



Psychotherapy, Counselling, Personal Development

Lăcrămioara Mocanu¹

Abstract: Psychology has recently taken on a social and even political role. Psychotherapy seems to be replacing medicine itself and that is why its social role is becoming increasingly important. Counseling is based on the improving techniques of psychotherapy and personal development seems more like a trend. We make a distinction between psychotherapy, counselling, personal development, define them and propose their insertion in today's curriculum.

Keywords: counsellor's attention; various traumas; psychological theories; professional options; social assistance; spiritual condition

Introduction

Psychological counselling is the concept oriented towards the rational area from which the emotional experience is excluded or minimized. The relationship on how counselling is represented in relation to psychotherapy is counselling training.

Counselling is a complex process that includes a very wide range of interventions that require specialized professional training. More specifically, the term counselling describes the interpersonal helping relationship between a specialized person, the counsellor, and another person requesting specialized assistance, the

¹ Associate Professor, PhD, Faculty of Communication and International Relations, Specialization Psychology, Danubius University of Galati, Romania, Address: 3 Galati Blvd., 800654 Galati, Romania, Tel.: +40372361102, Fax: +40372361290, Corresponding author: lacramioaramocanu@univ-danubius.ro.

client. The relationship between the counsellor and the counsellors is one of alliance, participation, and mutual collaboration.

The concept of counselling is defined as the relationship between the psychologist (format) and the client, established on a theoretical basis, oriented through a technical tool. The objectives of counselling are to support the client in the process of knowing different aspects of his life, with an impact in achieving the problems imposed by the family, social, professional environment.

From the anthropological perspective of the relationship between culture and the binomial normality-mental illness, counselling is a model of intervention in order to maintain the individual within the expressive models offered by culture, outside the patterns of misconduct. Counselling as a model of intervention is characterized by the socio-cultural environment marked by dynamic consistency and the tendency towards efficiency. Although the advice is technically recommended as oriented towards the rational, efficient approach of the surfaces, it does not exclude the irrational factor, of the depths.

The need for the counsellor's attention is due to the risk of becoming an agent of rationality through irrational defence and circumvention of the concept of the integral human being. There is a well-expressed tangency between the concept of counselling and psychotherapy. Counselling can be characterized as an approach to focal psychotherapy. Its objectives are more restricted than those of psychotherapy, focused on current events and development.

In a broad sense, counselling is the complex action through which "the aim is to suggest how to proceed or how to behave in a given situation or, in general, in everyday life and activity" (David, 2006) Directed by principles and characterized by the application of psychological theories and a recognizable set of communication skills to the personal concerns of the subject, his problems, and aspirations.

People engage in a counselling situation when the person who regularly or temporarily takes on the role of counsellors offers or is explicitly willing to give time, attention, respect to another person who manifests the need for specialized assistance. The counsellor's task is to offer the subject the opportunity to explore, discover and clarify ways of living, having more resources and moving towards a better existence. The relationship between the advisor and the client is one of alliance, participation, and mutual involvement. The counsellors will help the client to acquire better self-knowledge, more effective communication skills, to change some problematic behaviours or maladaptive patterns of thinking, to alleviate his

negative emotions and the consequences of various traumas, to learn certain adaptation strategies, to prevent the occurrence of problems and to maintain their mental health. The goal of counselling is to help the subject clarify how he or she perceives life, learn to achieve his or her goals through informed decisions, and solve emotional or interpersonal problems.

Counselling is created on the perceptual dimension of emotional and behavioural disorders, but also on problem solving, development and personal optimization. The counselling process raises the question of how to learn and the conditions in which a person can develop optimally.

The fundamental purpose of counselling is the optimal psychosocial functioning of the person / group. Thus, the objectives of counselling can be defined as follows (Enăchescu, 2003):

- 1. Promoting health and well-being.** Optimal functioning from a somatic, physiological, mental, emotional, social and spiritual point of view.
- 2. Personal development.** Self-knowledge, self-image, responsible decision-making, constructive interpersonal relationships, stress control, effective learning techniques, creative attitudes, realistic vocational opinions.
- 3. Prevention.** Negative affective mood, self-doubt, risky behaviors, interpersonal conflicts, learning difficulties, social maladaptation, psychosomatic dysfunctions, crisis situations.

From the point of view of the area of action we distinguish:

- Counselling in the organizational environment;
- Vocational counselling;
- Psychological counselling-optimization;
- Couple and family counselling;
- Pastoral counselling;
- Supportive counselling.

The differences between counselling and psychotherapy become difficult to separate because they are tangential, especially in the case of short, surface psychotherapies. Thus, these concepts denote an associative relationship. That is why the only thing on which there is consensus is that no clear distinction can be made between counselling and psychotherapy. Some psychotherapists practice

what a counsellor considers to be psychological counselling, while some counsellors use methods that belong directly to psychotherapy. If the counselling and psychotherapy process are synonymous, a distinction is observed at the level of practitioners, only a part of the counsellors are trained psychotherapists. Counselling is situated in an associative relationship with psychotherapy, a report which, according to some authors, goes so far as to identify the two areas.

