Counseling and Psychotherapy Theory

Week 1. Psychological Pain, Suffering & Counseling
The Beginning & Basic Characteristics of Counseling Studies

1. Life, pain, suffering
2. Basic characteristics of counseling studies

Differentiation of Counseling Studies

1. Differentiation and specialization
2. Activities similar to counseling
I. The Beginning & Basic Characteristics of Counseling Studies

1. Life, pain, suffering
   1. Life’s challenges: Pain and suffering
   2. Response to the challenges
Life’s Challenges: Pain and Suffering

- Pain and sufferings in life
  
  一切皆苦

“Life itself is pain and suffering”
Life’s Challenges: Pain and Suffering

- Pain and sufferings in life
  - Two questions
    - Am I happy when my physical environment is abundant? => No
    - Is my mind healthy and happy when my body is not sick? => No

- The pain and suffering of the mind cannot be solved with material abundance
- The mind’s well-being is distinct from the bodily well-being
Life’s Challenges: Pain and Suffering

Pain and sufferings in life

- Mind’s pain and suffering are irrelevant to material poverty or abundance
- Mind’s problem is distinguished from physical health
Life’s Challenges: Pain and Suffering

[The first-ever pain and suffering of the human mind?]

Adam and Eve

Adam

fear, avoidance of responsibility, guilt

Cain and Abel

Cain

Anger and jealousy, guilt after murdering brother
Pain and sufferings in life

- Problems of the mind cannot be healed by solving physical problems

“Cure her of that! Can’t you treat a *diseased mind*? Take away her memory of sorrow? Use some drug to erase the troubling thoughts from her brain and ease her heart? Medicine is for the dogs. I won’t have anything to do with it.”
Response to the challenges

**Supernatural means**

- **Shamanism / divination / exorcism**
  - Individuation of the supernatural

- **Reliance on God**
  - Confession
  - Prayer / training / asceticism
Response to the challenges

- Conventional response
  - Advice of the wise / enlightenment of philosophy

  “To live is to suffer, to survive is to find some meaning in the suffering.”

  “Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.”

Friedrich Nietzsche

Khalil Gibran
“Life is full of misery, loneliness, and suffering - and it's all over much too soon.”
Response to the challenges

Professional/scientific ways

- Education/guidance
- Psychotherapy/drug treatment
- Counseling/psychotherapy

Topics of this course

- Life filled with pain, suffering, & efforts to overcome them
- Suffering of the mind and the body that are distinct from each other, regardless of material conditions
- Professional/scientific responses made for the pain and illness of the mind
- Change mechanisms of acquiring a healthy and happy mind
I. The Beginning &
Basic Characteristics of Counseling Studies

2. Basic characteristics of Counseling Studies
   1. Body (Material) vs. Mind
   2. Non-Science vs. Science
   3. Pure vs. Applied Science
   4. Simple vs. Complex Studies
Counseling is…

- Intervention aspect

  - It's not about acquiring physical comfort through material support. It's also not about recovering health through medication. It is a pursuit of recovering healthy mind through strong social stimuli/practice.

### Social stimuli / practice

- Counseling relationship/interaction
- Acceptance/acknowledgement/challenge/facilitation of reflection
- Verbal·Non-verbal interaction/play/art·physical activities
Counseling is:

- Outcome aspect
  - Not material abundance/physical health
    - Changes in behavior, thinking, attitude, relationship
  - Through strong social stimuli/practice
    - Changes in behavior, thinking, relationship + brain function, chemical state
    + changes in narratives about life and self

**Narratives about life and self?**
About ‘narratives’ …

- Oliver Sacks

Oliver Sacks

Author of “The Man Who Mistook His Wife for a Hat”

“Each of us is a singular narrative, which is constructed, continually, unconsciously, by, through, and in us.”
Body (Material) vs. Mind

About ‘narratives’ …

• Case of Kay Jamison

‘An Unquiet Mind’

What medication provided

• Prevention of extreme manic state
• Prevention of hospitalization
• Prevention of suicide
• Allowed psychotherapy
About ‘narratives’ …

- Case of Kay Jamison

‘An Unquiet Mind’

What counseling provided

“But, ineffably, psychotherapy heals. It makes some sense of the confusion, reins in the terrifying thoughts and feelings, returns some control and hope and possibility of learning from it all. Pills cannot, do not, ease one back into reality.”
Body (Material) vs. Mind

