

# PSYCHOLOGY *for* NURSES

**Psychology for Nurses** is a comprehensive book written for those taking diploma and degree programmes in nursing. It is also for the registered nurses (RN) who would like to enrich their nursing practice. Psychology as a subject must provide adequate insight for those who are embarking into the nursing profession, a healthcare profession which requires adjustment to the behaviour of the patients and those around them; understanding the patients' anxiety, fear or pain; and self-acceptance by the nursing care givers in order to function independently within the areas of their responsibility.

This book is unique in that the author who is a psychologist and a mental health nurse practitioner has introduced new concepts that are relevant to the nursing practice. Among these concepts are psychology of nursing care; psychological interventions, like the therapeutic smile; and the therapeutic use of self or presence. The basic concepts of psychology are also presented in this book since, as the author views it, it is very important that all nurses know and understand the origin and the development of psychology as a science.

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PSYCHOLOGY *for* NURSES

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# Chapter 15



# Chapter 15

## Counseling and Psychotherapy

# EXPECTED LEARNING OUTCOMES

After studying this chapter, you are expected to:

1. discuss thoroughly the nature and history of counselling and psychotherapy;
2. identify the essential services of counselling psychologists and distinguish counselling from psychotherapy;
3. achieve the goals of counsellors and observe the four-stage approach to the counselling process;
4. compare the different approaches and models of counselling and psychotherapy; and
5. determine the efficiency of the different approaches, treatment procedures, and models in counselling and psychotherapy.

# Introduction

- One of the roles of nurses is to act as counsellor. It is necessary therefore that they should be taught and trained about the principles of counselling techniques and psychotherapy.
- If a nurse would like to be a psychiatric nursing practitioner, the an id-depth knowledge of counselling and psychotherapy is a must.

- Counselling refers to a wide selection of services and activities that counselors choose to help people prevent disabling events, focus on their overall development and remedy existing concerns (Schmidt, 1989).

- Professional Counselling is the process of establishing a relationship to identify people's needs, design strategies to satisfy these needs, and actively assist in carrying out plans to help make decisions, solve problems, develop self-awareness and lead healthier lives.

- Consultation comprises relationships in which school counselors, as student development specialists, confer with parents, teachers, and other professionals to identify student needs and select appropriate services.



# The Development of Counselling

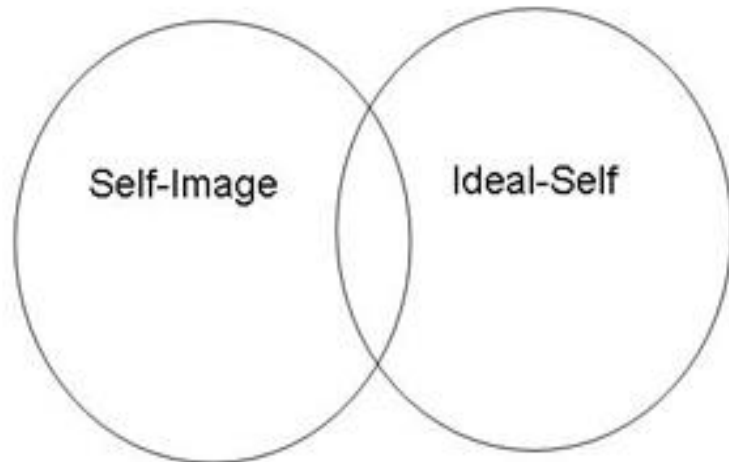
## Rogerian Influence.

- He emphasized a group-oriented Counselling relationship as opposed to an informational and problem-solving one.



# Roger's Self-concept Theory

**Incongruent**

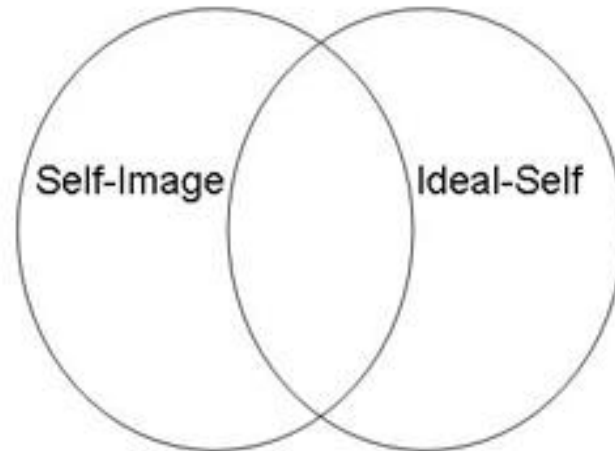


The self-image is different to the ideal self.

There is only a little overlap.

Here self-actualisation will be difficult.

**Congruent**



The self-image is similar to the ideal self.

There is a more overlap.

This person can self-actualise.

# Government Influence

- The George-Barden Act of 1946 provided funds to develop and support guidance and Counselling activities in schools and other settings.

