

Philosophy of Counselling

If we want to discuss the philosophy of counselling as such, we have to go beyond the profession of counsellor, exploit the helping nature of human being starting in childhood. We have to expand outside the borders of humanity to all animal kingdom, where mother helps injured or scared young, to get over the trouble or deal with stress of the moment or situation, as these happened to everyone. Some are just short shocks from momentary exposure and some are longer lasting from distress developed into disorder.

In childhood, when we experience stressful situation, ideally we receive help from parents or other significant person in form of explanation and calming talk, which compare to paraprofessional or non-licensed counsellor. One might say that help of parent or other significant person in our life is the first counselling experience. As we grow into adulthood, we grow through experiences of more professional counselling. In school, beside a teacher or instructor, it might be paraprofessional or professional counsellor or psychiatrist, as it happens at work by manager and work counsellor or outside of work in medical environment. In cases of more serious need of help, we visit counselling agency or mental institution.

The necessity of help is quite evident in the cases of children and adults whom had no opportunity of getting help in the time of need and at later adulthood, in most, they are exhibiting strong signs of stress turning into psychological disorder. Most adults in counselling care shows, after a few sessions of counselling, stressors, which lead to childhood negligence or later, untreated mental stressors.

We would not be exploring philosophy of counselling, if we did not explore more closely the professional helpers and their psychological reasons for taking the burden of the profession.

(CACREP) What is professional counseling? Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.

People have many different reasons for deciding they want to become a counselor. Some people choose this career because they once had a good experience with a counselor during a difficult time in their own life and they want to "pay it forward." Another person may have done some volunteer work at a crisis hotline and realized that they enjoyed both the challenges and joys of working with clients facing difficult times. Yet another person may have been told that they are a good listener and they ought to consider working as a mental health professional.

Some individuals simply are looking for satisfying their ego, to make impact, or to have power and control over others.

"I have always desired to become a counselor since I was five years old. I have always loved helping people a wonderful lady in our community who worked in the counseling field was instrumental in encouraging me to follow my dreams." -Barbara Meeuen

(CACREP) Whatever the reasons, individuals that choose to seek a career in counseling usually have one thing in common - a desire to help people work through life's challenges and

Counseling Philosophy Examples

Peter Raabe



Counseling Philosophy Examples:

Philosophy's Role in Counseling and Psychotherapy Peter Raabe, 2013-11-26 In *Philosophy's Role in Counseling and Psychotherapy* Peter Raabe argues that philosophy is an effective method in treating mental illness. Calling for a paradigm shift away from the standard belief that the brain and mind are identical, Raabe argues that so-called mental illnesses such as depression and schizophrenia are not the actual causes of psychological misery. Instead, they are just labels for symptoms. For example, the word depression is merely a label attached to a collection of symptoms such as sadness, hopelessness, and low self-esteem. Raabe posits that distressing or painful life events can cause symptoms that are often clinically labeled as the mental illness of depression. The suffering brought on by painful life events can often be alleviated with helpful discussions and without resorting to medications. Because philosophy is the foremost form of discussion, it means that the suffering that is labeled mental illness can be treated and even cured with philosophy. Raabe ultimately concludes that philosophy is beneficial in three ways: it can prevent the onset of a so-called mental illness in the person who studies it; it can be used to help individuals suffering from the distress that is labeled mental illness; and it will enhance the competence of the counselor or therapist who practices it.

The Contemporary Relational Supervisor 2nd edition Robert E. Lee, Thorana S. Nelson, 2021-08-11 *The Contemporary Relational Supervisor 2nd edition* is an empirically based, academically sophisticated, and learner-friendly text on the cutting edge of couple and family therapy supervision. This extensively revised second edition provides emerging supervisors with the conceptual and pragmatic tools to engage a new wave of therapists helping them move forward together into a world of highly systemic, empirically derived, relational, developmental, and integrative supervision and clinical practice. The authors discuss major supervision models and approaches, evaluation, ethical and legal issues, and therapist development. They present methods that help tailor and extend supervision practices to meet the clinical, institutional, economic, and cultural realities that CFT therapists navigate. Filled with discussions and exercises to engage readers throughout, as well as updates surrounding telehealth and social justice, this practical text helps emerging therapists feel more grounded in their knowledge and develop their own personal voice. The book is intended for developing and experienced clinicians and supervisors intent on acquiring up-to-date and forward-looking systemic CFT supervisory mastery.