About ‘narratives’ …
- Case of Kay Jamison

What counseling provided

“What I find so fascinating about Jamison’s insight is her view of psychotherapy as a learning experience that allows her to pull together the strands of her experiences - her life story. It is, of course, memory that weaves one’s life into a coherent whole.”
Counseling is…

- Tries to achieve the following through strong social stimuli and practice
  - Changes in behavior, thinking, mindset, attitude, and relationships
  - Changes in body’s biological, chemical states
  - Formation of a comprehensive narrative about life and self
Elimination of unscientific ways

- Getting rid of groundless knowledge, bias, conviction, myth, and common sense

Scientific method?

- Moving away from groundless knowledge, bias, conviction, and myth
- It acts as a gatekeeper that distinguishes between myths and real knowledge.
- When a certain intervention is said to be effective, it requires verification to confirm that it is truly so.
- follow the procedures for accumulating scientific knowledge. (observing, studying, hypothesizing, testing, verifying)
Non-Science vs. Science

[scientific method?]
# Pure vs. Applied Science

## Meaning

<table>
<thead>
<tr>
<th>Pure science</th>
<th>Applied science</th>
</tr>
</thead>
</table>
| • Its purpose is to **discover truths & understand phenomena**  
  • Mathematics, Physics, Chemistry | • Its purpose is to **apply the discovered knowledge to reality and improve effectiveness**  
  • Engineering, Medicine, Business, Education |

• Pure science can also have its knowledge applied to reality  
• The distinction between pure and applied science is a **matter of degree**
Counseling studies is applied science

- Counseling studies
  - Has attributes of applied science like engineering, medicine, and business studies

Purpose of counseling research

- ‘pure’ understanding of counseling phenomena
- Improve effectiveness of counseling practice
Simple vs. Complex Studies

‘Complex’ attribute of counseling

- Psychology

<table>
<thead>
<tr>
<th>Research subject</th>
<th>Common denominator among domains</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Relatively simple phenomenon</td>
<td>• Domains: cognitive, personality, development, social, cultural, organizational, clinical, counseling</td>
</tr>
<tr>
<td>• Individual’s cognition, behavior, emotions are subjects of exploration</td>
<td>• Great degree of common denominator in terms of basic assumptions, perspective, approach, research methods</td>
</tr>
</tbody>
</table>
‘Complex’ attribute of counseling

- Counseling studies

<table>
<thead>
<tr>
<th>Research subject</th>
<th>Common denominator among domains</th>
</tr>
</thead>
<tbody>
<tr>
<td>• When limited to psychological counseling, couple/family counseling, it’s quite simple subject</td>
<td>• When including psychological counseling, couple/family counseling, group counseling, child/adolescent counseling, school counseling, college counseling, business counseling, multicultural counseling, counseling systems, counseling policies, counseling laws, counseling administration, etc., the common denominator in terms of basic assumptions, perspective, approach, and research method is relatively small.</td>
</tr>
</tbody>
</table>
Ultimately, counseling studies is:

- More about **the mind** than body
  - Intervene for the mind, not the body
  - Use language/strong social stimuli/learning instead of material things (medication)

- Process and outcomes of creating scientific knowledge
  - Follow scientific procedures instead of myths or faith
  - Open to the possibility of denial

- **Applied science** rather than pure science
- **Complex studies** rather than simple studies
II. Differentiation of Counseling Studies

1. Differentiation and specialization
   1. by site
   2. by target subject/age group
   3. by media/communication route
   4. by modality
Counseling Sites

Counseling in:
- School
- Psychiatric hospital
- Private center
- Youth counseling center
- College/University
- Employment agency
- Corporate setting
- Welfare agency
- Religious organization
Counseling in school

- Issues
  - School adjustment
  - Academic
  - Career
  - Peer relationship
  - Family
  - Delinquency, school violence, etc.
### Counseling in school

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment &lt; Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Professional school counselor, career/college entrance counselor, professional traveling counselor, etc.</td>
</tr>
<tr>
<td>Scene</td>
<td>School (School counseling center, Wee Class), Department of Education (Wee Center)</td>
</tr>
<tr>
<td>Method</td>
<td>Psychological counseling, group counseling, parent counseling, play therapy, art therapy, etc.</td>
</tr>
</tbody>
</table>
Counseling in psychiatric hospital

