Effective counsellors are skilled in specific approaches, but most importantly they use skills that relate to common factors relevant to all therapeutic relationships.

[Authors Name]

**Effective counsellors are skilled in specific approaches, but most importantly they use skills that relate to common factors relevant to all therapeutic relationships.**

The common factors have a long history in the field of psychiatry (Wampold, 2015). Common factors include sets of therapeutic elements that are almost common to most of the psychotherapists and collectively shape a theoretical model regarding the mechanism of change in psychotherapy. A psychotherapist can work through those techniques that are usually specific for each therapy and through those that all of the therapies have in common. Throughout the development of counselling, almost 400 popular and distinct counselling schools have evolved in the field of modern counselling. Common factors are an active ingredient that is not specific to any one technique (Shechtman, 2017). Common factors that include expectation and hope for a positive change, motivation, therapeutic alliance, empathy, and extra therapeutic factors are all important for effective counselling. According to the theory of common factors, the relational skill of the therapist and the way of carrying out the therapy sessions are the main contributors to bring change in the client (Dowling & Rickwood, 2016). Common factors are considered to be inherent in all or most of the therapeutic encounters. They are not aligned with any kind of theoretical orientations and techniques as they are humanistic relational factors. One of the main ideas that are behind the theory of common factor is that the process of healing takes place within the therapeutic environment and can be attributed to the practitioner and client relationship. This is not due to the particular techniques and theories that may be imposed (Maniacci, Carlson, & Sackett-Maniacci, 2017).

The concept of hope can be viewed as creating expectation within the client and also the interaction of acting, feeling, relating and thinking towards the positive change. Hope is not only required to keep the client in therapy but also to make the counselling effective. According to the concept of common factors, human beings usually heal through connection and by the act of sense of belonging and social acceptance. There is no defined list of common factors present on which all the researchers are agreed. The common factor plays an important role in effective counselling and the therapeutic relationship. The connection between the therapist and client is considered as one of the most important needed catalysts that are required for the change. However, this connection must be genuine and authentic. The Adlerian theory has linked the therapeutic change with improved mental health (Manso & Rauktis, 2011). The theory of common factor encompasses the unique relationship between therapist and client that changes with each client and even with the individual sessions. Common factors are usually organic which means that both have concepts and elements that can fit together as a part of a necessary whole.

Common factors are not at all independent entities and practicing one factor without implicating others is not possible. The main idea behind the theory of common factor is that therapist trait such as positive regard, empathy, the expectation of positive change and empathy are the vehicles through which the change have to take place (Baruth & Manning, 2016). Common factors theory is not based on a distinct treatment, in fact, the gathering of the concepts and traits have to be incorporated. Patients are provided with the exact information of their disorder and the treatment action that is consistent with the explanation (Stamoulos et al., 2016). The common factor perspective does not suggest that a mere relationship with a therapist is enough. According to different studies, it is determined that any therapy with all the common factor ingredients can prove very effective. The therapeutic relationship is considered as most important to the outcome of the therapy treatment. This relationship includes all motivational activities of therapist and client including guilty, humour, hostility and so forth. The common factor creates the therapeutic relationship that is maintained and build between the client and therapist and this type of relationship is very important for effective counselling.

**Skills that are required for effective counselling**

Empathy and motivation are the two most important skills that are required for effective counselling. Empathy and positive regard are a very important factor that is required for effective counselling. Without empathy and positive regard effective counselling is not at all possible (Carkhuff, 2017). There should be a collaborative and trusting and relationship between the client and therapist. These factors develop a positive emotional bond, openness, and truthfulness between the client and therapist. A collaborative relation of empathy between the therapist and the client results in an agreement on the intervention, techniques, and methods. Therefore, any effective counselling, empathy, positive regard and congruence is needed. The main component of effective counselling is characterized by warmth, understanding, trust, kindness, acceptance, and human wisdom. This improves the probability of improved counselling outcomes (Messer & Wampold, 2002). Another skill that is required for effective counselling is motivation by the therapist. It plays a very important role in the therapy and it has a direct impact on the therapy success. Effective counselling can be done by adopting different motivational methods such as by creating hope and expectation in the client that positive change will happen (Wosket, 2016).

**Conclusions**

 I agree with this statement that “Effective counsellors are skilled in specific approaches, but most importantly they use skills that relate to common factors, relevant to all therapeutic relationships.” All the common factors are interconnected with one another and are evidence-based. These are validated and continue to be a necessity within the field of psychology and ineffective counselling.

**References**

Baruth, L. G., & Manning, M. L. (2016). *Multicultural counseling and psychotherapy: A lifespan approach*: Routledge.

Carkhuff, R. (2017). *Toward effective counseling and psychotherapy: Training and practice*: Routledge.

Dowling, M., & Rickwood, D. (2016). Exploring hope and expectations in the youth mental health online counselling environment. *Computers in Human Behavior, 55*, 62-68.

Maniacci, M. P., Carlson, J., & Sackett-Maniacci, L. (2017). Neo-Adlerian approaches to psychotherapy. *The Journal of Individual Psychology, 73*(2), 95-109.

Manso, A., & Rauktis, M. E. (2011). What is the Therapeutic Alliance and Why Does it Matter? *Reclaiming Children and Youth, 19*(4), 45.

Messer, S. B., & Wampold, B. E. (2002). Let's face facts: Common factors are more potent than specific therapy ingredients. *Clinical Psychology: Science and Practice, 9*(1), 21-25.

Shechtman, Z. (2017). *Group counseling and psychotherapy with children and adolescents: Theory, research, and practice*: Routledge.

Stamoulos, C., Trepanier, L., Bourkas, S., Bradley, S., Stelmaszczyk, K., Schwartzman, D., & Drapeau, M. (2016). Psychologists’ perceptions of the importance of common factors in psychotherapy for successful treatment outcomes. *Journal of Psychotherapy Integration, 26*(3), 300.

Wampold, B. E. (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry, 14*(3), 270-277.

Wosket, V. (2016). *The therapeutic use of self: Counselling practice, research and supervision*: Routledge.