# New Theories

- The Behavioral Approaches such as :
  1. Implosive Therapy of Stampfl in 1961 and the
  2. Systematic Desensitization of Wolpe in 1958,
  3. Cognitive and Semantic Theories of Albert Ellis (Rational Emotive Therapy) in 1962,
  4. Ego-Psychology of Stefflre & Grant in 1972;
  5. Humanistic and Existential Movements of Combs (1962), Jourrard (1964), May (1966) and Maslow (1957) and then Group Counselling.

- Psychoanalytic (including psychodynamic)
- Person-centered
- Cognitive
- Behavioral
- Affective

# Psychotherapies for nurses

- Family Therapy
- Experiential Therapy
- Psychodrama
- Adlerian Psychotherapy
- Rational Emotive Behavioral Therapy

- Functional Emotive Existential Therapy
- Person-Centered Therapy
- Behavior Therapy
- Cognitive Therapy
- Existential Psychotherapy
- Gestalt Therapy
- Multimodal Therapy

- After 1960s, development and expansion of Counselling profession continued as a result of legislations regarding the increasing services and enhanced existing programs and the refinement and clarification of the role of school counselors due to the classic book of C. Gilbert Wrenn entitled *The Counselor in a Changing World (1962)*.



- Changes were noted from industrialization to technological advances brought about by social, economic, educational and career adjustments.
- Automation in industry affected employment and career Counselling for adults.
- Changing roles of women affected family structures. Accelerated pace of society increases daily stress in most people's lives.

# Essential Services of Counselling Psychologists

- Counselling. Counselors have tried to distinguish Counselling processes from other therapeutic relationships such as psychotherapy but these distinctions are not clear.

# Consulting

- Consulting is a relationship in which two or more people identify a purpose, establish a goal, plan strategies to meet that goal and assign responsibilities to carry out strategies.
- The consulting relationship is informational conference and consultation.

# Distinguishing Counselling from Psychotherapy

- *Webster's Third New International Dictionary* (1976) defines Counselling as a “practice of professional service designed to guide an individual to a better understanding of ... problems and potentialities by utilizing modern psychological principles and methods” (p. 518).

- In Good's (1945) educational dictionary, he defined Counselling as "individualized and personalized assistance with personal, educational and vocational problems" (p. 104).
- Psychotherapy, however, emphasizes the following: the past more than the present, insight more than change, the detachment of the therapist, and the therapist's role as an expert.

- Blocher (1966) listed five parallel conditions that define Counselling and the relationship between counselors and counselees.
- These conditions include: clients are not “mentally ill,” but rather capable of setting goals, making decisions and being responsible for their behaviors;

- Counselling is concerned with the present and the future; counselors are essentially partners and teachers, and clients are collaborators as they move toward mutually defined goals; counselors do not impose values on their clients, nor do they attempt to hide their own values, feelings and moral beliefs.

# Goals of Counselling

1. facilitate changes in one's behavior,
2. improve social and personal relationships,
3. increase social effectiveness and one's ability to cope,
4. learn decision-making processes,
5. enhance potential and enrich self-development



# Four-Stage Approach to Counselling Process

## 1. Establishing a relationship.

- Respect is another or unconditional positive regard. Respect includes the ingredients of equality, equity, and shared responsibility.
- Genuineness called congruence allows counselors to be who they are without playing a role or hiding behind a façade.

## 2. Exploring concerns

- Exploring concerns means focus on concerns, either developmental or problem-oriented and make decision to remedy a situation, acquire new skills or enhance one's self-awareness.
- The exploration phase is characterized by constructs, language, techniques, and strategies created and endorsed by particular approaches selected by counselors.

### 3. Taking action.

- The action phase is influenced by the theoretical beliefs and helping models embraced by the practicing counselor. Psychodynamic approaches feature the development of insight, reorientation of attitudes and beliefs, redefining goals and choosing alternative behaviors.

## 4. The final stage is called the closure or termination.

- Both counselor and counselee arrive at a point where the purpose and goals of their relationship have been successfully achieved, and now is the time to move on to other goals and other relationships.
- Gladding (1996) claims that this is the most neglected of all the stages.

# Counselling and therapeutic Approaches and Models

- Most counselors in clinical settings embrace an eclectic philosophy (Corey, 1996). Eclectic Counselling is the integration of a number of related theories, approaches and techniques into a personalized and systematic process.

# Adlerian Counselling

- It is otherwise known as “Individual Psychology.”
- Individuals are motivated by social responsibility and need achievement, not driven by the inborn instincts.

# Reality Therapy

- This approach adheres to the belief that the human brain operates as a control system acting as a kind of compass that guides behaviors.
- This internal system allows people to screen their options through a type of perceptual filter and select behaviors that satisfy needs. It maintains that people are ultimately in charge of their lives.

# Behavioral and Cognitive Approaches to Counselling

- This approach bridges the gap between the behaviorists who attend strictly to observable and measurable actions and advocates of perceptual principles, who believe people are thinking, reasoning beings who choose behaviors through a process of internally receiving, reviewing, accepting and rejecting messages from themselves and others.