- Issues
  - Neurosis
  - Psychosis (in need of medication)
## Counseling in psychiatric hospital

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td><strong>Doctors</strong></td>
<td></td>
</tr>
<tr>
<td>Scene</td>
<td>Hospital’s mental health department, private clinic</td>
<td></td>
</tr>
</tbody>
</table>
| Method   | • Medical interventions such as medication  
          • Additional use of psychological counseling, art therapy | |
| Note     | • **Psychiatric counseling** focused on **drug therapy**  
          • Must distinguish from counseling focused on strong social stimuli and learning | |
Counseling in psychiatric hospital

- Issues
  - Neurosis
  - Interpersonal relationship
  - Couple/family relationship
  - Personality
  - Career
  - Language
  - Developmental or life issues that can be recovered through the counseling relationship
# Counseling in psychiatric hospital

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Association (e.g. Korean Counseling Association) <strong>license holder</strong></td>
</tr>
<tr>
<td>Scene</td>
<td>Established by an individual, a corporate, or a private organization</td>
</tr>
<tr>
<td>Method</td>
<td>Individual counseling, group counseling, family counseling, education, art therapy, etc.</td>
</tr>
</tbody>
</table>
| Note           | • Relatively low social status in Korea  
• In need of enactment of legislation on qualification for opening practice |
Counseling in youth counseling center

- Issues
  - School life adjustment
  - Academic
  - Career
  - Peer relationship
  - Family
  - Delinquency / school violence

- similar to school counseling
### Counseling in youth counseling center

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Association certification or youth counselor license holder</td>
</tr>
<tr>
<td>Scene</td>
<td>Government agencies such as youth counseling &amp; welfare centers, youth support center; Free</td>
</tr>
<tr>
<td>Method</td>
<td>Psychological counseling, group counseling, education+ art therapy, visiting counseling, peer counseling</td>
</tr>
<tr>
<td>Note</td>
<td>Support for at-risk youths such as CYS-Net (Community Youth Safety-Net)</td>
</tr>
</tbody>
</table>
By site

Counseling in College/University

- Issues
  - College life adjustment
  - Academic, career, personality
  - Peer/interpersonal relationship; dating
  - Family
  - Meaninglessness of life
  - Identity issues, etc.
## Counseling in College/University

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Association certification holder</td>
</tr>
<tr>
<td>Scene</td>
<td>Various counseling-related centers at college campus (Psychological counseling center, Academic support center, Career development center, Sexual harassment counseling center, etc.)</td>
</tr>
<tr>
<td>Method</td>
<td>Psychological counseling, group counseling, education + art therapy, and various prevention/treatment programs</td>
</tr>
<tr>
<td>Note</td>
<td>Differentiation by specific function</td>
</tr>
</tbody>
</table>
Counseling in Employment agency

- Issues
  - Employment
  - Work ability development
  - Job exploration and change, etc.
### Counseling in Employment agency

<table>
<thead>
<tr>
<th>Function</th>
<th>Career counseling, decision-making, research development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Career counselor; Association certification holder</td>
</tr>
<tr>
<td>Scene</td>
<td>Local employment centers</td>
</tr>
<tr>
<td>Method</td>
<td>Career counseling, providing information, psychological counseling, education, etc.</td>
</tr>
<tr>
<td>Note</td>
<td>Government-led response to 1997 financial crisis, 2007 global financial crisis, youth unemployment, etc.</td>
</tr>
</tbody>
</table>
Counseling in corporate setting

Issues

- Company life adjustment
- Job stress
- Mental health
- Physical health
### Counseling in corporate setting

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Association certification holder</td>
</tr>
<tr>
<td>Scene</td>
<td>• Business scene&lt;br&gt;• Began in 2000 in large corporations and global corporations&lt;br&gt;• Changed into EAP format</td>
</tr>
<tr>
<td>Method</td>
<td>Psychological counseling, education, couple counseling, coaching</td>
</tr>
<tr>
<td>Note</td>
<td>Internal model + external model</td>
</tr>
</tbody>
</table>
Counseling in welfare agency

- **Past**
  - Provided information on welfare programs for low income class
  - Recommended protection agency

- **Present**
  - Provide proper guidance for youth
  - Family welfare
  - **Expanded to include family therapy**
## Counseling in welfare agency

