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Theories of Counseling and Effect of Communication Disorders on the Individual and the Family

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Theories of Psychotherapy: Applications, Interpretations and Techniques

Reflection paper is aimed to represent the observations and the thoughts of the reviewer. In this reflection paper, the reviewer has analyzed the theories of Psychotherapy, their applications and techniques of implications on the basis of thorough review of the theories. As the field of Psychotherapy implies number of therapies, the reviewer has adapted three main and contrasting therapies on the basis of their importance in the counseling of clients. The basic counseling techniques are interpreted by the researcher in this reflection paper according to which the counselor can conduct the therapy sessions with the children of communication disorder. Applications and interpretation of theories will help the pathologists to identify what techniques are more useful for the therapy.

Introduction

There are several theories of counseling given by different theorists. Gerald Corey (2009) has discussed in great details the theories of counseling in his book “*Theory and Practice of Counseling and Psychotherapy*”. In the field of pathology the theories are considered as the therapies purposed by different psychiatrists or theorists.

Theories of counseling

Some of the therapies of counseling are:

1. The Psychoanalytical Psychotherapy

The Psychoanalytical Psychotherapy was purposed by Sigmund Freud (1856–1939) who purposed that there are certain factors which determine the behavior of an individual and shape the personality of such individual. The illogical factors affecting the behavior, comatose enthusiasm and other natural desires are the main elements which keep on changing in the psychosexual phases of a person’s life. “*Life instincts*” and “*death instincts*” are the two main characteristics of Freud concept of psychoanalytic therapy.

i. *Life Instincts* motivate the individual to achieve human desires which can give him the pleasure of mind and body. The growth and personality development, social development and life achievements are based life instincts because the life instincts inspire the person to achieve its sexual desires and social position in life.

ii. On the other hand, the *Death Instincts* are those instincts which drive the individual towards aggressive behavior. Sometime individual intend to commit suicide or kill someone because of inability to achieve certain desires in life. The death instincts and the violent force of causing the pain is the main issue faced by human society in every century.

The psychoanalytic therapy focused on the structure and development of personality of individual and events experienced by person in its childhood. Those experiences had a great impact on persons ego and super ego which in further age can lead to different mental health conditions.

2. The Adlerian Psychotherapy

Alfred Adler (1870–1937) had purposed the concept of *Adlerian Therapy* in which he has interpreted that young age events or the past events continuously influence the perception and thoughts of a person. In contrast to Freud, Alder stated that social relations of a person effect the behavior of individual and sexual desires are not responsible for shaping the behavior and personality of any person. Alderian Therapy basically entailed that social behavior of an individual is always focused and directed towards achievement of a goal, and social behavior of such individual is also conscious rather than unconscious (Schultz & Schultz, 2005). On the basis of this concept of personality and behavior development *Adler* suggested that therapist should comprehend a person within the community and system that person live in.

i. *Inferiority Feelings* are the main focus in the Alderain Therapy. Inferiority feelings are the typical situations of each and every one and push every person towards the achievement of a certain goal which can be positive or negative. Alder asserted that inferiority feelings can lead the persons towards the creation of something new. This happens because the inferiority feelings can motivate the individual to achieve victory and domination (Schultz & Schultz, 2005).

ii. *Mental Capability*: Adler suggested the genetics and the environment cannot shape the behavior of an individual. Instead every individual can use his mind to understand, manipulate, and generate actions. In simple words the mental abilities and boundaries define what we can achieve in our lives. To polish such mental capability of individuals, they should be reeducated so that the society can be reshaped with more capable individuals.

