
that they are
able to
respect
others'
values and
are not

sidetracked
by
attempting to
sort out their
own
confusions
about values
(Geldard,
1993).

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