



# **Counselling Psychology**

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# **Organization of the course:**

**pw presentations on selected topics  
from the field of counseling  
psychology (30min) + essay on the  
conditions of the counseling process  
in your country (3 pages)**

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## **MAIN TOPICS:**

**Counselling Psychology as a expert  
professional activity**

**CP - relationship to other disciplines**

**The counseling process**

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**CP began to emerge at the turn of the century - the earliest clinical psychologists in the USA (Witmer) and later in Europe (Adler) began to establish the first counseling.**

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# **Counselors psychologists in CZECH REPUBLIC work mainly with:**

- **preschool children**
  - **elementary school students**
  - **high school students**
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# List of frequently consulting solved the problem:

## Preschool age:

- **delay in development, intellectual retardation, gifted children, school readiness, laterality,**
  - **social measures,**
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- **educational problems,**
  - **eating disorders,**
  - **sleep disorders,**
  - **anxiety,**
  - **autism spectrum disorders,**
  - **sibling relationships, etc.**
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## **School age:**

- **adaptation to school,**
  - **agitation, learning disabilities,**
  - **ambition, motivation to study,**
  - **emotional disorders,**
  - **behavioral disorders etc.**
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## **High school student's:**

- **neuroses, eating disorders,**
  - **first episode psychotic disorders**
  - **Self-esteem, Self-efficacy,**
  - **sexuality,**
  - **relationship problems, the crisis of authority,**
  - **career choice, etc.**
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- **Some disorders, syndromes and problems, like ADHD, CAN syndrome, emotional and behavioral disorders, eating disorders, etc. are occur in all stages of development on personality.**
  - **They have different representation, symptoms and intensity...**
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**CP**

**Relationships to other disciplines**

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# Psychotherapy:

- **counseling psychology focuses more on the problems of adaptation rather than a mental disorder and is often focused on specific areas** (like educational problems, ADHD syndrome, etc.)
  - **counseling is a precursor on therapy,**
  - **counseling is focused on actual situation of client...**
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## **Psychiatry:**

**CP often capture the pathology and take a client to the care of a psychiatrist.**

## **Neurology:**

**Many counseling issues may have a neurological basis...like a enuresis etc.**

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## **Pediatrics:**

- **perinatology,**
  - **psychosomatic,**
  - **obesity,**
  - **genetics,**
  - **psychological effects of somatic diseases, etc.**
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- **Developmental Psychology,**
  - **Special Education,**
  - **Educational Psychology,**
  - **Speech therapy,**
  - **State child-care authorities, Police, Courts ...**
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# **OBJECTIVES of Counseling process:**

- **prophylaxis stimulation of the client's personal growth and**
  - **corrective function consulting solutions already existing problems.**
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- **focus on Self – acceptance,**
  - **provide information,**
  - **help formulate realistic plans to solve the problem,**
  - **Personality development, etc...**
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## **COUNSELLING PROCESS:**

**Intervention and psychodiagnostics process is usually realized during 2-3 meetings.**

**Control: usually after 6 month or a year from first visit.**

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## **FREQUENTLY EXPECTED FROM CLIENT:**

- **revamp child,**
  - **confirm his own opinion,**
  - **get advice,**
  - **make sure that everything is "fine,,,"**
  - **confide.**
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