# Counselling Psychology Personal Statement

I never thought I would come to rely on the help of others, but five years ago, I found myself in a situation where I desperately needed someone to talk to. I had been struggling with depression and self-image issues for years, but I had always pushed them aside, determined not to let them show. I was afraid of the backlash I would receive from my family and my friends, and I just wanted to be "normal" as I saw it. However, after several episodes where I could not remember my actions from several hours prior, I decided it was time to seek help before I hurt myself or others. It was one of the best decisions I made in my life, and it spurred my interest in psychology and counselling, fueling my determination to help others.

My visits to the counseling office helped me to not only talk through my issues, but face them through a scientific perspective. My counselor not only explained to me how she planned to help me, but also explained the scientific basis behind why those particular techniques were thought to work. By engaging me in my own treatment, I found a reason to continue delving deeper into the field, and found a new interest in my life. I made a full recovery in about six months, all without pharmaceutical intervention. I believe in the power of motivating others and helping them take charge of their lives, which is the reason why I want to enter the field of counseling.

Now that I have graduated with a degree in Psychology, I hope to be able to take the next step and complete a master's degree in the field. This program will give me the opportunity to learn even more in-depth about the field, and expose myself to rigorous research and clinical experience that will allow me to further the development of treatment methods and the science driving new treatments. I look forward to continuing my education and taking one more step towards being able to help others who find themselves in a situation where they need help.



Sylvia Clutton, Jani Grisbooke, Sue Pengelly

Casual Essays in Counselling and Psychotherapy Alex Parker, 2014-05-31 Behavior and Cognitive Therapy Today: Essays in Honor of Hans J. Eysenck E. Sanavio, 1998-12-24 This book carries the Proceedings of the European Association for Behavioural and Cognitive Therapy conference held in Venice in September 1997 and is dedicated to the memory of Hans Eysenck The EACBT conference provides a rare opportunity for a wide range of clinicians and researchers from all over Europe and the USSR to come together resulting in a highly topical and valuable range of scientific presentations The Proceedings comprises over twenty papers addressing key subjects in terms of behavioural and cognitive therapy including panic affective disorders paraphilia schizophrenia PTSD obsession and other psychological disorders Of particular interest are chapters on the use of cognitive behaviour therapy versus supportive therapy in social phobia Cottraux the psychological treatment of paraphilias De Silva the theory and treatment of PTSD Foa the use of Diagnostic Profiling System in treatment planning Freeman and a cognitive theory of obsession Rachman Assessment in Cognitive Therapy Gary P. Brown, David A. Clark, 2014-10-31 This volume brings together leading experts to explore the state of the art of cognitive clinical assessment and identify cutting edge approaches of interest to clinicians and researchers. The book highlights fundamental problems concerning the validity of assessments that are widely used in cognitive behavioral therapy CBT Key directions for further research and development are identified Updated cognitive assessment methods are described in detail with particular attention to transdiagnostic treatment evidence based practice cognitive case formulation and imagery based techniques

Shadow, Self, Spirit - Revised Edition Michael Daniels, 2021-09-28 New and enlarged edition Transpersonal Psychology concerns the study of those states and processes in which people experience a deeper sense of who they are or a greater sense of connectedness with others with nature or the spiritual dimension Pioneered by respected researchers such as Jung Maslow and Tart it has nonetheless struggled to find recognition among mainstream scientists Now that is starting to change Dr Michael Daniels teaches the subject as part of a broadly based psychology curriculum and this new and enlarged edition of his book brings together the fruits of his studies over recent years It will be of special value to students and its accessible style will appeal also to all who are interested in the spiritual dimension of human experience. The book includes a detailed 38 page glossary of terms and detailed indexes Resources in Education ,2001-04 Handbook of Interpersonal Psychology Leonard M. Horowitz, Stephen Strack, 2010-11-02 Modern interpersonal psychology is now at a point where recent advances need to be organized so that researchers practitioners and students can understand what is new different and state of the art This field defining volume examines the history of interpersonal psychology and explores influential theories of normal abnormal behaviors widely used assessment measures recent methodological advances and current interpersonal strategies for changing problematic behaviors Featuring original contributions from field luminaries including Aaron Pincus John Clarkin David Buss Louis Castonguay and Theodore Millon this cutting edge volume will appeal to

academicians professionals and students interested in the study of normal and abnormal interpersonal behavior

Occupational Therapy in Housing Sylvia Clutton, Jani Grisbooke, Sue Pengelly, 2006-03-30 This book provides practitioners with the foundations onto which they can build their own understanding and practice within housing It is based on two fundamental principles the importance of homes becoming enabling environments and promoting user centred services The authors argues that occupational therapists working in the distinct context of housing require additional background knowledge and professional skills to those used within healthcare settings Explores a broad range of theory bases and developing practice within the area of occupational therapy in housing Presents a vast array of knowledge research and experience Written by occupational therapists working as practitioners educators and managers alongside academics in the social policy and disability issues Psychiatric Nursing Mary Ann Boyd, 2008 The AJN Book of the Year award winning textbook Psychiatric Nursing Contemporary Practice is now in its thoroughly revised updated Fourth Edition Based on the biopsychosocial model of psychiatric nursing this text provides thorough coverage of mental health promotion assessment and interventions in adults families children adolescents and older adults Features include psychoeducation checklists therapeutic dialogues NCLEX notes vignettes of famous people with mental disorders and illustrations showing the interrelationship of the biologic psychologic and social domains of mental health and illness This edition reintroduces the important chapter on sleep disorders and includes a new chapter on forensic psychiatry A bound in CD ROM and companion Website offer numerous student and instructor resources including Clinical Simulations and questions about movies involving Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan, Rita mental disorders Sommers-Flanagan, 2015-05-20 Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice Skills Strategies and Techniques 2nd Edition is an in depth quide that provides useful learning aids instructions for ongoing assessment and valuable case studies More than just a reference this approachable resource highlights practical applications of theoretical concepts covering both theory and technique with one text Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices this book is the perfect resource for graduate level counseling theory courses in counselor education marriage and family therapy counseling psychology and clinical psychology Included with each copy of the text is an access code to the online Video Resource Center VRC The VRC features eleven videos each one covering a different therapeutic approach using real therapists and clients not actors These videos provide a perfect complement to the book by showing what the different theories look like in practice The Second Edition features New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation specific interventions and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence based status

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