

# Basics of Counselling in Psychiatric Patients



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# What is Psychology?

Your Psychology is shaped by the interplay of many forces...

- ❑ Brain chemicals
- ❑ Culture
- ❑ Environment
- ❑ Genes
- ❑ Hormones
- ❑ Illness
- ❑ Life events
- ❑ Personality
- ❑ Reproductive cycle
- ❑ Society

# Knowing myself is an art....

- ❑ Creating an awareness is one thing and accepting one's own self is the process....

# EMOTIONS

## Appropriate

- ❑ Constructive
- ❑ Helpful

## Inappropriate

- ❑ Destructive
- ❑ Traumatising

# EMOTIONS....

- ❑ Goal orientation
- ❑ Prioritization
- ❑ Problem Vs blame
- ❑ Constructive alternatives
- ❑ Person Vs behavior
- ❑ Realistic consequences
- ❑ Emotional regulation

# Who am I?

- ❑ What do I know about myself?
- ❑ How do I look at myself?



# Think about this....

- ❑ Why do I want to work?
- ❑ What do I get out of it?
- ❑ What do I want from my life?
- ❑ Do I have life other than work?
- ❑ How is my support system?
- ❑ Do I really understand myself?

# My emotions...

- ❑ Am I aware about my emotional graph?
- ❑ Can I name my emotions?
- ❑ Can I regulate my emotions?
- ❑ Are they useful or damaging ?





# Blocks in acceptance

- ❑ Denial
- ❑ Rationalization
- ❑ Burden of past
- ❑ Prejudices
- ❑ Rigidity of thinking

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# THE CORNER STONES OF PSYCHOANALYTICAL THEORY

- ❑ The assumption that there are unconscious mental processes.
- ❑ The recognition of the theory of the resistance and repression.
- ❑ The importance of infantile and childhood traumas

# CHARACTERISTICS OF THE UNCONSCIOUS PROCESSES

- ❑ These processes are the primary processes and the conscious, rational thinking develops as the secondary thinking..they pay little regard to reality.
- ❑ They are not bound by time.
- ❑ They can be displaced from one idea to another .
- ❑ They may not be logical , so the unconscious can permit contradictions.

# CONCEPTUALISATION OF THE PSYCHOLOGICAL DISTURBANCES AND HEALTH

- ❑ Psychological Disturbances are on account of the states of un-managable severe conflicts.
- ❑ Defenses are not the long term solutions .
- ❑ Distressing ideas only disappear from the conscious awareness , they do not go out of existence and find expression in dreams ,and /or irrational actions .

# CONCEPTUALISATION OF THE PSYCHOLOGICAL DISTURBANCES AND HEALTH

- ❑ Unconscious ideas when unacceptable to conscious mind, erupt as symptoms
- ❑ Psychological illness is an inability to rationally manage inner states of anguish, dread or longing.
- ❑ Psychological health is equivalent of ability to handle inner states adaptively and creatively

# Counselling

- ❑ Counselling is an fine art.
- ❑ The roots of psychosocial methods of treatments are as deep as antiquity and can be traced to religion and primitive medicine and their various magico-religious rituals.
- ❑ However, as a scientific discipline with a well formulated theoretical background and plan of treatment, they are only a hundred years old.



# Contd.

- ❑ The status of human as a social being, their interdependence and ability to help each other in times of crisis, were successfully put in a therapeutic framework forming the rubric of this category of treatment .

# Contd.

- ❑ COUNSELLING is a process of assistance given to an individual in need, With the aim of enabling him to learn and persue realistic solutions to his difficulties.
- ❑ Differs from casual conversation in being focussed, specific and purposeful

“It Is Not Stress That Kills Us.  
It Is Our Reaction To It”.

Hans Selye

# Where is the solution for this?

Where is the 'any' key  
on my computer keyboard?



# Forms of psychological treatments

- ❑ Various types of psychotherapies or counselling
- ❑ Behaviour therapies
- ❑ Occupational and recreational therapies

# What is counselling ?

- ❑ Counselling has been referred to as “systemic treatment primarily employing verbal communication as the means of treatment aimed at relieving the patient’s symptoms and helping him to understand and modify his conduct so as to lead a happier and well adjusted life .

Each model of counselling or psychotherapy share in common the following characteristics...

- ❑ An intense confiding relationship between the patient and the doctor
- ❑ A therapeutic set up
- ❑ A theoretical foundation
- ❑ A prescribed procedure for conducting it.