Theories of Counseling and Psychotherapy Allen E. Ivey, 2002 This continues to be the only counseling theory text that shows how and why to engage in the specifics of each major counseling theory. It is the most detailed and specific of all texts in terms of helping students actually practice counseling and therapy. The Practice Competencies provide students with specifics of how to use major strategies, allowing instructors to expect their counseling students to present portfolios of competencies indicating that they can actually engage in the theory as well as understand it. The text has infused multicultural orientation and illustrates how traditional theory can be adapted with many different populations.

Essays on Philosophical Counseling Ran Lahav, Maria da Venza Tillmanns, 1995 In the first book written in English on this

growing field of applied philosophy Essays on Philosophical Counseling is a collection of 14 articles by leading philosophical counselors from five countries The book presents the reader with the major approaches to philosophical counseling by combining theoretical discussions with a large number of case studies Divided into three parts Essays on Philosophical Counseling first discusses the theoretical and historical background of philosophical counseling then deals with the relationship between philosophical counseling and psychotherapy and last focuses on specific types of problems and predicaments and how they are addressed philosophically Contents Philosophical Counseling The General Picture A Conceptual Framework for Philosophical Counseling Worldview Interpretation Ran Lahav Philosophical Counseling in Holland History and Open Issues Ida Jongsma The Training of a Philosophical Counselor Dries Bole Philosophical Counseling The Arts of Ecological Relationship and Interpretation Barbara Norman Philosophical Counseling and Psychotherapy Philosophy Philosophical Practice and Psychotherapy Gerd A Achenbach Philosophical Counseling as a Critical Examination of Life Directing Conceptions Michael Schefczyk Some Reflections on Philosophical Counseling and Psychotherapy Ben Mijuskovic Meaning Crisis Philosophical Counseling and Psychotherapy Steven Segal Philosophical Counseling Some Roles of Critical Thinking Elliot D Cohen Specific Topics for Counseling Philosophy in Marriage Counseling Anette Prins Bakker Philosophical Practice Pastoral Work and Suicide Survivors Will A J F Gerbers The Philosopher in the Business World as a Vision Developer Ad Hoogendijk On the Emergence of Ethical Counseling Considerations and Two Case Studies Louis Marinoff Supplement The Legal Perspective Legal Issues in Philosophical Counseling Barton Bernstein and Linda Bolin

Essays on Philosophical Counseling Ran Lahav, Maria Tillmanns, 1995-08-15 In the first book written in English on this growing field of applied philosophy Essays on Philosophical Counseling is a collection of 14 articles by leading philosophical counselors from five countries The book presents the reader with the major approaches to philosophical counseling by combining theoretical discussions with a large number of case studies Divided into three parts Essays on Philosophical Counseling first discusses the theoretical and historical background of philosophical counseling then deals with the relationship between philosophical counseling and psychotherapy and last focuses on specific types of problems and predicaments and how they are addressed philosophically Contents Philosophical Counseling The General Picture A Conceptual Framework for Philosophical Counseling Worldview Interpretation Ran Lahav Philosophical Counseling in Holland History and Open Issues Ida Jongsma The Training of a Philosophical Counselor Dries Bole Philosophical Counseling The Arts of Ecological Relationship and Interpretation Barbara Norman Philosophical Counseling and Psychotherapy Philosophy Philosophical Practice and Psychotherapy Gerd A Achenbach Philosophical Counseling as a Critical Examination of Life Directing Conceptions Michael Schefczyk Some Reflections on Philosophical Counseling and Psychotherapy Ben Mijuskovic Meaning Crisis Philosophical Counseling and Psychotherapy Steven Segal Philosophical Counseling Some Roles of Critical Thinking Elliot D Cohen Specific Topics for Counseling Philosophy in Marriage Counseling Anette Prins Bakker

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Button Therapy Lloyd R. Goodwin Jr. Ph.D.,2007-04-23 The Button Therapy Book is a practical psychological self help book and a holistic cognitive therapy manual for mental health professionals The Six Step Button Therapy Method is a practical and psychological self help approach and is a companion book to the Button Therapy Book providing a summary overview of the six steps The Cognitive Self Assessment Inventory is designed to help identify core beliefs should messages defense mechanisms personality traits thought distortions and Buttons i e attachments or demands The Cognitive Self Assessment Inventory can be used by mental health professionals as a psychological assessment tool View the individual books The Button Therapy Book The Six Step Button Therapy Method The Cognitive Self Assessment Inventory

