

**Cork Counselling Services Training Institute**  
**IACP Accredited & Validated by Coventry University**  
**Year One BSc (Hons) Counselling & Psychotherapy/**  
**Certificate in Introduction to Counselling & Psychotherapy Studies**  
**CCS4003: Counselling Theory and Ethics**  
**Theory Presentation reading list**

**Students are reminded to check the reading list of the module descriptor.**

1) PSYCHODYNAMIC THEORY & COUNSELLING

Freud: background, social context, theory, practice and critical evaluation.

Neo-Freudians (e.g., Jung, Adler, Horney, etc.), see:

Jung, C. (1933/2001). *Modern man in search of a soul*. Routledge, chapter 6 for a good description of differences between his work and that of Freud.

Object relations (e.g., Klein), and self- psychology (e.g., Kohut), through to attachment theories (e.g., Bowlby).

Books that may be helpful:

(Please consult the basic textbooks outlined previously and see reference list for your theory essay).

**Freud** is described in all the introductory textbooks, see:

Corey, G. (2023). *Theory and practice of counseling and psychotherapy* (11<sup>th</sup> ed.). Cengage Learning

Two very good overall descriptions of the psychodynamic approach come from:

Howard, S. (2018). *Psychodynamic counselling in a nutshell* (3<sup>rd</sup> ed.). Sage.

McLeod, J. (2019). *An introduction to counselling and psychotherapy: Theory, research and practice* (6<sup>th</sup> ed.). Open University Press.

If you want some interesting material CCSTI library has books on the Freudian Museum, also playing cards and short summaries on his life and work, and some copies of his original works. Quite several books on Adlerian Counselling and some from Jung are available there too.

For the **Neo-Freudians** see:

Hall, C. S., Lindzey, G., & Campbell, J. B. (1998). *Theories of personality* (4<sup>th</sup> ed.). Wiley.

Schultz, D. P., & Schultz, S. E. (2020). *Theories of personality*. (11<sup>th</sup> Ed.). Cengage Learning.

Ask yourself: Who will you pick as a modern practitioner/ theorist of this approach?

2) COGNITIVE BEHAVIOURAL THEORY & COUNSELLING

Exploring origins in psychology, behaviourism and social context. Pavlov, Skinner, Bandura etc. Lazarus, Wolpe (Systematic Desensitisation) move towards

acknowledging the cognitive. Beck (Cognitive Behavioural Therapy); Ellis (Rational Emotive Therapy); de Shazer et al., (Solution Focussed Therapy).

Books that may be helpful:

(Please consult the basic textbooks outlined previously and the list of references for your theory essay).

For a good overview see:

Corey, G. (2023). *Theory and practice of counseling and psychotherapy*. (11<sup>th</sup> ed.) Cengage Learning.

McLeod, J. (2019). *An introduction to counselling and psychotherapy: Theory, research and practice* (6<sup>th</sup> ed.). Open University Press.

Good material on Skinner in:

Nye, R. D. (1999). *Three psychologies: Perspectives from Freud, Skinner, and Rogers* (6<sup>th</sup> ed.). Wadsworth.

For Behaviour theory and therapy, Beck and Ellis see also:

Nelson-Jones, R. (2014). *Theory and practice of counselling and therapy* (6<sup>th</sup> ed.). Sage.

Copies of some of Beck's original work are in CCSTI library, along with other texts on the Cognitive Behavioural approach.

Ask yourself: Who will you talk about in terms of a modern proponent of CBT?

### 3) HUMANISTIC INTEGRATIVE THEORY & COUNSELLING

Existential roots in philosophy (Kierkegaard, Heidegger, Buber etc.). World War 2 etc. Psychotherapists such as Frankl, May, Szasz, Yalom, van Deurzen, etc.

Common principles of Existential therapy.

Books that may be helpful:

(Please consult the basic textbooks outlined previously and check reading list for your theory essay).

#### **Existential**

Good beginning points outlined in:

Corey, G. (2023). *Theory and practice of counseling and psychotherapy* (11<sup>th</sup> ed.). Cengage Learning.