3. The Behavioral Psychoanalysis

B.F. Skinner & Albert Bandura are the important theorists of Behavioral therapy. Behavioral Psychoanalysis applies the scientific methods and procedures in the therapeutic field. The experimental methodology of study in scientific methods can help the individuals to change their “*maladaptive behaviors*”. The unique quality of behavioral therapist is the methodical fidelity to accuracy and to experimental assessment.

i. *Product and the Producer*: The main concept of *Behavioral Psychoanalysis* is that an individual is himself “*the producer and the product of his or her environment*”. Therefore the recent development of Behavioral Psychoanalysis is to develop the measures which can provide

organization and control to patients so that they can be the bearer of their own autonomy. This psychotherapy can amplify the ability of individual to contain new choices for reaction (Kazdin, 2001). More simply, Behavioral therapy focuses on the patient's existing troubles and those social or environmental aspects which can influence him (Martell, 2007).

Interpretation and Application of Theories

1. The Psychoanalytical Psychotherapy

Interpretation

According to psychoanalytic therapy, individual cannot overcome the experiences and ordeals of childhood, Regardless of the length of psychoanalytic therapy, traces of our childhood needs and traumas will never be completely erased. Childhood experiences cannot be removed from the consciousness of an individual. Therefore the relationship between the patient and psychoanalyst is much important in the therapy sessions because therapist need to discover the subconscious of the patient in order to understand the childhood causes of certain personality discrepancies. The discovery of consciousness of the patients leads the therapist towards the foundation of the logical enlargement procedure (Amundson, Bowsbey, Niles, 2005).

Through psychoanalytic therapy the patients becomes able to recognize the relationship among their earlier childhood incidents and their present performance. The psychoanalytical therapy suggested that therapists cannot understand the reasons of abnormal behavior of patients without exploring the subconscious of patients and also the patients cannot understand the reasons of their present abnormal behavior without understand the past conflicts without which both therapist and patient will be unable to prescribe the solutions to behavioral conflicts.

Techniques

There are multiple practices of psychoanalytic treatment through which the therapists can:

- raise consciousness
- discovering the past reasons for patients actions
- considering the warning sign for certain behavior to understand the actions of patients
- Catharsis and the expression of emotions is an important technique of psychoanalysis therapy. Catharsis enables the therapists to accomplish the objectives of cerebral and

expressive understanding and reeducating the patient can bring the change in personality (Armstrong & Rounds, 2008).

- Upholding the diagnostic structure for the patients by the therapists
- liberated relationship between counselor and patient
- Interpreting the story of clients
- Analysis of the dreams by therapist
- Examination of confrontation of the patients
- psychotherapy of conveyance

These are some important techniques of psychotherapy psychoanalysis.

2. The Adlerian Psychotherapy

Adlerian therapists recognize that patients be dampen and act hopelessly as of wrong attitudes, imperfect principles, and ambitions which were never accomplished. They function because of the belief that patients can experience and act improved as they determine and approve their critical faults (Arnold, & Cohen, 2013). The Alderian counselors mostly observe and find out the faults in thoughts and assessment like

- Suspicion and distrusts
- egoism and self centeredness
- improbable aspirations and goals
- requirement of enhanced self assurance

Adlerians presume a *non-pathological perspective* and do not tag patients by their analysis.

Alderian therapists use the techniques of challenging and understanding the clients to change their story of life. They support patients to free themselves from the past stories of life and move on to build a new life story. The main techniques applied by Alderian counselors are:

1. Setting up an appropriate healing association between counselor and patient.
2. Discovering the mental dimension while assessing the patient.

3. Giving the confidence to the patient to develop a sense of identity perception.

4. Helping the client to create new preference. This technique of creating new perceptions in the mind of patients is called as *reorientation* of the perception of patient and reeducating the patients towards new goals (Shapiro, 2002). As the individual psychology is supported by the development sculpt of an individual, such growth model can be applied to diverse subjects of living such as:

- adolescent supervision and management
- parents children psychoanalysis and psychotherapy
- the therapy of couples and the counseling of husband and wife
- the counseling of the whole family and therapy of family in group to sort out major issues
- the counseling of different patients in group and rehabilitation
- the counseling of individuals along with their children
- resolving the conflicts among teenagers and grown-ups
- resolving the conflicts on the basis of culture
- counseling on the basis of treatment and correlation
- developing the psychosomatic health of individuals via health institutions

