Discussion Questions

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# Response 1 (to Q. 10)

The cognitive approach is always better than behavioral approval in certain scenarios. Counsellors are advised to use cognitive approach, or cognitive therapy, when the client is trying to differentiate between thoughts and feelings, when they are influenced by the feeling that is not helpful and when they need to know is their presumptions are accurate or biased. A few examples where cognitive therapy will be preferred are to identify negative thoughts and assumptions, anger management and preventing addiction relapse (Easden & Kazantzis, 2018).

# Response 2 (to Q. 10)

I certainly agree with your opinion. Tailoring the approach to counselling with respect to a patient that you are dealing with is not only more efficient but effective in the long run. I believe it helps the patient in his or her rehabilitation process and puts all the issues that they may be going through a whole lot easier. Evidence-based practice does have their own merit, however making them client-based makes them more effective (Pontes & Polatajko, 2016).

# Question 3

Counselling theories are essential and hold plenty of significance for both counselling professionals as well as the clients being treated. Following are the few areas in which it can be successful. It includes (Stargell, 2017);

* When integrity is required between the understanding, interpretation and action to achieve a consistent framework.
* Theory may work as a metaphor alone, however, it is rather effective at conceptualizing a problem and finding a working solution for the subject.
* Provides inexperienced councillors with a roadmap to diagnosis and therapy.
* Theory serves as a channel for research which enhances clinical observations and improves diagnosis.

# Question 4

Counselling theories are essential to giving counsellors the knowledge and the insights they need to deal with a variety of experience. Behaviorism and psychodynamic theories, the two theories determined by life experiences. It would be given by Watson, who was of the opinion that an organism’s behavior is shaped by his environment of residence. Later, B.F. Skinner enhanced and developed Watson’s theory and came up with Operant Conditions, which altered a subject’s response on the basis of reward-seeking behavior. Similarly, in counselling, counsellors draw from a general theory, but they use their own devices from proper results (Corey, 2015).

References

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