Unit II – Foundations of Counselling

Philosophical foundations – dignity of the human person; Sociological foundations – influence of social system; psychological foundations – concept of self, goal directed behaviours – learning principles – development needs @ different stages

Philosophical foundations

- Philosophy = concepts (logical ideas) + values + purpose of an individual
- Raison d’etre = concern for the individual
- Man should live in present rather than in past or future
- Philosophy encompass individuals freedom – affection – cognition (the mental act or process by which knowledge is acquired or processed) – conation (the group of mental activities including drives, will, and instinct that leads to purposeful action) – sovereignty (autonomy) – values (moral codes)
- Harmonizing affection + cognition + conation = leads to self actualization
- Modern counselling based on basic postulates of individuals freedom, liberty and sovereignty
- Counselling is based on Hygiology (study of problems of normal people & prevention of incidence of serious emotional difficulties)

Philosophical foundation is based on 2 aspects

Dignity of the individual

- Values of individual
- Dignity (ones sense of worth, pride or self respect) of the individual
- Existence is worthy
- Suffering undesirable
- Behaviour = interactions of organism and environment
- Behaviour = experience based
- Man = moral and social at birth
- Theory of individualization
- Motivation = complex
- Family = primary important factor

Values of individual

- Worthy in any way
- Right to get respect
- React to environment
- Individual is unique
- Development of personality is choice based
- Individual is an element of development
- Right to self determination
- Person – in – environment (biosociopsychological)
Sociological Foundations

Based on 4 concepts
1. Social development
2. Socialization
3. Social approval and
4. Social milieu

Social development
- ability to behave in accordance with social expectations
- patterns include imitation, rivalry, cooperation and empathy

Socialization
- it is identifying oneself with the society
- components include proper behaviour, approved social roles, good social attitudes

Social approval
- Can be conformity (approved social behaviour)
- Deviance (unsocial behaviour) – negativism (verbal and physical resistance) – aggressiveness – ascendant behaviour (dominant) – selfishness – prejudice

Social Milieu (Social surroundings)
- Abnormal in one culture was not so in another
- Important persons Mead, Benedict, Boas, Malinowski

Psychological Foundations

Based on
1. Concept of self
2. Goal directed behaviour
3. Learning principles
4. Development needs

Concept of self
- Rogers Self – Ideal & Real Self
- Combs – Phenomenal Self
- Cooley’s – Looking Glass Self

Goal directed behaviour
- Motivation
- Components = need, drive and goal
- Kurt lewin's – field theory/ vector(direction, strength) valence(+, - objects) theory
Learning principles
- behaviour learnt and also be unlearnt
- increased motivation = increased learning
- more practice = increased learning
- increased attitude = increased learning
- Pavlov = classical conditioning
- Skinner = operant conditioning
- Watson = cognitive

Development needs
*Erikson’s = epigenetic psychosexual stages*
1. Trust Vs Mistrust
2. Autonomy Vs Shame
3. Initiative Vs Guilt
4. Industry Vs Inferiority
5. Identity Vs Role conflict
6. Intimacy Vs Isolation
7. Generativity Vs Stagnation
8. Integrity Vs Despair

*Jean Piaget’s = genetic epistemology (study of development of knowledge)*
1. Sensorimotor
2. Preoperational
3. Concrete operational
4. Formal operational

*Maslow*
1. Physical needs
2. safety needs
3. love needs
4. esteem needs
5. self actualization

*Freud = psychosexual stages*
1. Oral
2. Anal
3. Phallic
4. Latency
5. Genital