Psychotherapy is defined as a systematic, planned, intentional psychological action based on a theoretical system exercised by a qualified psychotherapist. The main objective is to make changes in the personality of the subject, because of its efficient adaptation to the family, social, professional environment (Holdevici, 1997).

The Main Types and Forms of Practice of Counselling, Psychotherapy and Personal Development

Classifications by nature of objectives and type of participants.

The specialized literature elucidates several types of counselling:

- *Informational.*

It aims to provide information on various fields, specific topics. If this information is provided with the help of information technology, online / computerized / computer-assisted counselling is discussed.

- *Educational.*

It consists of a set of pedagogical actions that support adolescents, parents, teachers, focused on prevention and explaining the reasons for delinquency, behavioural deviations, relationship deficiencies, provides benchmarks for mental, psycho-emotional, social, physical, spiritual health of children and adolescents. Educational counselling takes on different nuances depending on the level of education to which it relates - primary, secondary, high school or high school.

- *Personal development.*

A form of psychological counselling (it is also addressed by educational counselling), focused on development, maturation, adaptation that contributes to the formation and development of attitudes and skills that will allow the person a normal functionality from a psychosocial point of view.

- *Supportive.*

Providing emotional, appreciative support.

- *Vocational counselling,*

An activity that helps students to know their skills, the resources they have in order to choose a profession. It is a process of reconciling personal and socio-educational resources. It is an activity that provides information about educational and professional options that facilitate personal development for making socio-professional decisions in accordance with personal skills and social requirements. It is therefore an activity that helps students to know their own potential to choose the future profession.

- *Crisis.*

Provides psychological assistance to people in difficulty (suicidal delirium, death, abandonment, divorce of parents, etc.). It is an urgent type of short-term counselling and aims not only to alleviate suffering, but also to prevent negative consequences from a medical, psychological, and social point of view. In case of need, it uses medical treatment, the help of close people and that of social assistance institutions.

- *Postular.*

Pastoral counselling: From a religious perspective, it can be seen as a process of spiritual condition performed by the priest in his parish. It aims to provide assistance, support to discouraged people, insists on developing tolerance in relationships with others, on understanding one's own behaviour and that of others according to Christian law.

Psychotherapeutic methods and techniques are varied. Their generalized classification is directed towards certain orientations:

- *Psychoanalysis.* It is the first known form of psychotherapy. This method is distinguished by the fact that it encourages the verbalization of the subject's thoughts, which include free associations, dreams, fantasies from which the interpretation of the unconscious conflict that produces certain symptoms is delimited.

- *Cognitive-behavioural psychotherapy.* It aims to search and detect through various methods and change maladaptive cognitions, behaviours, and beliefs, to influence negative emotions and dysfunctional and problematic types of behaviour.

- *Psychodynamic psychotherapy*. It is focused on revealing the unconscious content of the subject's psyche, pursuing the goal of relieving mental tension. With its roots in psychoanalysis and compared to traditional psychotherapy, psychodynamic psychotherapy tends to be shorter and less intensive.

- *Existential psychotherapy*. It is based on the existential belief that the human being is unique in the world. These premises lead to a lack of meaning that can be made up by creating the value framework and its own meanings;

- *Humanistic psychotherapy*.

It appears as a reaction to behaviourism and psychoanalysis and is known as the third force in the development of psychology. This orientation deals with the human context of the individual's development marking the subjective meaning, rejects determinism and deals with positive development rather than pathology. The aim is to create an environment in which the person can thrive.

- *Short-term psychotherapy*.

It is a generic term for a variety of psychotherapeutic approaches. Emphasis and focus on a specific issue and direct intervention is what sets this approach apart from other schools. It is solution-based and not problem-oriented. The aim is to prevent change and not so much to see how the problem arise.

- *Systematic psychotherapy*.

It is addressed to people in a relationship, it has to do with group interaction. Includes family therapy and marriage counselling.

- *Transpersonal psychotherapy*.

It is addressed to the client in the context of a spiritual understanding of conscience.

Thus, in general, the goal of any psychotherapy is to understand the patient's behaviour and to modify this behaviour so that existential difficulties are eliminated or at least alleviated. For this purpose, the psychotherapist aims to assess the subject, with the tendency to highlight the main problems and its mental particularities. Then the psychotherapeutic approach will have the task of releasing the patient from anxiety, depression and other feelings that change his optimal adaptation to the environment, which disrupts his behaviour and shows negative effects on others, affecting the most important areas of the individual: professional

activity, interpersonal relationships, sex life, self-image and self-efficacy, self-esteem, etc.

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