

Counseling Theories Application

Jennifer Smith Ramey

Liberty University

COUNSELING THEORIES APPLICATION CHART

Theory	Premises	Goals of Group	Role of the Group Leader	Techniques	Strengths	Limitations	Source Citation(s)
Person Centered	A client has the ability for self-understanding, for altering the self-concept basic attitudes, and his or her self-directed behavior. This can occur if the therapeutic atmosphere facilitates this growth.	Three conditions will constitute client growth: genuineness, acceptance, and empathetic understanding. When these three conditions are met, change may occur.	Express empathy, unconditional positive regard, let go of the idea of being the “expert”	Empathy, authenticity, unconditional positive regard	Every counselor should have elements of person-centered therapy as part of their general clinical skills. This approach is transdiagnostic. This approach works well for new counselors and seasoned counselors.	May be too optimistic about an individual’s ability to change; cannot be learned or practiced using mechanical methods; may be more difficult to quantify progress toward treatment plan goals.	Rogers, C. R. (1979). The foundations of the person-centered approach. <i>Education, 100</i> (2), 98-107. https:// The foundations of the PCA (unifiedcommunities.com)
Adlerian	Group participants will move from a negative perception of self to a positive view and position in life. They will work toward their ideal self and identify a sense of belongingness in	Understand group members by conceptualizing their perceptions and interpretations of self as context. Group members bring unconscious memories of	Establish a working relationship where group members are collaborators; model for group members; convey feelings of mutual trust and respect; aid	The question; catching oneself; lifestyle assessment; methods of encouragement; paradoxical intention; acting as if	The Adlerian social systems perspective aligns well with the wellness approach of counseling.	The theory does not focus on skill acquisition or generalization; thus change and outcomes may be more difficult to measure or quantify.	Capuzzi, D. T., & Stauffer, M. D. (2019). Foundations of group counseling.

	<p>their social world. They will understand their spirituality and better understand the “I” and “me” components of self.</p>	<p>relationships based on early experiences, including trauma.</p>	<p>members in exploring personal goals; aid members in accepting their strengths and weaknesses; help members in exploring alternate behaviors; assist members in developing a sense of self.</p>				
REBT	<p>Changing an individual’s irrational beliefs into more flexible and rational beliefs may result in emotional and behavioral change by changing thoughts and beliefs into more</p>	<p>Reduce the risk of self-destruction by increasing realistic thoughts through a more open life philosophy. In order to enhance emotional well-being and reduce the risk of problematic</p>	<p>Guide the group through six levels of development: relationship building; assessing between problem personal and situational; preparing the client</p>	<p>Themes include: demanding; awfulizing; discomfort; intolerance. REBT looks at life problems as a chain of incidents that happened, the belief systems as well as how it affects</p>	<p>Works with a variety of diverse populations; works with adolescents and adults. Effective with clients with a substance use disorder.</p>	<p>Clients who may have cognitive impairments (e.g., an intellectual disability) may not be suited for this approach. Clients with an autism spectrum disorders may have difficulty with this approach.</p>	<p>Arip, M. (2016). The effect of REBT Structured Group Counseling towards the psychology aspects of adolescents of divorced parent. <i>Advances in Environmental Biology</i>, 10(4), 44-50.</p>

	adaptive ones.	behavior, irrational thinking must be corrected .	for therapy; carrying out interventions; arranging support strategies; assessment and conclusion.	emotion and behavior. The problem chain is identified as A B C. A (Activating event) B (Belief system) C (Consequences). REBT uses several strategies to challenge and correct the false beliefs.			
Reality	Choice theory suggests that all behavior is a result of choices, and our life choices are driven by our basic needs. Originally, these needs were: love and acceptance	The focus of reality therapy is to address the issue of these unsatisfying relationships which can result in undesirable behavior . Emphasis is	The group is responsible for helping the client learn better ways to satisfy their needs while improving their relationships. The group leaders	WDEP (Wants, Direction and Doing, Evaluation , and Planning and Action) Clients engage in a process of exploring wants, needs and perceptions, and identify possible	Focuses the client on direct solutions to the identified problem. Deals with the present. Transdiagnostic model. Works well with clients with a substance use disorder.	Does not address past issues or areas that may require in depth exploration to resolve in a satisfactory manner. May not adequately address clients with complex trauma.	Bradley, E. L. (2014). Choice theory and reality therapy: an overview. <i>International Journal of Choice Theory and Reality Therapy</i> , 5(1), 6-14.

