Positive psychotherapy theory based supervision on identification of the reflection of content, feeling and counselling skills among psychological counselor candidates

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Aim

❧ The present study aimed to improve psychological counselor candidates' psychological counselling skills by giving them supervision sessions based on different theoretical bases in the context of positive psychotherapy and basic therapeutic principles.

  ❧ *Supervision sessions also serves to check how the students are carrying on academically and disciplinary.*

❧ We also measured counselor candidates' ability to discriminate effective and ineffective messages based on supervision taken.

Participants (n=95)

*Undergraduate university students in two different universities in Turkey (Maltepe University and Kocaeli University, Department of Psychological Counselling and Guidance)

*The participants' mean age was 22.5 years (experiment - received positive psychotherapy sessions: 49, control - not received positive psychotherapy sessions: 46)

Study Design

A prepost–test design study was used to evaluate the effects of implementing the 8-sessions program, based on psychological councelling knowledge. Students divided into two groups for a better understanding of the counseling students' evaluations of the courses. Validated Turkish version of Microcounseling Skill Discrimination Scale (MSDS) was also used to measure counselor candidates' ability to discriminate effective and ineffective messages.

Microcounseling Skill Discrimination Scale (validated Turkish version, Yaka, 2005)

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- ℰ The Microcounseling Skill Discrimination Scale (MSDS) developed by Ivey and Authier (1978). Microskills training is a method developed to systematically teach counselor trainees discrete counseling behaviors such as active listening, attending, confrontation, and paraphrasing (Ridley et al., 2011).

- ℰ It contains a total of 44 items with 22 emotional reflection statements and 22 content reflection statements and has two sub-dimensions.

- ℰ MSDS can be used for various purposes in the training of therapeutic communications and it can be adapted to other skills such as open-ended questions and summarizations.

- ℰ Responses on a 7-point numerical scale (1=Not effective to 7= very effective).

- ℰ Validated Turkish version by Yaka (2005), by Ercan, Er, Uçar ve Yaka (2009)

Content of Psychological Counselling Supervision Sessions based on positive psychotherapy and basic therapeutic principles

- Session 1: Basic Therapeutic Principles (Therapeutic skills , The Necessary and Sufficient Conditions, The relationship between therapist and client)

- Session 2: Three basic principles of Positive Psychotherapy and Introduction to Five Stages of Treatment in Positive Psychotherapy

- Session 3: First stage of positive psychotherapy

- Session 4: Second stage of positive psychotherapy

- Session 5: Third stage of positive psychotherapy

- Session 6: Fourth stage of positive psychotherapy I

- Session 7: Fourth stage of positive psychotherapy II

- Session 8: Fifth stage of positive psychotherapy with case examples

Psychological counselor candidates' subgroups due to the range of MSDS points

- 86-103: Low ability to discriminate between effective and ineffective reflection of content
- 104-122: Moderate ability to discriminate between effective and ineffective reflection of content
- 123- 141: High ability to discriminate between effective and ineffective reflection of content

- 93-109: Low ability to discriminate between effective and ineffective reflection of feeling
- 110-126: Moderate ability to discriminate between effective and ineffective reflection of feeling
- 127- 143: High ability to discriminate between effective and ineffective reflection of feeling