Sanders, P. (2012). *The tribes of the person centred nation* (2<sup>nd</sup> ed.) PCCS Books.

Slightly more detailed material: an overview of the whole approach, including philosophy and American & European therapists:

Cooper, M. (2017). *Existential therapies* (2<sup>nd</sup> ed.). Sage.

Cooper, M. (2021). *The Existential counselling primer* (2<sup>nd</sup> ed.). PCCS Books.

See also books by Yalom. All very easy to read.

Works by Buber and Frankl, as well as van Deurzen, Spinelli, and Totton are also available in CCSTI library. There is lots of choice for an example of a modern practitioner integrative approach and differences between it and eclecticism.

#### **Gestalt**

Gestalt (Perls), originally psychoanalyst, disagreed with Freud's work, influenced by Lewin's field theory, Gestalt psychology, Existentialism, Moreno etc. The principles of Gestalt therapy. See:

- Amendt-Lyon, N. (2001). Art and creativity in gestalt therapy. *Gestalt Review* 5(4), 225-248.
- Clarkson, P. (2014). *Gestalt counselling in action* (4<sup>th</sup> ed.). Sage.
- Das, C. (2021). *Integration and growth: Gestalt therapy*. Page Turner Press.
- Dreitzel, P. H. (2020). *Human interaction and emotional awareness in gestalt therapy: Exploring the phenomenology of contacting and feeling*. Routledge.
- Francesetti, G., & Roubal, J. (2013). *Gestalt therapy in clinical practice: From psychopathology to the aesthetics of contact*. Angeli.
- Joyce, P., & Sills, C. (2018). *Skills in Gestalt counselling and psychotherapy* (4<sup>th</sup> ed.). Sage.
- Kincel, A. (2020). *Exploring masculinity, sexuality and culture in gestalt therapy: An autoethnography*. Routledge.
- Miller, M. V. (2011). *Teaching a paranoid to flirt*. Gestalt Journal Press.
- Oaklander, V. (2006). *Hidden treasure: A map to the child's inner self*. Karnac.
- Polster, E. (2020). *Enchantment in gestalt therapy: Partners in exploring life*. Routledge.
- Skottun, G., Krüger A. & Kunish, A. (2022). *Gestalt therapy practice: Theory and experiential learning*. Routledge.
- Spagnuolo Lobb, M., & Amendt-Lyon, N. (2012). *Creative licence: The art of gestalt therapy*. Springer Verlag Wien.
- Wheeler, G., & Axelsson, L. (2014). *Gestalt therapy*. APA.
- Zinker, J. (1978). *Creative process in gestalt therapy*. Vintage.

All give a good brief overview of the history of Gestalt. Also good for giving a clear explanation of many of the concepts.

See also:

- Corey, G. (2023). *Theory and practice of counseling and psychotherapy* (11<sup>th</sup> ed.). Cengage Learning.
- Clarkson, P. & Mackewn, J. (1993). *Fritz Perls*. Sage.
- Nelson-Jones, R. (2015). *Theory and practice of counselling and therapy* (6<sup>th</sup> ed.). Sage.

Books by Perls, Polster & Polster, Kepner, Yontef and Zinker are also available in CCSTI library.

### **Person Centred**

Again see:

- Bohart, A. C. (2021). *The art of Bohart: Person-centred therapy and the enhancement of human possibility*. PCCS.
- Corey, G. (2023). *Theory and practice of counseling and psychotherapy* (11<sup>th</sup> ed.). Cengage Learning.
- Hogan, S. (2015). *Art Therapy Theories: A Critical Introduction*. Routledge.