Counseling Ethics Christin Jungers,Jocelyn Gregoire,2012-10-23 How can philosophy guide our understanding of and approach to counseling ethics and techniques Moving beyond the standard review of ethical issues and basic problem solving this highly engaging new text for counseling professionals features innovative experiential activities and case studies that promote in depth thinking about the ethical moral and legal issues often confronted by counseling professionals The book is designed to help counselors develop an appreciation for and confidence in their preferred set of philosophical ethics and become ethically autonomous professionals To this end it examines a full range of philosophical approaches to ethics such as the well known concepts of ethics codes and laws as well as the less familiar ideas of existential phenomenology care ethics and virtues Featuring contributions from leading counselor educators and practitioners representing a wide range of expertise in counseling specialties and ethical practice this text presents ethical practice from a positive proactive point of view rather than from a reactive or fear based stance It provides a solid foundation in ethical decision making critical thinking and best practices that will enable counseling professionals to navigate the maze of ethical codes and standards of care while confidently practicing in a consistently ethical manner The accompanying Instructor s Manual offers step by step guidance on how to facilitate classroom activities and case study discussions as well as a sample syllabus and a selection of quiz and essay questions to enhance students understanding of each chapter The text is congruent with relevant ethical codes and CACREP curriculum standards Key Features Provides activity based learning regarding all the ethical standards and legal issues counselors will face Promotes in depth critical thinking and a proactive positive approach to ethical and moral dilemmas Includes examples across all counseling settings and specialties Offers students multiple case examples that make ethical issues realistic and engaging Features Instructor s Manual offering sample syllabus and resources for course activities Ethical, Legal, and Professional Issues in Counseling Theodore Phant Remley,Barbara Herlihy,2007 Updated to include the new ACA Code of Ethics this comprehensive volume from two leaing scholars offers an in depth examination of

professional issues in counseling from both an ethical and legal point of view Difficult issues are address in a straightforward manner and practical realistic advice is proffered through vignettes that showcae typical situations and dilemmas faced by practicing counselors Unique in depth coverage of legal issues as well as ethics The only text written by both a lawyer and an expert in ethics all issues in the text are examined from both a legal and an ethical perspective See pages 78 96 108 116 and 121 122 for a few examples of the book s coverage of the law Integrated coverage of the ethical and legal issues involved in working with diverse clients The text contains a separate multicultural chapter Chapter 3 as well as integrated coverage of diversity in every chapter See the detailed table of contents for the Diversity Considerations section in each chapter Accompanying video vignettes An interactive CD Rom containing twenty video cases that present realistic counseling challenges involving a variety of clients in numerous and varied settings can be ordered as an adjunct to the text The CD scaffolds users in the analysis of each of these ethcial dilemmas and then provides the user with feedback to their analysis Gives prospective counselors a bona fide feel for the actual counseling session facilitates students reflection and provides practice in ethical decision making

Philosophy in Philosophical Counseling Ora Gruengard,2023-07-25 Philosophy in Philosophical Counseling Unasked Questions Open Answers offers a base for criticizing approaches to philosophical counseling that fail to be philosophical or relevant to the counselees concerns It analyses the impact of tacit unexamined philosophical assumptions and examines their influence on the search for solutions while explaining how such assumptions may obstruct that search Ora Gruengard argues that conversations in which the participants disagree with each other are the adequate context for calling tacit assumptions into question and exploring alternatives Her research shows how philosophical assumptions change in informal conversations and illuminates their important role in education religious guidance and psychological treatments Nevertheless philosophical issues are best dealt with in explicit philosophical dialogues in which counselees are respected as philosophical partners who are encouraged to think critically and make their own judgments This book addresses counselors dilemmas by presenting examples of hypothetical counseling conversations and true sessions with real people Gruengard also discusses what kind of philosophical knowledge and expertise is necessary for doing the job adequately

Theories of Counseling and Psychotherapy Cecil Holden Patterson,1986 The Teacher's Role in Counseling Mary G. Ligon,Sarah W. McDaniel,1970

