

Choice theory counseling paper

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Choice Theory Counseling Paper Tineka Wilson Liberty University Abstract It is imperative to study and incorporate counseling theories when counseling individuals. Many counselors use choice therapy with their clients. Choice theory is an explanation of human behavior. It promotes clients with a healthy way of thinking. According to choice therapy, the behavior is simply an attempt to meet the five basic psychological needs. Those human needs are psychological, power, fun, freedom, survival and love/belonging. Choice therapy also determines the course of the counseling session. A client's behavior is determined by their individual choices. Their choices could be positive or negative. This paper will discuss the importance of choice theory and how it is intertwined with the humans psychological needs. keywords: psychological, optimistic, freedom, Choice Theory Counseling Paper Choice Theory is a counseling approach that is compatible with the secular and Christian worldview. Most clients that are in choice therapy are able to determine their emotional wellbeing by their decisions. For example, an individual may do a good deed for someone. That good deed will often give an individual an emotional satisfaction. Individuals that make good decisions often have a good physical and emotional being. Therapists who use the choice theory usually look at the individuals physical, emotional health, and the mind. All three choices are usually discussed by the client and often determines the outcome of the session. The overall goal of choice therapy is " we choose everything we do, including misery we feel." (Glasser, 1998). Philosophical Assumptions and Key Concepts Choice theory can be based on the philosophical assumptions. Individuals have a major impact on how the theory is utilized. The key concepts in the theory can be compared with the

scientific concepts of psychology. The combination of the two concepts effect the individual in making choices which affect our behavior which determines our emotional and physical well being. (Roth & Fonagy, 2005). One of the philosophical concept is psychological. Human beings are made of different psychological aspects by the way they think, act, and demonstrate their emotions. God created humans in his image, however we are all unique and make our own choices based on our emotions. This philosophical assumption makes it quite difficult to determine the thoughts and behavioral aspects based on the choices made by the individual. (Murdock, 2009). Optimistic is another philosophical concept that can be used in the choice theory. As individuals we should be often optimistic about life. We all wonder if we will stay healthy with our mind, body, and soul. God gives us optimism that will remain healthy through our mind, body and spirit if we trust and believe in him. Some individuals may feel that being optimistic will help them, but are willing to accept it. The last philosophical assumptions is freedom. Freedom is often used to control our choices. It can be also used to control our behavior and emotions. All individuals are capable of controlling our behavior and emotions with the assistance of the Holy spirit. (Jones & Butman, 1991). All three of the philosophical assumptions for choice theory are quite useful. I believe that it can truly help an individual make an good choice/decision. I also believe that it can be determined by an individual emotion. Model of Personality Sigmund Freud developed many ideas about the structure of personality. (Wilson, 2012). Freud believed that personality had three structures. (Wilson, 2012). It was the id, ego, and superego. (Wilson, 2012). Freud believed that our personality processes below the level of conscious

awareness. (Wilson, 2012). Freud also believed that individuals had three levels of personality. They are defined as reality, pleasure, and conscious. Individuals that are capable of making their own choices often reach the three levels of personalities. Those three personalities can often influence the rational behavior. (Santrock, 2008). The Psychodynamic personality model is reflective of five phases. Each phase is more dependent of the previous one. The experiences that happen in the first five years are often blamed for the personality traits in adulthood. The sequence of birth often determines an individual personality. Based on the teachings by God, all individuals have their life's planned after conception takes place. God allows us to decide what we want. (Santrock, 2008). I believe that the personality structure is quite useful in choice theory. I think that counselors should have a good grasp on the personality. All individuals are unique and complex. Understanding the personality will ultimately understand how individuals make their choices. Model of Health Health is a state of emotional, physical, mental, and social well-being. Health can be also looked at the spiritual components of an individual. Individuals that poses all of the components of the definition of health are often able to question their behaviors and make choices based on those behaviors. If an individual lacks the components of the definition of health, they are often looked at as unhealthy. It could be attributed to their lack of their emotions or physiological thoughts. For example, an individual that suffered from substance abuse and mental health usually have some difficulties with their emotional needs. (Murdock, 2009). If an individual is unhealthy due to psychological difficulties, they are unable to make adequate choices. If an individual is spiritual, they are often