- Kubala, A. & Karkou, V. (2018). *Art therapies in the treatment of depression*. Routledge.
- McLeod, J. (2019). *An introduction to counselling and psychotherapy: Theory, research and practice* (6<sup>th</sup> ed.). Open University Press.
- Nelson-Jones, R. (2014). *Theory and practice of counselling and therapy* (6<sup>th</sup> ed.). Sage.
- For history of approach see also:
- Mearns, D., Thorne, B. & McLeod, J. (2013). *Person Centred counselling in action* (4<sup>th</sup> ed.). Sage.
- Rogers, N. (2000). *The Creative connection: Expressive arts as healing*. PCCS.
- Rogers, N., Tudor, K., Embleton Tudor, L., & Keemar, K. (2012). Person-centred expressive arts therapy: A theoretical encounter. *Person-Centred and Experiential Psychotherapies*, 11(1), 31-47.
- Sanders, P. (2012). *The tribes of the person centred nation: An introduction to the schools of therapy related to the person-centred approach*. (2<sup>nd</sup> ed.). PCCS.

There are numerous other texts on the Person-Centred approach in CCSTI Library and as part of the references for your theory essay. Rogers' own work is in the library and is very easy to read. For example, see:

- Rogers, C. R. (2004). *On becoming a person: A therapists view of psychotherapy*. Constable & Robinson
- Rogers, C. R. (1995). *A way of being*. Houghton Mifflin.

Again, you have a wide choice when it comes to picking a modern proponent of the theory.

#### 4) SYSTEMS THEORY AND FAMILY COUNSELLING

This involves an exploration of relationships between people in the context of human systems. This not only includes an examination of family systems theory and therapy, but also an exploration of how other systems, such as organisations, social systems, political systems, and educational systems impact on the counselling relationship. Some theorists; Adler; Minuchin; Bion; Bateson and Haley; Milan-Systemic School; Virginia Satir; Murray Bowen.

Books that may be helpful:

(Please consult the basic textbooks outlined previously and see the reading list for your theory essay).

The following is a comprehensive and readable book:

- Goldenberg, I., Stanton, M., & Goldenberg, H. (2017). *Family therapy: An overview* (9<sup>th</sup> ed.). Cengage Learning.

See also:

- Dallos, R., & Draper, R. (2015). *An introduction to family therapy: Systemic theory and practice*. (4<sup>th</sup> ed.). Open University Press.
- Rivett, M., Buchmuller, J. & Oliver, K. (2018). *Family therapy: Skills and techniques in action*. Routledge
- Smith-Acuna, S. (2011). *Systems theory in action. Applications to individual, couples, and family therapy*. John Wiley & Sons.

Schwartz, R., & Sweezy, M. (2020). *Internal Family Systems Therapy*. (2<sup>nd</sup> ed.). Guilford Press.  
Satir, V. (1994). *Conjoint family therapy*. Souvenir Press.

## 5) ATTACHMENT THEORY

Beginning with the work of Bowlby, and the context of his work: He was influenced by his studies as an analyst. It is important to acknowledge his agreement that childhood and relationships are important. His emphasis was on observation and scientific method, and he moved away from one of the central tenets of the object relations work of Klein. He was interested in the actual conscious experience of the child as distinct from unconscious fantasies. The influence of Lorenz and Darwin are evident in his work.

Theory further developed by:

Ainsworth et. al., Main, and Solomon, Fonagy, Stroufe, Tronick, etc.

A lot of introductory counselling books will give a short summary of this work. See also:

Holmes, J. (2014). *John Bowlby and attachment theory*. Routledge.

### **Attachment and Neurobiology**

For an overview of this work that is easy to read see:

Gerhardt, S. (2015). *Why love matters: How affection shapes a baby's brain*. (2<sup>nd</sup> ed.). Routledge.

### **Attachment and Psychotherapy**

Holmes, J., & Slade, A. (2018). *Attachment in therapeutic practice*. Sage.

McCluskey, U. (2005). *To be met as a person: The dynamics of attachment in professional encounters*. Routledge.

Wallin, D. (2015). *Attachment in psychotherapy*. Guilford.

Remember to look too at original works. Bowlby's work is very accessible and easy to read:

Bowlby, J. (1969). *Attachment and loss, Vol. 1: Attachment*. Basic

Bowlby, J. (1973). *Attachment and loss, Vol. 2: Separation: Anxiety and anger*. Basic.