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Social worker, certified professional counselor</td>
</tr>
<tr>
<td>Scene</td>
<td>Various social welfare agencies; Senior welfare agency</td>
</tr>
<tr>
<td>Method</td>
<td>Provide information, recommendation, guidance, and additional counseling</td>
</tr>
<tr>
<td>Note</td>
<td>Expanded to clinical social welfare</td>
</tr>
</tbody>
</table>
Counseling in religious organization

- Issues
  - Faith-related concerns of believers
  - Spiritual conflict
  - Life concerns
### Counseling in religious organization

<table>
<thead>
<tr>
<th>Function</th>
<th>Treatment + Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent</td>
<td>Priest, clergy + <em>(recently) professional counselor</em></td>
</tr>
<tr>
<td>Scene</td>
<td>Counseling center within religious organization</td>
</tr>
<tr>
<td>Method</td>
<td>Psychotherapy, education therapy, faith counseling</td>
</tr>
</tbody>
</table>

**Note**
- Increase in the number of Graduate School of Theology, Buddhist Graduate School creating counseling departments
- Increase in religious agencies hiring professional counselors
By target subject/age group

- Children counseling
- Youth counseling
- Adult counseling
**Children counseling**

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Preschool age</td>
<td></td>
</tr>
<tr>
<td>Early elementary school age</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Issues</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Developmental issues</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intervention</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use media other than language such as play, art, sand, mud, etc.</td>
<td></td>
</tr>
<tr>
<td>Mediate in parent-child relationship</td>
<td></td>
</tr>
</tbody>
</table>
### Youth counseling

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
</table>
| **Time** | Later elementary school ~ early college years  
(Before age 10 ~ around age 20) |
| **Issues** | Developmental difficulties in adolescence  
School life, peer relationship, delinquency, deviation, parent-child relationship |
| **Intervention** | Verbal intervention  
Parent-child relationship intervention |
## Adult counseling

<table>
<thead>
<tr>
<th>Time</th>
<th>From 20s to adulthood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Issues</td>
<td>Psychological, social, relationship, mental issues</td>
</tr>
<tr>
<td>Intervention</td>
<td>Usually verbal interaction</td>
</tr>
</tbody>
</table>
By media/communication route

- Face to face interview
- Art/Music/Dance
- Play
- Phone
- E-mail/SNS
Face to face interview

- Most typical form of counseling
- Used by most individual/group counseling
- Change through strong social stimulus or learning.
By media/communication route

Art/Music/Dance

- Express emotions via artistic expressions
- Experiences empathy by appreciating others’ expressions
- Music therapy, art therapy, drama therapy, movement therapy, writing therapy
Play

- **Uses various play methods** (dolls, toys, drawing tools, sand, etc.) to facilitate communication
- Freely express children’s emotions and thoughts
- A way to overcome the limitations of verbal expression
- Counselor provides emotion reflection, question, interpretation, suggestion, instruction, support, and control to children
By media/communication route

Phone

- Conversing via phone to provide counseling
- Advantages: anonymity, visit unnecessary
- Domestic agencies
  - ‘Call of love’ ‘Call of life’, ‘Sexual violence call’, ‘Call for women’, ‘Call for elderly’ etc.
- Often used for suicide prevention hotline
- Video call is possible in certain situations
By media/communication route

E-mail/SNS

- Counseling via computer and Internet
- Universalization of E-mail counseling
  - Modern version of the past ‘letter counseling’
- Advantageous in that you can organize your issues in writing
By modality

- Individual counseling
- Group counseling
- Couple counseling
- Family counseling
- Group-educational counseling
By modality

- **Individual counseling**
  - For 1 client
  - Usually deal with mental health, personality, relationship issues
  - Theories, techniques, procedures are typically developed assuming individual counseling
  - Individual counseling and psychotherapy act as the basis of advancement in counseling studies
Group counseling

- Provide counseling to a group of around 10-15 people
- Counselor is called ‘leader’ or ‘facilitator’
- Interaction among group members and group dynamics are emphasized
- Classified according to the degree of preplanning

- Structured group
- Unstructured group
Couple counseling

- For conflicts between married & unmarried couples (engaged, divorced, cohabitating, dating, about to be divorced, etc.)

