

Advanced Techniques for Counseling and Psychotherapy

Dr. Christian Conte

THE RUDIMENTARY SKILLS

The classic question "How do you feel about that?" is one on which many colloquial jokes about psychology and counseling are predicated, still, it is an important question to ask. What cannot be conveyed well in a textbook is what tone of voice works best for specific questions. Obviously, if this question is asked robotically or with little interest, it becomes part of a "textbook approach" rather than something that flows out of a genuine curiosity for how someone actually feels about a situation.

In his classic work, Herrigel (1953) noted the fundamental need for people to act precisely and repetitiously in pursuit of mastery. Therapists who take for granted the basic skills of counseling (i.e., those who are not precise in their repetitions) do not seem to fare well with implementing more advanced techniques. Both the basic and advanced skills presented in this book are the product of years of clinical studies; they are not trial balloons for the modern counselor. Each counseling skill has a history of both trial-and-error and rational-theoretical experimental development.

Advanced counseling skills build on the fundamental skills. Thus, the first step to advanced counseling is to be a master of the basic skills. Take, for example, skills regarding posture and body language. A counselor who is not aware of the impact she has on clients when she looks down as she begins to speak, for instance, might unconsciously affect the counselor-client relationship in an adverse manner. Likewise, a therapist who believes he is engaged in what his clients say, but is unaware that he looks to the ceiling when his clients talk, cannot move on to implement more advanced techniques or dynamics in his therapeutic relationships.

Awareness is the key to performing advanced counseling, and again, counselors' effective execution of advanced therapeutic techniques can occur only when they have mastered the basic skills.

Advanced Techniques For Counseling And Psychotherapy

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