



Counselling Theory Trigger Vocabulary

Cheat Sheet

Assignments on theory will sometimes state in the learning outcomes that you need to include **'key theory.'**

To pass the assignment, you will need to name the theory as well as include an explanation of its function. Assignments at different levels will ask for information in more depth.

Below are the most common terms asked for in theory assignments.

The Key Concepts and Principles of Person-Centred Therapy

- [The Six Conditions for Therapeutic Change](#). Although the ['Core Conditions'](#) are well-known, there are three 'Hidden Conditions'.
- [The Seven Stages of Process](#). How clients start to emotionally grow through the process of therapy.
- [The 19 Propositions](#). Rogers' theory of personality based on the philosophy of [Phenomenology](#).
- [Locus of Evaluation](#). How as humans we sometimes trust others' judgments over our own experience.



Did you know that this resource is available in the Counselling Study Resource with links to related topics for further reading? [Read it online.](#)

- [The Organismic Self](#). Who we are and wish to become.
- [Conditions of Worth](#). How conditional love and approval impact our view of ourselves and others.
- [Introjected Values](#). How living to other people's view of self can stop us from becoming the person we wish to be.
- [Phenomenology](#). How our individual perception can impact on how we conduct relationships

Want to know more? Log in to the CSR and click [HERE](#) to bring up a search for *Person Centred therapy*.

The Key Concepts and Principles of Transactional Analysis

- [Transference and Counter-transference](#). How memories from past relationships can impact on your current relationships.
- [Phenomenology](#). How our individual perception can impact on how we conduct relationships (this idea is also the basis of [Gestalt](#) & [PCT](#))
- [Ego States -Structural and Functional Models in TA](#).
Structural – The basic idea of ego states
Functional – How the theory of ego states is applied
- [Life Scripts](#). How messages we receive as children help us build a view of ourselves and others which through therapy we can change.
- Games. How a series of interactions between two or more people follow predictable patterns and outcomes.
- [Racket feelings](#). Feelings that the child learns are acceptable and/or desired, which are used to replace the real feelings which a parent may find unacceptable.
- [Injunctions](#). life messages children take from their parents such as 'don't be well' or don't exist.
- [Drivers](#). Survival mechanism that children adopt to counteract parental injunctions

Want to know more? Log in to the CSR and click [HERE](#) to bring up a search for *Transactional Analysis*.

The Key Concepts and Principles of Cognitive Behavioural therapy

- **Core beliefs.** How we think about ourselves and others. our world view which may be based on faulty assumptions.
- **Dysfunctional assumptions.** Ideas of ourselves and others which may be inaccurate when tested against reality
- **Negative automatic thoughts.** Random thoughts which pop in to our minds which may be disturbing

Want to know more? Log in to the CSR and click [HERE](#) to bring up a search for *Cognitive Behavioural Therapy*.

The Key Concepts and Principles of Gestalt

- **Deflection.** Using energy randomly with no focus;
- **Introjection.** Passively, accepting what other say
- **Projection.** Disowns aspects of self, believes in what others say
- **Retroflection.** A split within the self, a resisting of aspects of the self by the self
- **Confluence.** Permitting events to control you
- **Egotisms.** Separation from our real selves
- **Contact.** Being aware of all our senses
- **Desensitisation.** Disengaging form emotional, cognitive or physical responses

Want to know more? Log in to the CSR and click [HERE](#) to bring up a search for *Gestalt*.