Counseling and Psychotherapy : Concepts & Areas of Applicability

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ABSTRACT

Objective of this article is to inform and familiar with wide uses of counseling and psychotherapy, to differentiate counseling and psychotherapy, assessment tools related to interview and other psychiatric conditions, child behavior management, various theories of psychotherapy, different kinds of psychotherapy etc. The information regarding conselling and psychotherapy covers major and wide areas of psychiatry and clinical psychology filed. All the areas of behavior management has covered in this literature.

Counseling Psychology is an applied area of psychology which has the objective of helping people to live more effective and fulfilled lives. Its practitioners may be working in community setting, schools, hospitals or industry, involved in education or program development or managing community change activities. (R Nelson &Jones 2005).

Counseling and Psychotherapy:

Both claimed to be based on 'informed and planful application of techniques derived from established psychological principles'(Meltzoff & Kornreich 1970) They are the same qualitatively but differ only quantitatively in that therapists listen more and engage in less informing, advising and explaining than counselors (Corsini 2005). In addition , 'psychotherapy' is a term used to discuss long-term and deeper work with mental disorders. Counseling is more likely to be on specific problems or changes in life adjustment. Psychotherapy more concerned with the restructuring of the personality or self. Both counseling and psychotherapy use the same theoretical models and stress the need to value the client as a person, to listen sympathetically, to hear what is communicated and to foster the capacity for self-help and responsibilities. (R Nelson & Jones).

Counseling intervention based on Psychological models.

1. Psychoanalytical approach - Freud , Adler and Jung etc..
2. Rational Emotive / Cognitive approach : Ellis and Back
3. Client Centered approach: Rogers