

Cognitive counseling theory technique

Psychology



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Cognitive Counseling Theory/Technique

Cognitive counseling theory/ technique Cognitive counseling theory/ technique This theory is founded on the belief that the behavior and the feelings of a person are determined by how the person thinks (Chapman, 2006). Having bad thoughts will lead to bad consequences. The method applied is the collaboration of the therapist and the client in order to change the poor thoughts the client has, about the general worldview and their own selves. This counseling theory applies two techniques, the cognitive therapy technique, and the behavioral therapy technique. The former helps the client identify their habitual unconstructive thoughts and replace them with useful thinking that is based on reality (Robertson, 2010). The counselor puts the client in a controlling position, where he seeks alternatives to causes of events and explores a range of strategies to tackle fearful possibilities. The later deals with distraction of negative emotional thinking, by planning and scheduling activities that promote positive emotions (Lee, 1995). It entails the practice of activities and entices thoughts that are useful in the real world.

In the case of Nicole, this theory can apply most appropriately, in that it will help her stop focusing on the negative thoughts and indulge in activities that would stimulate positive and useful thinking about herself and her life circumstances. The theory will be applied to help Nicole replace the anxious emotions and the suicidal idealizations with constructive thought such as the prosperity and excellent performance of her children at school. The greatest advantage of this theory is that it empowers Nicole to get in control of her thoughts, scheduling events that will keep her positively aligned to life

achievements. However, the limitations of this theory are that it cannot be applied to solve complex issues such as personal disorders and relationships. Therefore, the theory is best applicable in a population that has no complex issues such as relationships (Desmidian, 2006).

Works Cited

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