# Classification

Psychotherapies can be classified in a number of ways ...

- ❑ Individual or group therapy
- ❑ Long term or short term therapy
- ❑ Supportive or deep
- ❑ Directive or non-directive
- ❑ Family therapy, marital therapy or special group therapy



# contd .

Depending upon the results aimed at the end of treatment, psychotherapies can be divided into three types ---

- ❑ Supportive
- ❑ Re – educative
- ❑ reconstructive

# Short term non-dynamic individual psychotherapy

- ❑ Widely used by everyone in various situations
- ❑ Indicated in a wide variety of psychiatric settings where there is intense emotional turmoil of recent onset or in chronic and disabling psychiatric conditions
- ❑ Limited to 8—10 sessions of 30—40 min each once a week
- ❑ No attempt to explore deep into the conflicts or causes
- ❑ Patients existing resources are utilised to relieve suffering and boosting up morale

# Therapeutic elements:

The therapeutic elements of “ short term non dynamic psychotherapy “ are...

- ❑ 1 Interview
- ❑ Reassurance
- ❑ Explanation
- ❑ Ventilation
- ❑ guidance

# Phases of psychotherapy

## Initial phase

- ❑ Two to three sessions
- ❑ Assessment
- ❑ Preparation
- ❑ Relationship formation

# Phases of psychotherapy

## Middle phase

- ❑ Four to six sessions
- ❑ Intense therapeutic activity
- ❑ Further exploration of patient's problems and life situation
- ❑ Insight given regarding problems

# Phases of psychotherapy

## Terminal phase

- ❑ Two to three sessions
- ❑ Intended to strengthen the patient's improvement
- ❑ Prepare him to end his treatment
- ❑ Sessions spaced out and gradually terminated
- ❑ Patient's anxiety and depressive reaction resolved

# Warning

- ❑ Transference reaction
- ❑ Counter transference

# Clinical conditions where psychotherapy may be considered ..

- ❑ Supportive psychotherapy may be indicated when any of life's crises affecting the person or his family are being negotiated e.g. Divorce, retirement, bereavement, major loss
- ❑ States of recurring baseless anxiety and depression
- ❑ Psychosomatic disorders
- ❑ Addictive disorders
- ❑ Phobic disorders
- ❑ Recovering psychoses



# Suitability of client

- ❑ Motivation
- ❑ Age
- ❑ Ego strength
- ❑ Intelligence
- ❑ Ability to tolerate anxiety and frustration
- ❑ Secondary gain
- ❑ Reality factors
- ❑ Types of defences

# Qualities of the counsellor

- ❑ Sympathetic understanding
- ❑ Emotional stability and maturity
- ❑ Non-judgemental
- ❑ Recognizes client's potential
- ❑ Broad scope of knowledge and interests
- ❑ Good listener
- ❑ Good judgement and common sense
- ❑ Patience
- ❑ Trustworthiness and genuineness
- ❑ Flexibility



# Do's of Counselling

- ❑ Encourage the patient to talk freely and ensure active listening
- ❑ Assure the patient of confidentiality
- ❑ Convey to the patient that the therapist understands his position and problems narrated to him
- ❑ Assure the patient that the therapist will try to help him find a solution to his problems
- ❑ Facilitate the flow of speech, particularly when the patient pauses or loses his track of main theme.
- ❑ Closure of the issues and take home message for each session

# SILENCE

- ❑ Can be very useful
- ❑ Provides time for information to sink in
- ❑ Provides time for feelings to be felt

# Dont's of Counselling

- ❑ Showing disinterest or impatience
- ❑ Criticizing, ridiculing or scolding the patient
- ❑ Making false promises
- ❑ Frequently interrupting the patient and talking more than patient
- ❑ Being 'nosy-poky' and insisting the patient to talk about things which he is unwilling to confide at that time.
- ❑ Making premature interpretations or false interpretations







# 7--- selves

- ❑ Self actualisation
- ❑ Self identity
- ❑ Self respect
- ❑ Self satisfaction
- ❑ Self expression
- ❑ Self living
- ❑ Selfies..

# So decide to...

- ❑ Recharge your psyche..
- ❑ Remodel your psyche..
- ❑ Rechannelise your psyche..
- ❑ Rejuvenate your psyche..
- ❑ Relive and enjoy your life



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- ❑ You Can Win: Shiv Khera
- ❑ Introduction To Psychology: Morgan King
- ❑ Stress Management : The University of Tennessee Student Academic Support Services

***THANK YOU !***

