

Introduction to Psychological Counselling

Introduction to Psychodynamic Counselling and
Historical Background

Session Week 4

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Aim and Learning Outcomes – Week 4 Session

Aim

- To provide basic Psychodynamic Counselling and its Background

Learning Outcomes

- At the end of this session, students will be able to:
 - Demonstrate a practical and theoretical understanding of Psychodynamic Counselling and its Background

Introduction

- Week 3 Session has assessed Person-Centred Counselling.
- It identified:
 - The Client-Centred Counselling method
- Week 4 Session will address Psychodynamic Counselling and its Background

Psychodynamic Counselling

- Psychodynamic theories are based on the thinking of Sigmund Freud, the founder of psychodynamic theory.
- Focus upon the conflict amongst the three psychic structures (Id, Ego and Superego).
 - The most comprehensive theory of personality and psychotherapy ever developed
 - Concepts of the conscious, preconscious and the unconscious
- Freud's method of therapy, psychoanalysis, was the first psychodynamic therapy.
- Psychoanalysis seeks to help people develop insight into the dynamic struggles occurring within the psyche between the three psychic structures.
- The goal is to bring conflicts between the psychic structures into conscious awareness and “work through” them.

Sigmund Freud's Major Contributions to Psychodynamics

- Clinical Evidence for postulating the unconscious
 - Dreams
 - posthypnotic suggestions
 - forgetting
 - the symbolic content of psychotic symptoms
 - slips of the tongue
 - material from free-association techniques
- Ego-defense mechanisms
 - repression
 - denial
 - reaction formation
 - projection
 - displacement
 - Rationalization
 - sublimation
 - regression,
 - introjections
 - identification
 - compensation

Psychoanalysis Terms and Techniques

- **Free Association:** In psychoanalysis, the uncensored uttering of all thoughts that come to mind.
- **Resistance:** The tendency to block the free expression of impulses and primitive ideas—a reflection of the defense mechanism of repression.
- **Interpretation:** An explanation of a client's utterance according to psychoanalytic theory.
- **Transference:** Responding to one person (such as a spouse or the psychoanalyst) in a way that is similar to the way one responded to another person (such as a parent) in childhood.
- **Dream Analysis:** Freud believed that unconscious impulses tend to be expressed in dreams as a form of wish fulfillment. Dreams consist of both manifest (the reported content) content and latent (the symbolized or underlying meaning) content.

Continued

Important to Counsellors:

– Counter-transference

- seeing yourself in a client
- meeting your own needs through a client

– Transference

- projecting feelings from the past on the therapist as a significant figure of the past

Basic Constructs and Concepts

- Psychodynamic Counseling
 - Examines the relationship between and among people.
 - Examines how the history of interpersonal relationships are transferred from the past to the present through behavior.
 - Looks at the primary caregiver (this is culturally defined and might be the mother, father, grandparents, extended family or community.)
- It has general approach:
 - historical focus: interpretations or observations are based on the client's history
 - always based on the transference--patient/therapist relationship
- It's assumptions
 - unconscious mind exists
 - holds painful feelings – we avoid our defenses
 - Needs, drives and feelings motivate behavior

Psychodynamic Counseling Theory

- It has goals:
 - Bring unconscious conflict to awareness = emotional insight
 - make client's problem clear (elucidate)
 - understand defense mechanisms and transference responses
 - Techniques used (origins in Freud)
 - therapeutic alliance
 - free association
 - defense and transference interpretation
 - The Counsellors' role
 - unconditional acceptance
 - make interpretations

Learning Journal

- Reflect for a few minutes on today lesson.
- Write your learning journal each week after lesson.

Next – Week 5 Session

- Types of Counselling

References

- Jacobs, M. (2004) Psychodynamic Counselling in Action (London: Sage)
- Spurling, L. (2004): Introduction to Psychodynamic Counselling (Basic Texts in Counselling and Psychotherapy), (Basingstoke: Palgrave)