3. The Behavioral Psychoanalysis

Behavior counselor conducts a systematic practical appraisal to recognize the preservation of past history of the patient, the extent of the problematic behavior, and the results of the problem. This model is called as the *ABC model*, and focuses on the *antecedents*, *behaviors*, and *consequences* of the patient's behavior. ABC framework explains that "*Behavior (B)*" is subjective to the meticulous proceedings of the past which cause disruptive behavior and named as "*antecedents (A)*", and also there are some specific actions resulting as "*consequences (C)*".

Arnold Lazarus (1989, 1992b, 1996b, 1997a, 2005, 2008) suggested that different techniques can be used by behavior counselors which may not be scientific or research oriented. The basic purpose of such techniques is to modify the disruptive behavior of individual into improved

behavior. In practical actions psychoanalysis, experimental techniques and study methodologies of judgment and appraisal can be functional for the solution of broad variety of troubles in various clinical settings (Kazdin, 2001). The efficient approach of behavioral therapy is the ABC model through which counselor can understand the past reasons of patient's behavior issues and speak up to those issues by altering background and the results.

The *Group-based behavioral technique* of behavioral counseling teaches the self organization abilities, development of new behaviors, along with the reorganization of their thoughts. Patients educate themselves through group counseling to manage their existence, dealing the issues of present and the future.

Principles and Processes of Counseling

The basic principles and the processes of counseling are as follows:

Snooping skills:

Counselors carefully understand the patients to identify the past reason which result in the problematic behavior so as to diagnose the disease. Patients need such counselor who can hear their story and resolve the issues.

Respect:

Counselor should be respectable towards the clients so that they can build a healthy and trustworthy relationship with each other. Regardless of odd, bizarre, troubled, strange or completely dissimilar stories, the counselor should understand the patient for a victorious treatment. Counselor does not need to akin to the patient, their principles, their performance, and remain objective in every sense.

Compassion and Optimistic View:

Objectivity and empathy is an important principal for the counseling of patients in clinical settings through which counselor truly diagnose the disease.

Effect of Communication Disorders on the Individual and the Family

Most of the communication disorders are the biological disorders which are subjective to the hereditary structure of an individual (Children's Hospital, 2020, par. 7). There are two types of communication disorders which can affect the individual in certain ways. "*Mixed Receptive-*

Expressive Language Disorder". This disorder refers to the inability of an individual to comprehend the verbal communication and vocalization of the speaker. Such disorder affects the *receptive* and communicative conditions of language of an individual.

- The *receptive* section engages the individual's capability to comprehend the spoken words or language. In this disorder the individual cannot perceive the speech and language of the other speaker. The family of such individual cannot properly convey their message to the individual with receptive disorder and they have to use signs and body language to dictate the individual what they are trying to say.
- The *expressive* section refers to the capability of an individual to convert their attention into speech. Such disorder might be because of delay in growth of the individual. In this disorder the individual cannot transfer his thoughts into words. The family of such individuals is effected in such a way that they cannot understand what that individual is attempting to say unless he or she uses his body language to convey his/ her thoughts.
- *Onset fluency disorder* refers to the stuttering disorder. Such disorder can initiate in infancy and may precede the whole life. Onset fluency disorder affects the confidence level of the individual or the isolation from society. The family of these individuals face the issue of stigmatization as the peer group, school fellows and maybe siblings make fun of the individual with stuttering individual and family feel helpless to help their child. As a result the child may isolate himself from the surroundings and avoid family gatherings.