- Could begin with both, or could begin with meeting one person and then meet both later
Family counseling

- Targets the entire family
- Focused on the influence of family system instead of individual dynamics
- Some approaches consider the participation of the entire family as a must
- Often begins as individual counseling
- At times, more than 2 counselors work as a team to conduct counseling
Group-educational counseling

- Educates a relatively large group (usually more than 15 persons; at schools, one class is the basic unit) about pre-planned topics
- Focused on psycho-education
- Similar to ‘structured group’ counseling
II. Differentiation of Counseling Studies

1. Activities similar to counseling
2. Counseling vs. Psychotherapy
### Activities similar to counseling

*(Lee, 1986)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Guidance</th>
<th>Counseling/Psychotherapy</th>
<th>Psychiatry</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Classes of elementary, middle, high schools</td>
<td>• Private counseling centers, college counseling centers</td>
<td>• Private or large hospitals</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Elementary/middle/high school counseling centers, corporate counseling centers</td>
<td></td>
</tr>
<tr>
<td>Professional</td>
<td>• Teacher</td>
<td>• Professional counselor (psychotherapist), professional school counselor</td>
<td>• Doctor</td>
</tr>
<tr>
<td>Problem domain</td>
<td>• School life adjustment</td>
<td>• School life adjustment, interpersonal relationship, social life, personality, mental health problems, neurosis, some mental illness</td>
<td>• Neurosis</td>
</tr>
<tr>
<td></td>
<td>• Character education</td>
<td></td>
<td>• Mental illness</td>
</tr>
<tr>
<td>Interven method</td>
<td>• Education, language</td>
<td>• Language, counseling relationship, play, art, various activities, etc.</td>
<td>• (Usually) medication</td>
</tr>
</tbody>
</table>

'It's difficult to distinguish between counseling and psychotherapy'
### Counseling vs. Psychotherapy

#### Difference: ‘severity level’ and ‘the depth of approach’

<table>
<thead>
<tr>
<th>Counseling</th>
<th>Psychotherapy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clients</strong> who can function quite well</td>
<td><strong>Patients</strong> with neurosis or mental illness</td>
</tr>
<tr>
<td>Preventing and educating about problems, as well as intervening for minor adjustment issues</td>
<td>Treating insane or neurotic people whose ability to lead normal life is lost</td>
</tr>
<tr>
<td>Goal: development, education, or prevention</td>
<td>Goal: correction, adjustment or treatment, or changing personality structure</td>
</tr>
</tbody>
</table>
Counseling vs. Psychotherapy

- Different: ‘the severity level of problems’
  - The boundary isn’t clear in actual counseling and psychotherapy practice

Comparison of problem domains

<table>
<thead>
<tr>
<th>Guidance</th>
<th>Counseling</th>
<th>Psychotherapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Info, advice, decision-making</td>
<td>Behavior, attitude change</td>
<td>cognitive, psychological conflict</td>
</tr>
</tbody>
</table>

(Lee, 1986)
Counseling vs. Psychotherapy

Same: ‘theoretical framework’ (Kim et al., 2011)

- If you ask experts from each field to present on the major theories in their field, they basically come up with almost identical contents.
- Textbooks used in counseling classes are similar to those used in psychotherapy classes. They cover same theories such as psychoanalysis, behaviorism, etc.
- Strategies, skills, and processes used in counseling and psychotherapy are identical. Indeed, many textbooks use the terms interchangeably.
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Guidance, psychotherapy, psychiatry
    - all concepts that specify their target client or objective
  - Counseling
    - Does not specify its target or objective; instead, it refers to a process.
    - The word ‘counseling’ in Korean means two person engaging in a mutual conversation. It does not specify the content of that conversation.
    - It’s not an ordinary conversation, but a conversation that promotes change and provides strong social stimulus.
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Counseling, guidance, psychotherapy, psychiatry

- Counseling as a different dimension and category
- Through a counseling process, we can provide guidance, psychotherapy, psychiatry, career guidance, and education for self-actualization.
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Prior categorization

Diagram: Guidance, Counseling, Psychotherapy
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Relationship between counseling and other helping activities
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Relationship between counseling and other helping activities (modified)
Counseling vs. Psychotherapy

- Categorization error (Park, 2001)
  - Counseling and counseling studies

<table>
<thead>
<tr>
<th>Counseling</th>
<th>Counseling Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>a mediating process that operates in every field that seeks to bring about change in people ‘strong social stimuli’ + ‘learning/practice’</td>
<td>an academic field that analyzes this mediating process and specifies its function</td>
</tr>
</tbody>
</table>

Ensures unique domain of counseling and counseling studies