



PSYCHOTHERAPY AND COUNSELLING

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DEFINITION OF PSYCHOTHERAPY

- Way of helping people using psychological means
 - Dialogue
 - Relationship
 - Special techniques (hypnosis, suggestion, imagination etc.)
- The definition varies up to the psychotherapeutic method/school
- Psychotherapist x client or patient
- Psychotherapeutic training

DEFINITION OF COUNSELLING

- **Counselling** is a safe and confidential collaboration between qualified **counsellors** and clients to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns. (American Counselling Association)
- Rogers: the **counseling** relationship is comprised of: Warmth, responsiveness & unconditional positive regard. ... Once a relationship has been built, the client will feel free to express any emotion or thought.
- History of counselling – Carl Rogers

HISTORY OF PSYCHOTHERAPY

- 1900 Sigmund Freud
- Born in 1856 in Příbor (Freiberg) in the North of Moravia (today part of Czech Republic, in the 19th century it was a part of the Austrian Empire)
- Neurologist and psychiatrist
- Started with Hypnosis and Catartic therapy
- Method of free associations and their analysis – psychoanalysis

- Carl Jung, Alfred Adler, Anna Freud and others enriched the theory
- New methods and therapeutic approaches appeared as reaction to PA

PSYCHOTHERAPY APPROACHES

- Psychodynamic (psychoanalysis, jungian)
- Behavioral (CBT, CET)
- Humanistic (PCA, Gestalt, logotherapy)



HOW IT WORKS

- Effective or curative factors of psychotherapy (L. Luborski)
 - Extratherapeutic factors
 - Helping relationship
 - Empathy
 - Acceptance
 - Genuineness
 - Special techniques
- Setting (individual, group, frequency, lasting)
- Contract