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Behaviouristic Approach of Counselling

P.G.SEM-3

COUNSELLING PSYCHOLOGY

Counselling

- ◎ Counselling is a scientific process of assistance extended by an expert in an individual situation to a needy person.
- ◎ It involves relationship between two persons in which one of them (counsellor) attempts to assist the other (counselee or client) in so organism himself as attain a particular form of happiness, adjusting to a life situation, or in short, self actualisation.

Behavioural approach

- Behavioural approach to counselling focuses on the assumption that the environment determines an individual's behaviour. How an individual responds to a given situation is the result of past learning, and usually behaviour that has been reinforced in the past.

Cont....

- ⦿ Behaviourists believe that behaviour is learned and can therefore be unlearned.
- ⦿ Behaviour therapy focuses on individual behaviour and aims to help people to modify unwanted behaviours.

Cont...

- Using this approach, a counsellor would identify the unwanted behaviour with a client and together they would work to change or adapt the behaviour. Clients might be taught skills to help them manage their lives more effectively.

Principles

● **Classical conditioning**

Behavioural therapy that is based on classical conditioning uses a number of techniques to bring about behaviour change. Originally this type of therapy was known as behaviour modification. The various methods of change behaviour include -:

Principles cont....

- ◎ *Systematic Desensitisation* – was developed by Joseph Wolfe and was designed for clients with phobias. This treatment follows a process of “counter conditioning” meaning the association between the stimulus and the anxiety is weakened through the use of relaxation techniques, anxiety hierarchies and desensitisation .

Principles cont....

⦿ Flooding

- ⦿ Flooding is a process generally used for those with phobias and anxiety, and involves exposing the individual to objects or situations they are afraid of in an intense and fast manner.
- ⦿ The idea is that the person cannot escape the object or situation during the process, and therefore must confront their fear head-on. This method can, however, be disconcerting for some, so may only be used in certain situations, in which the method has been explained in detail to the client prior to exposure.

Principles cont....

◎ Operant conditioning

Operant conditioning uses techniques such as positive reinforcement, punishment and modelling to help alter behaviour. The following strategies may be used within this type of therapy:-

Principles cont...

- ◎ **Token economies**
- ◎ This strategy relies on positive reinforcement - offering individuals 'tokens' that can be exchanged for privileges or desired items when positive behaviour is exhibited. This is a common tactic used by parents and teachers to help improve the behaviour of children.

Principles cont...

● **Modelling**

- It involves learning through observation and imitation of others. Having a positive role model can give individuals something to aim for, allowing them to change their behaviour to match theirs. This role model may be the therapist or someone the individual already knows.

Roles of counsellor

- Behaviour therapist must assume an active, directive role in treatment.
- Behaviour therapists function as teacher, director, and expert in prescribing curative procedures that will lead to improved behaviour.
- Use techniques such as summarization, reflection, and open-ended questions.

Roles cont....

- The clinician evaluates the success of the change plan by measuring progress toward the goals throughout the duration of treatment. Outcome measures are given to the client at the beginning of treatment (called a baseline) and collected again periodically during and after treatment to determine if the strategy and treatment plan are working.

Thank you