	<p>e. Later, the basic needs increased to five: survival, love and belonging, power, freedom, and fun. These needs can vary over time and also vary depending on the person.</p>	<p>placed on the client focusing on their own behavior rather than blaming others.</p>	<p>assist the clients in setting attainable short and long-term goals as a focus for therapy.</p>	<p>actions they can do to elicit change. They evaluate and are responsible for their own change.</p>			
<p>Existential</p>	<p>Human beings have an innate need for meaning and purpose. They have a capacity for freedom and choice, and are most effective when they take responsibility for their lives. They will naturally face</p>	<p>People grow when confronted with the givens of life. Existential themes may play an important role in how people live their lives and how they react to situations. Goals are to establish satisfyin</p>	<p>The group leader repeatedly insists that the client recognize his or her existential position and the inherent paradox.</p>	<p>Exploring, analyzing, understanding, and trying new solutions to problems; values transference, countertransference, and resistance as opportunities for growth.</p>	<p>Works well with highly invested and motivated clients. Works well with clients capable of insight.</p>	<p>Delivery of existential groups may differ depending on the personality of the counselor; thus, outcomes may be difficult to quantify due to this possible confounding variable. May not work as well with mandated clients and clients who desire short-term counseling. May not work well with adolescents based on their developmental stage.</p>	<p>Mullen, H. (1992) "Existential" Therapists and Their Group Therapy Practices, <i>International Journal of Group Psychotherapy</i>, 42:4, 453-468, DOI: 10.1080/00207284.1992.11490718</p>

	challenges in their lives, and function more effectively when they face these understandings.	g relationships, control destructive urges, take risks, and identify life meaning.					
Psychodrama	A spontaneous and action-oriented approach. A process of externalizing what may be internalized or difficult to express.	Group member opportunities to create new behaviors through cathartic moments to amplify feelings and develop new insights through creation of a scenario which is acted out and role-played by group members	The group leader is the director of the psychodrama and identifies a scenario (e.g., relationship, concern) that is acted out by group members. The leader facilitates the psychodrama by bringing the scenario to the	Monodrama; role reversal; the double and multiple double; the mirror technique; the magic shop, the soliloquy technique, family sculpting; auxiliary chair	Spontaneity of the psychodrama may create a newness for a past situation; the working relationship with group members is based on equality; group members identify significant issues that they would like to work on; members are encouraged to take risks.	Difficult to measure efficacy; some clients may struggle with the creative and spontaneous aspects of psychodrama; clients with lower cognitive functioning may have difficulty with this modality.	Capuzzi, D. T., & Stauffer, M. D. (2019). Foundations of group counseling.

			here and now.				
Narrative	People make meaning in their lives based on their lived stories. A client’s story is a first-person narrative based on memories of his or her past life, present life, social roles and relationships.	Clients will externalize their experiences. By externalizing the problem, clients can separate themselves from the problem and begin to develop a new life story by removing the problematic view of their story.	The group leader listens to the clients’ stories as opposed to listening for symptoms and/or information needed to gain insight. Focus should be on the clients’ intentions and goals instead of on negative causes of behavior.	Art, writing, phototherapy, music, movies	Works with a variety of populations including adults, children, and adolescents. Increases client self-awareness and personal responsibility.	The form of language used may be complex for some clients. Self-awareness may not result in behavior change for some clients.	Ricks, L., Kitchens, S., Goodrich, T., & Hancock, E. (2014) My Story: The Use of Narrative Therapy in Individual and Group Counseling, <i>Journal of Creativity in Mental Health</i> , 9:1, 99-110, DOI: 10.1080/15401383.2013.870947
Solution Focused	Short-term intervention that focuses on creating solutions to problems.	The goal is to promote realistic solutions in less lengthy timeframes by addressing	The group leader identifies common themes, asks future-oriented question,	Scaling questions, future-oriented questions, theme identification, exception questions.	Short-term, time-limited therapy is often preferred by third party payors. Auditors are able identify	May not address underlying psychopathologic issues such as family of origin attachment issues (e.g.,	McCollum, E. E., Trepper, T. S., & Smock, S. (2004). Solution-focused group therapy for substance

		g present circumstances rather than a focus on the past. The focus is a positive approach toward behavioral change.	lists exceptions, asks scaling question, uses the miracle question, and offers feedback.		tangible outcome on treatment plans and progress notes.	trust, abandonment, love)	abuse: Extending competency-based models. <i>Journal of Family Psychotherapy</i> , 14(4), 27-42. https://doi-org.ezproxy.library.edu/10.1300/J085v14n04_03
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