Philosophy, Counseling, and Psychotherapy Elliot D. Cohen,Samuel Zinaich,2013-07-16 Can philosophy help ordinary people confront their personal or interpersonal problems of living Can it help a couple whose marriage is on the rocks or someone going through a midlife crisis or someone depressed over the death of a significant other or who suffers from anxiety about making a life change These and many other behavioral and emotional problems are ordinarily referred to psychologists psychiatrists clinical social workers or other mental health specialists Less mainstream is the possibility of consulting a philosophical counselor or practitioner Yet there is presently a steadily increasing world wide movement among individuals with postgraduate credentials in philosophy to

harness their philosophical training and skills in helping others to address their life problems But is this channeling of philosophy outside the classroom into the arena of life a good idea Are philosophers as such competent to handle all or any of the myriad emotional and behavioral problems that arise in the context of life or should these matters best be left to those trained in psychological counseling or psychotherapy Through a diverse and contrasting set of readings authored by prominent philosophers philosophical counselors and psychologists this volume carefully explores the nature of philosophical counseling or practice and its relationship to psychological counseling and psychotherapy Digging deeply into this relational question this volume aims to spark more rational reflection and greater sensitivity and openness to the potential contributions of philosophical practice It is accordingly intended for students teachers scholars and practitioners of philosophy counseling or psychotherapy as well as those interested in knowing more about philosophical counseling or practice

DVD Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan, Rita Sommers-Flanagan, 2004-01-16 Learn the various counseling theories through authentic examples led by actual practitioners working with real clients This comprehensive two DVD set promotes student learning by illustrating each of the counseling theories covered in the textbook *Counseling and Psychotherapy Theories in Context and Practice* Second Edition by John and Rita Sommers Flanagan However the DVDs can be used in conjunction with this text or as a stand alone teaching tool in any course covering psychotherapy theories and techniques Unique in its presentation of real clinicians from a variety of work settings including school and college counselors working with actual clients the DVDs Feature practitioners and clients who represent ethnic gender age and religious diversity Model how to develop a positive therapeutic relationship from any theoretical perspective Help students not only understand the differences between theories but also the difference between theory and technique Offer commentary by the authors on how the counselor in the session made decisions from a theoretical perspective as well as why a particular counseling theory was appropriate for the client's situation Exploring Psychoanalytic Adlerian Existential Person Centered Gestalt Behavioral Cognitive Behavioral Reality Feminist Solution Focused and Family Systems theories these two DVDs shed light on these theories in real practice with clients

Resources in Education, 1992-10 **Philosophical Counseling** Peter B. Raabe, 2001 Annotation Critiques existing theoretical approaches and practices of philosophical counseling and presents a new model **Philosophy's Role in Counseling and Psychotherapy** Peter Raabe, 2013-11-26 In *Philosophy's Role in Counseling and Psychotherapy* Peter Raabe argues that philosophy is an effective method in treating mental illness Calling for a paradigm shift away from the standard belief that the brain and mind are identical Raabe argues that so called mental illnesses such as depression and schizophrenia are not the actual causes of psychological misery Instead they are just labels for symptoms For example the word depression is merely a label attached to a collection of symptoms such as sadness hopelessness and low self esteem Raabe posits that distressing or painful life events can cause symptoms that are often clinically labeled as the mental illness of depression The suffering brought on by

painful life events can often be alleviated with helpful discussions and without resorting to medications. Because philosophy is the foremost form of discussion it means that the suffering that is labeled mental illness can be treated and even cured with philosophy. Raabe ultimately concludes that philosophy is beneficial in three ways: it can prevent the onset of a so-called mental illness in the person who studies it; it can be used to help individuals suffering from the distress that is labeled mental illness; and it will enhance the competence of the counselor or therapist who practices it.

Contemporary Approaches to Psychotherapy and Counseling Joseph F. Burke, 1989
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Counseling and Psychotherapy Allen E. Ivey, Mary Bradford Ivey, Lynn Simek-Morgan, 1997
This edition covers the major theories in detail and takes theory directly to practice. The text has a strong multicultural orientation and illustrates how traditional theory can be adapted with many different populations.

Theory and Practice of Counseling and Psychotherapy Gerald Corey, 1990
Develop your own counseling style using Corey's bestselling **THEORY AND PRACTICE OF COUNSELING AND PSYCHOTHERAPY**. You will see the major theories of counseling: psychoanalytic, Adlerian, existential, person-centered, Gestalt, reality, behavior, cognitive-behavior, family systems, feminist, and postmodern approaches as they are used in practice through a case study focused on one client, Stan. The case of Stan appears in each chapter so you can see how the theory presented in that chapter informs the

Skills in Counseling Women Mary Nomme Russell, 1984

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