Psychology

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# Psychology

**Why Did You Decide to Study Psychology and Become a Counsellor?**

I think, Psychology is the most interesting and fascinating area of study. It helps us to understand the behaviours of humans and how they feel, think, and act. I want to use my degree to help people throughout my life. I want to become a counsellor because I want to assist people with daily life challenges. I am a good listener and want to find solutions to the problems of people. Although I know that we don't always have a solution to every problem, but I think my involvement and support can make a difference in the lives of people. Psychology will allow me to learn about different psychotherapeutic and counselling interventions as well as behavioural modification and problem-solving techniques.

**As A Future Counsellor, Why Do You Have To Take This Course? What Are Some Examples Of How Research Is Used In The Counselling Profession?**

I have to take this course because it will provide me with a strong background that I will need to excel in my career. This course will provide me with an understanding of different counselling techniques that are necessary for my profession. This course is very important to develop effective communication skills and critical thinking that is important for me as a counsellor. Research is important in the counselling profession as it provides evidence for different issues in which therapy is effective. It enhances professional knowledge and also plays an important role in finding new treatments that work best for the patients.

**What Are You Looking Forward To Regarding This Course?**

I am looking forward to having an understanding of events, treatment of mental health issues, and the way people function and think. One of the concerns that I have regarding this course is the stress of dealing with a patient that are facing major life crises as sometimes emotionally charged situations make me anxious.

**Please Identify And Describe Two Examples That Illustrate How Our Intuition May Be Inaccurate Or May Steer Us In The Wrong Direction. One Example Should Be Relevant To Counselling, While The Other Can Be Any Real-World Example. (5 Points)**

**Example 1**

A few months back, some relatives approached us about the selling of our apartment. Although our apartment was not on sale, we were happy to listen to this proposal until they told us what they are willing to pay. They offered us less amount that our apartment was worth. Our intuition told us to sell this apartment and we sold. After a few days, one of the real estate agents told us that the price of our apartment worth even more than we think. It was very upsetting and negative that we sold our apartment at less price.

**Example 2**

Lina was a psychologist and she counsels her patients with wishful thinking however, she guided her patient to start taking anti-depressants. Later she recognized that her patient had just a misunderstanding regarding her relationship with her boyfriend and she only needed psychotherapy. Though her intuition was always right towards her patient.