1. B. F. Skinner led the Applied Behavior Analysis which focused on overt behavior with cognition seen as excess baggage, unnecessary to the understanding and modification of behavior.

2. The NeoBehavioristic Mediation Stimulus-Response Model was making extensive use of the learning theories of Clark Hull, Neil Miller and Kenneth Spence. Mediation models pay attention to what goes on inside the organism. Wolpe's systematic desensitization is a prime example. SD seeks to extinguish anxiety (an internal response) while the client uses imagery (another internal event) to visualize scenes that arouse anxiety.

3. **Social Learning Theory Approach by Albert Bandura.** Behavior is a function of three interactive systems: behavior itself, environmental influences and cognitive processes.

**4. Cognitive Behavior Modification.** It includes theories developed within the mainstream of behavior therapy as well as those formulated from a cognitive perspective (Ellis, 1989). Similar to social learning but

# Treatment Procedures

- 1. Operant Conditioning.** Positive reinforcement is combined with shaping procedure. Such methods have been found to be highly effective in promoting occupation information-seeking

**2. Systematic Desensitization.** SD is one of the most thoroughly studied interventions for extinguishing anxiety and other fear-based responses.

**3. Flooding.** This is the opposite of SD. Flooding maximizes anxiety. Anxiety will be quite high but usually dissipates if the client stays with the scene long enough

## **4. Assertiveness and Social Skills Training.**

Strategies used include behavioral rehearsal, participant modeling, self-control procedures, contingency contracting, and cognitive restructuring.



# Invitational Counselling

- Founded on the assumptions of perceptual psychology and the impact of self-concept on human development. Its fundamental beliefs are:
  1. Every student wants to be accepted and affirmed as valuable, capable, and responsible and wants to be treated accordingly.
  2. Every person has the power to create beneficial messages to send themselves and others and because they have this power, they also have the responsibility

# Psychoanalytic Therapy

- This includes Freudian approaches, their derivatives and their departures.
- All fields in which Counselling interventions are involved must be indebted to psychoanalysis, to Freud for he discovered the “talking cure” the treatment upon which the entire field of verbal Counselling has been built (Gelson & Fretz, 1992).

# Common Elements Among Psychoanalytic Approaches

- 1. Psychic Determinism.** Emphasis on intrapsychic factors looking inside the person's mind or psyche for causes.
- 2. Genetic-Developmental Hypothesis.** The past determines the present. Focus on the earliest years of life, first six or seven years

**3. Psychosexual Stages and Psychosocial Stages or Stage Theory.** Healthy development is facilitated by parents gratifying their psychological needs to an optimum extent.

**4. Centrality of the Unconscious.** The id (primitive and unconscious) provides all psychic energy. The ego, more conscious, depended entirely on the id for its energy. Unconscious factors are still seen as extremely important in personality development. Intervention needs to work with the unconscious.

**5. The Role of Defenses.** A defense is any operation of the mind that aims to ward off anxiety or depression. Psychoanalytic interventions seek to affect defenses, reduce or eliminate defenses to help client institute healthier defenses.

**6. Repetition and Transference.** Past unresolved problems get repeated and lived out in present life. Help the client understand repetitions through understanding the present more accurately or to control better the repetitions.

**7. Client-Therapist Relationship.** This is central. Work alliance, transference configuration and the real relationship, cultivation, working through of the transferences are the heart of the treatment. Transference is central in terms of unfolding and interpretation in the work and its use as vehicle to aid the therapist in understanding the client's dynamics.



**8. Interpretation.** Finding the present need, analyzing the client's issues that made the deviations necessary so that in-depth insight can be restored. The aim of interpretation is to provide insight. To help make conscious what was heretofore unconscious. Uncover the hidden causes by analyzing the material poured out by the analysand.

**The Ideal of the Insight.** All forms of psychoanalytic treatment tend to share five basic goals:

- reduction of intensity of irrational impulses and a corresponding increase in the mature management of instinctual strivings;

# KEY POINTS

- Counseling refers to a wide selection of services and activities that counselors offer to help people overcome disabling events, focus on their overall development, and resolve existing concerns.
- The essential services of counseling psychologists include counseling (individual and group), consulting, and providing information such as community and school resources, career and educational opportunities, and financial assistance.

- The goals of counseling are to facilitate behavioral change, improve social and personal relationships, increase social effectiveness and coping ability, learn decision-making processes, as well as enhance personal potential and enrich self-development.
- The four-stage approach to the counseling process includes establishing a relationship, exploring concerns, taking action, and closure.

- Eclectic counseling is the integration *of* a number of related theories, approaches, and techniques into a personalized and systematic process.
- Adlerian counseling is based on the principle that individuals are motivated by social responsibility and need achievement, rather than being driven by inborn instincts.

- The reality therapy of Glasser works on the basis that the human brain operates as a control system which acts as a kind of compass guiding behavior. Individuals are responsible for the decisions they make and the behaviors they choose.
- Psychoanalytic therapy includes Freudian approaches, their derivatives, and their departures.