Theory of Emotion: Techniques and Counseling

Emotion-focused therapy is considered to carry out of therapeutic change in the emotions of client. This theory focuses on the approach which endorses the consciousness, recognition, appearance, operation, instructions, and conversion of feelings along with curative poignant knowledge with the psychoanalyst. The basic purpose of *EFT* is to build up the personality, and adaptable influence. Emotions are responsible for the development of certain behavior in an individual because as inspiring agent emotions offer insight, understanding of the actions (Amundson, 2006). The therapy methods of and counseling techniques are discussed below:



1. Attendance

Clients should attend group of such people who can provide complete attention to listen the client's problems and the value such clients as admirable person.

2. Serenity

Serenity provides the individual to be in charge of the content, rapidity and intentions. In this technique of counseling the counselor *listens to the silence and the words of the client at the same time*.

3. Listen and Paraphrase

Reflection is an important technique of counseling. This technique helps the client to make sure that the counselor is listening to his/her story. A vital point in reflection technique is the paraphrasing of the story of client by the counselor which build a trust worthy relationship between counselor and client.

4. Descriptive Questioning

Description of the questions is considered as an essential ability of the counselor through which the counselor can dig out the real causes of behaviors issues. The therapist employs in depth and opens ended queries to elucidate its perception about the real feelings of client.

5. Focus on one point

Focal point is a technique in therapy which engages the production of such judgments concerning the main issues patient intends to overcome. The patient can be suffering from different behavioral and mental problems at a time and through the technique of focusing counselor may be able to identify the real causes of all issues in the personality of such individual. In such a way, counselor can prescribe more effective methods to deal with the issues of client (Amundson, 2009).

6. Making relationship

Making a bond and friendly relationship with patients is a crucial technique in the therapy. If the patient has friendly relationship with the counselor he/she will be more open in discussing the issues of past which are causing the behavioral and personality disruption. Counselor should be able to gain the attention of his client and gain the trust by keeping the conversation confidential (Nye, 2000).

7. Abridgment

As the discussions in therapy sessions are long and counselor take time to listen the story of clients thus the counselor should be able to make summary of the story. Counselor records the story of client and later on listen to prescribe the therapy or medicine for clients. The summarizing and abridgment technique can help the counselor to understand the main point in no time.

8. Propinquity

Feltham and Dryden (1993: 88) have purposed that the technique of propinquity helps the counselor to express his own feelings towards the story of the client. Therefore the propinquity is an important technique of counselor to attract the attention of client so that the client can be more open about his feelings in front of his therapist.

Application of Theories to the Field Of Speech-Language Pathology

This reflection paper has deeply analyzed the main theories of psychotherapy and pathology through which the counselors can apply multiple techniques to deal with the children of communication of disorder.

Through psychoanalysis therapy, the therapists can diagnose the earliest stage causes of communication disorder. Through speech therapy with respect to psychoanalysis the, counselors can motivate the child to achieve the target of making sound and speak words.

Through behavioral technique, the counselor motivates the children to participate and act in group meetings. The psychotherapists can guide the children with communication disorder to participate in experimental study through which the solutions can be extracted.

The Alderian psychotherapy aids the counselors to give confidence to the child with communication disorder in different settings. The family counseling and peer counseling can motivate the child to take part in speech. Through such counseling techniques, child can avoid isolation and participate in the social gatherings.

Conclusion

Different theories are discussed in this reflection paper by the researcher. Through the identification of different speech therapies, children with communication disorder can be motivated to speak in social settings. Group meetings, clinical settings, family counseling, peer counseling can guide the children to make sounds, understand the body language of the speaker and the language of the speaker. *Emotion-focused therapy* is also a main theory to enhance the emotions of children with communication disorders in order to motivate the children to perceive the spoken words of the speaker, interpret the meanings of those words in mind and then express the thoughts into words. Reception and expression are two main focus of emotion focused therapy through which the children can be motivated to take part in communication. Other than that, the empathy principles, objectivity, silence, confidentiality and confrontation are the most important principles of the counseling which should be applied by the counselors while counseling the patients.

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