healthy because they chose "not" to involve themselves in compromising situations i. e. drug use. Model of Abnormality Abnormality is defined as abnormal physical condition resulting from a an effective gene. From the therapeutic perspective, abnormality is defined as an disruption of repressed emotions i. e. childhood. The repressed emotion if often replaced by alternative behavioral aspects which portray a completely different individual (Sundberg, 2001). One of the major symptoms of abnormality is fear. An individual fear can come from other people, crowds or fear of being alone. Most of the fears are often reduced chances of carrying out meaningful discussions with peers as well as with the therapist. (Sundberg, 2001). When the reduced chances occur, it becomes difficult for the therapist to obtain information from the individual. (Sundberg, 2001). Children that experienced threatening childhoods are often caused by abnormalities. Those abnormalities usually show up in adulthood. Those adults usually portray abnormal behaviors. Many individuals suffering from mental illness usually suffer from abnormal behaviors. Model of Psychotherapy Psychotherapy is based on the emotional, spiritual, and physical being. The overall goal of psychotherapy is to establish aimed at creating an equally favorable opportunity for the client to open up and share their problems with the counselor. (Silverman, 2005). Mental illness is often caused by the physiological, spiritual and emotional failure which are clearly choices made by human beings. The model of psychotherapy often instill hope that clients will revert to their normal lives after extensive therapy. (Silverman, 2005). In order for psychotherapy to be successful, the therapist needs to understand the problems of the client. This process can be achieved by "questioning,

self-disclosure, and reframing." Christian models of cognitive and choice therapy have sometimes used imagery as a healing method. (Butman & Jones, 1991). This model promotes spiritual growth. (Butman & Jones, 1991). The imagery process can be achieved by the use of surrendering the individuals thoughts, emotions and experiences. (Butman & Jones, 1991). Although that example is geared toward Christians, the model can be used in the secular context as well. The combination of all of the approaches ensures that the client receives all necessary help to make a reasonable choice regarding their problem. (Silverman, 2005).

Discussion and Conclusion

Choice Theory was an theory that enjoyed reviewing due to it being in the cognitive theory family. I did have some difficulties in developing the paper, because choice theory is always reflected with cognitive theory. I do believe that you need to understand the foundation of cognitive theory prior to choice theory. I enjoyed learning how choice theory dealt with an individual's emotion or behavior. I never thought how my emotional well-being effected the decisions I make. I work in the mental health field and have found that individuals with substance abuse and i. e. depression issues, usually make their decisions on their current emotional state. If they were having a bad day, then they would likely make a bad decision. I plan to work in the mental health field. Although, I am Christian, I plan to work in a secular based setting. I feel that secular and Christian worldviews can be widely used in Choice theory. Overall, I feel that having a Christian and secular view is an strength that will help me be successful in counseling. It will be some challenges when working with the mental health clients in the secular setting. I do realize that all individuals are not Christians and may not accept

the Christian views. I will present them and try to explain how effective they theory can help them in recovery. I look forward incorporating choice theory in therapy practice.

Appendix Response to Discussion Board Rebecca White
Rebecca, I enjoyed reading your Cognitive theory paper. You demonstrated very well, by defining how cognitive theory is best utilized. I do feel that spiritual, cognitive and behavior is important in achieving cognitive counseling. I enjoyed how you incorporated scriptures to support your findings. I choose choice theory which is a part of cognitive theory. In order for choice theory to be successful, an individual must be aware of their spiritual, emotional and physical being as well.

Joanne Dunham Discussion Board Response Week 7 Joanne, I thoroughly enjoyed reading your counseling theory paper. You enlightened me a lot of adjustment theory. I was somewhat familiar with the theory, but you defined it very well. I can definitely relate to adjustment. I am a military wife that has moved from my hometown of N. C to Japan, Washington State, Virginia, and finally Florida. It can be quite difficult to adjust if you don't have faith and hope. I know that God has comforted me and allowed me to adjust away from my family in N. C.

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