Bowlby, J. (1980). *Attachment and loss, Vol. 3: Loss: Sadness and depression*. Basic.

## 6) THE POLITICS OF COUNSELLING

(Power and Control, Marginalisation, Difference, Feminist Theory and Counselling).

The nature of power, the place of power in the counselling relationship, both historically and in current times. The influence, both positive and negative, of power within the counselling relationship. This would also include an exploration of social

class, sexual orientation, religious orientation, and cultural norms. Counselling clients from socially marginalized groups.

The roots of the feminist movement, in social, historical and political context. The theory and practice of Feminist Counselling.

Books that may be helpful:

(Please consult the basic textbooks outlined previously).

### **Power & Control**

Fine, M., Weis, L., Powell Pruitt, L., & Burns, A. (2004). *Off White: Readings on power, privilege and resistance* (2<sup>nd</sup> ed.). Routledge.

Kearney, A., & Proctor, G. (2018). *Counselling, class and politics. Undeclared influences in therapy* (2<sup>nd</sup> ed.). PCCS.

Proctor, G. (2017). *The dynamics of power in counselling and psychotherapy: Ethics politics and practice* (2<sup>nd</sup> ed.). PCCS.

Proctor, G., Cooper, M., Sanders, P., & Malcom, B. (2006). *Politicizing the person-centred approach: An agenda for social change*. PCCS.

Rogers, C. (1978). *Carl Rogers on personal power: Inner strength and its revolutionary impact*. Constable.

### **Marginalisation and Difference**

Banks, N. (2020). *White counsellors - black clients. Theory, research and practice*. Routledge.

Blumenfeld, W. J. (1992). *Homophobia: How we all pay the price*. Beacon.

Davies, D., & Neal, C. (2000). *Pink Therapy*. Open University.

Feinberg, L. (2012). *Stone butch blues*. ReadHowYouWant.

Lago, C., & Smith, B. (2020). *Anti-discriminatory practice in counselling and psychotherapy*. (2<sup>nd</sup> ed.). Sage.

Marshall, S. (2004). *Difference and discrimination in psychotherapy and counselling*. Sage.

Mac Greil, M. (1996). *Prejudice in Ireland revisited*. National University of Ireland, Maynooth.

Palmer, S., & Laungani, P. (1999). *Counselling in a multicultural society*. Sage.

Murphy, F., McDonagh, C. (2008). *Travellers: Citizens of Ireland. Our challenge to an intercultural Irish society in the 21<sup>st</sup> century*. The Parish of the Travelling People.

Swain, J., French, S., & Cameron, C. (2003). *Controversial issues in a disabling society*. Open University.

Tuckwell, G. (2002). *Racial identity: white counsellors and therapists*. Open University.

Wilson, S. (2003). *Disability counselling and psychotherapy: Challenges and opportunities*. Bloomsbury Publishing.

### **Feminist Theory and Counselling**

Chaplin, J. (1999). *Feminist counselling in action* (2<sup>nd</sup> ed.). Sage.

Crowley, H., & Himmelweit, S. (1992). *Knowing women: Feminism and knowledge*. Polity.

Evans, K. M., Kincade, E.A., & Seem, S.R. (2010). *Introduction to feminist therapy: Strategies for social and individual change*. Sage

Proctor, G., & Napier, M. B. (2004). *Encountering feminism: intersections between feminism and the person-centred approach*. PCCS.

Shuttle, P., & Redgrove, P. (2005). *The Wise Wound*. Marion Boyars.

Wolf, N. (2003). *Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood*. Anchor

Some other authors: Miriam Schneir, Susie Orbach, Christina Hoff Sommers.

## 7) MORALS, VALUES AND ETHICS IN COUNSELLING

This covers a wide range of issues, including, but not limited to relationships, boundaries, contracting, confidentiality, and competence. Please refer to the IACP Code of Ethics and Practice. Other areas to explore are supervision and the law in relation to counselling practice.