Means of MSDS points of the psychological counselor candidates who received supervision based on positive psychotherapy
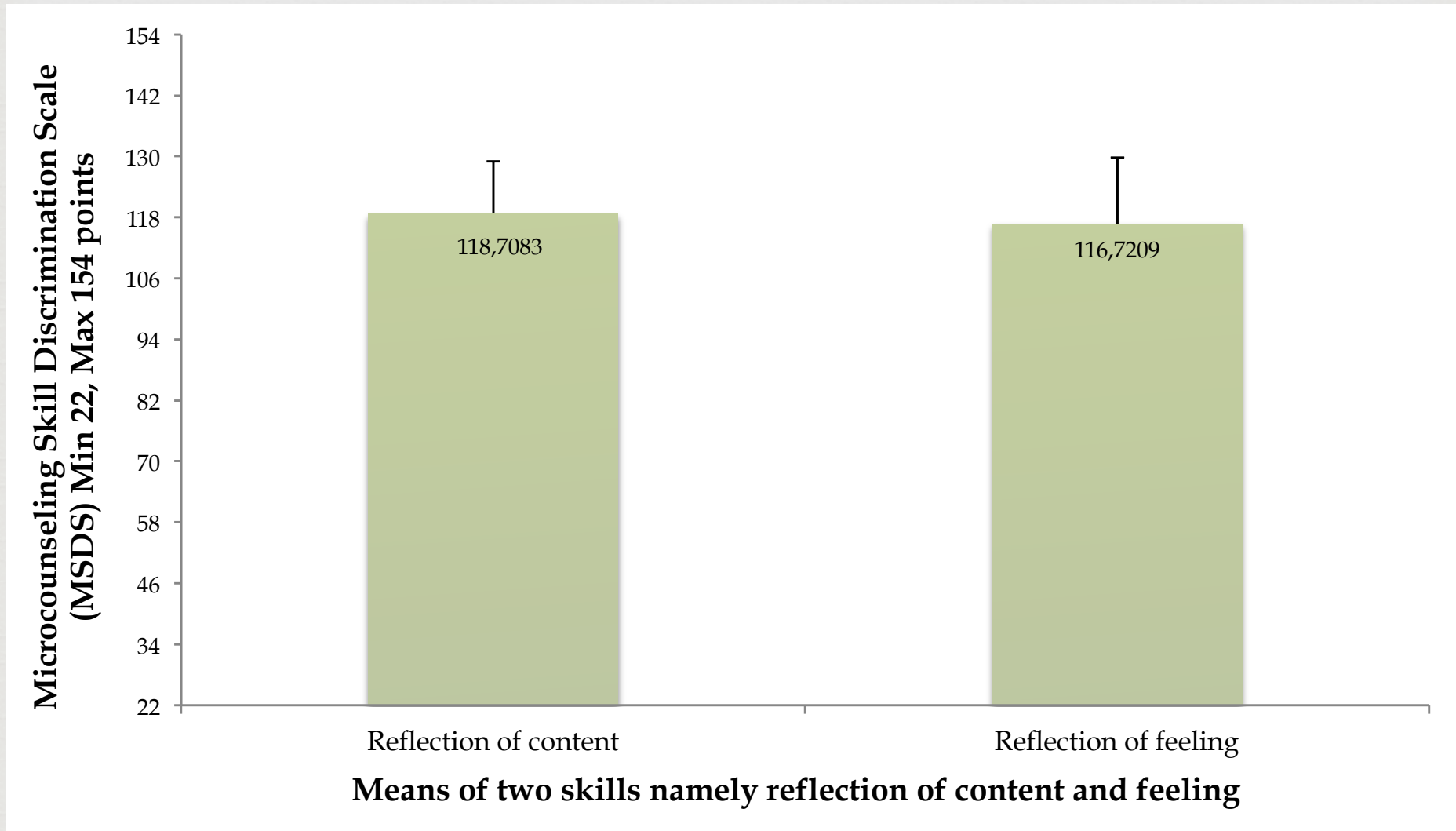
Means and t values of MSDS points of the psychological counselor candidates whether they received supervision based on positive psychotherapy or not

Microcounseling Skill Discrimination Scale (MSDS)	Group	n	Mean	Std. Deviation	t
Reflection of feeling	Received positive psychotherapy sessions	48	118,71	10,32	-1,299
Reflection of feeling	Not received positive psychotherapy sessions	49	121,44	10,45	
Reflection of content	Received positive psychotherapy sessions	43	116,72	13,03	1,054
Reflection of content	Not received positive psychotherapy sessions	46	114,00	11,30	

Some feedback examples regarding the supervision

1. It was .... for me to get a supervision on my individual consultation.

(It was very effective for me. I felt good when I learned how to proceed.)

2. What would you say about the supervision based on a theory?

(Theory-based supervision guides the consultant and affects the consultation process positively.)

3. If you have any technical information or application in your mind from supervisions, please specify.

(I understood the concept of life style in four stages with the Balance Model. I realized that our coping skills are our real talents in life. With the quadruple model, I noticed the roots of our behavior. It was good to talk not only traumas but also beautiful memories while working on ten life events.

4. If you are going to take this program again, what kind of changes would you do.

(It was difficult to find the consultant ourselves, the university had to come up with a solution for it. I wanted to have a better quality of time for supervision, and the interviews had to be checked regularly.)

5. As a consultant, what did you need the most?

(Therapeutic skills session might be improved, I should be able to get therapy support for some self-awareness during the consultation process)

Preliminary Results: Outcome of Psychological Counseling Supervision Sessions

ೞ Overall, the results showed that positive psychotherapy based supervision program seemed to be effective in improving the general basic counseling skills. However, further study is needed to compare the effectiveness of positive psychotherapy education among psychological counselor candidates by the different types of groups.