

Counselling Skills: Consolidating Practice

Day 2

Learning Set Case work

- In pairs discuss a difficult case you have worked with. Decide on one case and then use the Flip- Chart Paper to Write up and present it as a problem for group supervision

Conflict resolution: Working with Couples and Families

- Maintain Neutrality - avoid taking sides
- Encourage problem to be articulated from both sides as objectively as possible
- Encourage both parties to work together rather than antagonistically or defensively
- Avoid Blame
- Win-Win Resolution

STAGES OF BFT

- ENGAGEMENT
- BEHAVIOURAL ASSESSMENT
- FAMILY EDUCATION
- COMMUNICATION SKILLS
- PROBLEM SOLVING

FOCUS OF BFT

- ENHANCEMENT OF PROBLEM SOLVING FUNCTIONS OF FAMILY UNIT
- THE FAMILY AS A RESOURCE
- COMMUNICATION OF PLEASANT AND UNPLEASANT FEELINGS
- A STRUCTURED APPROACH

RATIONALE OF METHOD

THE REASONS WHY A FAMILY UNIT IS NOT FUNCTIONING IN AN OPTIMAL MANNER IS NOT ADDRESSED.

THE METHOD PROVIDES FAMILIES WITH STRATEGIES TO ENHANCE THEIR FUNCTIONING BY CHANGING MUTUAL FEELINGS AND ATTITUDES BY GENERATING MUTUALLY PLEASING BEHAVIOUR AND RESOLVING MUTUAL PROBLEMS

BFT: HAS BEEN SUCCESSFUL AND/OR HELPFUL IN....

- MARITAL DISTRESS
- PARENTING DIFFICULTIES
- ALZHEIMER'S DISEASE
- OBSESSIVE COMPULSIVE DISORDER
- SCHIZOPHRENIA
- DEPRESSION
- AGORAPHOBIA
- ALCOHOLISM

BFT: -2-

MANY OF THESE CONDITIONS ARE ASSOCIATED WITH PERSISTENT STRESS.

ANY MAJOR ILLNESS WITH A TENDENCY TOWARD RECURRING EPISODES WILL SEVERELY TAX THE COPING RESOURCES OF MANY FAMILIES. THIS APPROACH WHICH ENHANCES COPING AND PROBLEM SOLVING IS LIKELY TO REDUCE STRESS AND IMPROVE QUALITY OF LIFE FOR ALL FAMILY MEMBERS.

EDUCATION

- CLEAR EXPLANATIONS OF THE PHYSIOLOGICAL AND PSYCHOLOGICAL ASPECTS ARE ESSENTIAL.
- A SYSTEMATIC APPROACH USING THE BFT WORKBOOK, HANDOUTS, BOOKLETS AND OTHER RESOURCES.

Working in groups

- Setting up
- Facilitator Style
- Intervention
- Problem solving
- Evaluation
- "If you want to change someone put them in a group"

K.Lewin

The Group as a Whole

- Bion and the first Northfield Experiment
 - Basic assumption Groups
 - Valency [Group Hunger]
 - Indigenous Culture: Groups left to their own devices will develop around a basic assumption which is usually defensive .The task of the facilitator is to change the existing group culture to a Work Group or a Therapeutic Culture
1. Dependence
 2. Pairing
 3. Fight-flight
 4. Oneness [Tourquet]
- Malan and the Tavistock model
 - Militaristic Metaphors

Yalom's Therapeutic Factors

How groups help people:

- The Installation of Hope
- Universality
- Imparting information
- Altruism
- The Recapitulation of the Primary Family Group
- Development of Socialising Techniques
- Imitative Behaviour
- Catharsis
- Existential Factors
- Cohesiveness
- Interpersonal Learning

Group Formation

- Tuckman-Forming, Storming, Norming, Performing and Mourning
- Shutz Group Crises: In –Out, Up-Down, Comings- Goings
- Group types- Task or Process, Open or Closed
- Group size –Magic 7's

Considerations for groupwork

Selection

- Degree of preparation
- Ego Strength
- Level of Insight
- Toleration of intimacy
- Chronicity
- Reality issues
- Timing
- Degree of Medicalisation of problems

Knowles 1993

External Viability

- Setting considerations
- Environmental support

Internal Viability

- Planning
- Contracting and boundary setting
- Co-therapist dynamics
- Commitment

D.Stock-Whittaker

Cognitive Behavioural Group work

- Cognitive Behavioural Group Therapy [CBGT] is often short term, problem focused rather than process centred and is psycho-educational in nature. It focuses on skill acquisition, self sufficiency and autonomy.
- The CBG Therapist acts as an educator who takes the roles of teacher, participant, observer, coach and confronter

W. Aladdin [1990]

CBGT Goals

1. Provide a safe milieu to facilitate problem disclosure and experiential learning
2. Encourage Social interaction to receive feedback and test clients impressions of self and others.
3. To help participants learn methods of CBT change. eg. problem-solving and self-monitoring
4. Help de-medicalize problems of living
5. Introduce CBT models of understanding

Structuring CBGT

Yost et al [1986] states that groups focus less on formation/process issues due to their short term nature, Instead focus on:

- Preparation
- Collaboration
- Treatment
- Consolidation
- Termination

Suggested session structure :

- Introduction [aims and objectives]
- Homework Review
- Mini Lecture[5-10mins.] with Exercise
- Discussion
- Summary [What has been learned]
- Assignment of Homework

Where do I go from here?

- What further skills do I need to gain?
- What things do I need in place at work?
- Can I gain these from my own work ?