Books that may be helpful:

(Please consult the basic textbooks outlined previously).

Specifically, the following core text is useful here:

Corey, G., Corey, M. S., & Corey, C. (2023). *Issues and ethics in the helping professions* (11<sup>th</sup> ed.). Brooks/Cole.

The following texts contain a good general overview:

Johns, H. (2012). *Personal development in counsellor training* (2<sup>nd</sup> ed.). Sage.

Jones, C., Shillito-Clarke, C., Syme, G., Hill, D., Casemore, R., & Murdin, L. (2001). *Questions of ethics in counselling and therapy*. Open University.

Reeves, A., Bond, T. (2021). *Standards and ethics for counselling in action* (5<sup>th</sup> ed.). Sage.

See also:

Bates, Y., & House, R. (2004). *Ethically challenged professions*. PCCS.

Carroll, M., & Gilbert, M. C. (2011). *On being a supervisee: Creating learning partnerships*. PsychOz.

Casemore, R. (2001). *Surviving complaints against counsellors and psychotherapists*. PCCS.

Keith-Spiegel, P. (2013). *Red flags in psychotherapy: Stories of ethics complaints and resolutions*. Routledge.

Hawkins, P., & McMahon, A., (2020). *Supervision in the helping professions* (5<sup>th</sup> ed.). Open University.

Herron, W. G., & Rouslin Welt, S. (1994). *Money Matters: The fee in psychotherapy and psychoanalysis*. Guilford.

Jenkins, P. (2007). *Counselling psychotherapy and the law* (2<sup>nd</sup> ed.). Sage.

Pack-Brown, S., Braun Williams, C. (2003). *Ethics in a multicultural context*. Sage.

Rosenthal, H. (2022). *Before You See Your First Client 55 Things Counselors, Therapists, and Human Service Workers Need to Know*. Routledge.

Syme, G. (2003). *Dual relationships in counselling and psychotherapy*. Sage.

Zur, O. (2017). *Multiple Relationships in Psychotherapy and Counselling: Unavoidable, Common, and Mandatory Dual Relations in Therapy*. Routledge.

## 8) RESEARCH IN COUNSELLING

Main themes relevant to Research. What are they? Might also include history of research and researching Humanistic Counselling. Who are the researchers? Give examples.

Important issues to consider in relation to Research? What is the purpose of research? What are the challenges? What is the context of these? Possible solutions? Practical implications. Why is Research important in counselling? Issues raised for a) counselling, b) counsellors? What is research like in practice? Evaluation, strengths and weaknesses.

Books and articles that may be useful:

Vossler, A., & Moller, N. (2015). *The counselling and psychotherapy research handbook*. Sage.

Cooper, M. (2011). Meeting the demand for evidence-based practice. *Therapy Today*, 22(4), 10–16.

In addition:

McLeod, J. (2019). *An introduction to counselling and psychotherapy: Theory, research and practice* (6<sup>th</sup> ed.). Open University Press.

McLeod, J. (2011). *Qualitative research in counselling and psychotherapy* (2<sup>nd</sup> ed.). Sage.

McLeod, J. (1999). *Practitioner research in counselling*. Sage.

Midgley, N. (2004). Sailing between Scylla and Charybdis 1: Incorporating qualitative approaches into child psychotherapy research. *Journal of Child Psychotherapy*, 30(1), 89–111.

O Braonain, C. (2015). The research engaged therapist: Why Counsellors need to embrace systematic investigation. *Eisteach*. 15(3), 18-22.

Ogilvie, A.J., Abreu, I. & Safran, J.D. (2005). What findings do psychotherapy researchers use in their own practice? A survey of the society for psychotherapy research, *The New School Psychology Bulletin*, 3(2), 17-34.

Ryan, L. (2013). *Irish Association for Counselling & Psychotherapy members' survey report* (Report No. J5122). IACP.

Widdowson, M. (2012). Perceptions of psychotherapy trainees of psychotherapy research. *Counselling & Psychotherapy Research*, 12(3), 178–186.  
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