Counseling and Social Psychology (II)

COUNSELING AND SOCIAL PSYCHOLOGY (II)

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In Part I we discussed the meaning of social psychology and how to deal with the problems of adjustment, maladjustement and personality disorder (disorganization) from the standpoint of social psychology (1). In this Part II an attempt has been made to investigate what advantage would be obtained, through grasping the client in counseling process from such a standpoint. In short, the view-point of social psychology will enable us to differentiate the counseling techniques more adequate to the actual conditions of clients, to make the counseling cooperate dynamically with adjacent sciences, both microscopic and macroscopic, to prevent it from falling into dogmatism.

I. References to Counseling Situation and Typology of Clients

Whatever frame of reference he may take any counselor may agree to the fact that the efficiency of counseling partly depends upon the degree in which the client has the motive to refer to the counseling situation. That is why the counselor does his best to motivate the client to refer to that situation[2][3]. Then, the strength and content of such a motive are mainly due to the interaction between the client's subjective lifespace and his objective socio-cultural conditions. Therefore unless we do not understand such an interaction in reference to the maladjustment problems of cleint, we may not grasp sufficiently the degree of his motive to refer to a given counseling situation, and may not find out how to motivate him, even though he is unmotivated.

We shall illustrate this by the following several examples: To bigin with, let us take a delinquent youth. His personality was greatly disturbed by the frustration of basic needs in his protective regions. However, he came to recover the good balance and integration by means of regarding a criminal group as a new basic behavioral region, in which he is sufficiently accepted, and he formed his readiness to escape from the controlling pressure of normal social groups through his mask-adjustment. Thus, at present he has the well-balanced and integrated lifespace controlled by the criminal central value-standards of the ego, even though he is a maldjusted man for the non-delinquent peopole. It can be said that such a delinquent, as a matter of course, has not any motive to refer to the counseling, whatever method it may use, which aims at causing a maladjusted man to adjust himself to the normal society through the reorganization of his personality. Such is also the case with a delinquent who has a prospect and confindence that he can make his living by means of offences supported by his criminal group out of prison even though he is arrested and put in prison for his

crimes.   However, under these circumstances, if he lost such a prospect and confidence because of the dissolution of his criminal group and made his personality seriously disturbed, he would have the motive to ask for help so as to recover the balance and integration of personality.   Then, by means of making use of such a motive, we shall be able to make him to refer to the counseling situation.   At the same time it is necessary for us to take measures to cause him to have the prospect of being able to live a joyful life, even in the normal society through the contact with various normal groups.

Some of the Rogerians in Japan assert that client-centered therapy may be sufficiently available to the delinquents as well, but we think they do not duly recoganize the fact that there are various types[4] among the delinquents.   Accordingly it may be said that they are liable to hasty generalizations of the delinquents as a whole. The delinquent youths and boys, with whom they deal, belong for the most part to the next type.   Those of this type have their personality deeply disturbed at present, because of the frustration of basic needs in their normal protective regions, where they should reluctantly live a basic life.   And while they do often misdeeds, they are not members of a professional criminal group.   Accordingly they have not yet the prospect and confidence that they can earn their own living by means of offences.   In this case it may be said thst they have the strong motive to recover the balnce and integration of their personalty seriously disturbed.   Of course it may be fairly difficult for us to make them refer to the counseling situation, as they are hostile to the normal society and have formed the readiness for the delinquency.   But since they have not yet the well-balanced and integrated lifespace controlled by criminal central valve-standerds, by means of taking advantage of an opportunity, we can make them refer to such counseling as based on the client-centered therapy which may exert an efficient in-fluence on the reorganization of their personality.   However, in the former type which have referred to, such counseling alone may not be expected to obtain the desired result.   Thus, in case where we have indiscriminately generalized the delinquents by neglecting their social psychological types, it would be no significance to discuss whether a given counseling method is efficient or not to the delinquents.

We have so far discussed, taking the examples of delinquents, the necessity of examining the degree of the client's motive to refer to the counseling situation, through grasping the interaction between his subjective lifespace and his objective socio-cultural conditions.   Such necessity, however, is never confined to the delinquents.   Let us take a married woman to serve as an illustration.   She had coped with the troubles of human relation by means of repressing her hostility toward others, and therefore was very much dependet upon others, especially upon persons in power.   She seldom went out, because her tyrannical husband believed that the woman should stay at home and devote herself to household cares.   She was suffering from severe pains in the head and throat, but she could not be conscious that her physical pain was due to the neurotic conflict between her hostility and dependence upon her husband.   He desired that

she should receive medical treatment, but he was reluctant to make her undergo such a therapy as psychoanalaysis, in which the family skelton might be disclosed. When she was let to express emotions freely and solve problems for herself in a counseling situation, she lost not only her calm bearings, but also became afraid of this situation. In this case, however, if the counselor takes the flexible way in which the restraints of her family will be lessened in co-operation with any social worker and at the same time the freedom of expression and the responsibility of solving problems will be imposed step by step upon her, then she will be able to refer to such a counseling situation.

As we have so far dicussed, there are several types among clients and their states of reference are different with each type. Therefore we must differentiate the techniques according to each type. That is why we feel keenly the necessity of patternizing the clients, according to the structural characteristics of the interaction between their subjective lifespace and their objective socio-cultural condition. If the clients are motivated and voluntarily participate in the counseling situation, it will make no difference to which type they belong. But in case where they are unmotivated and seldom express, if we can conjecture beforehand their type on the basis of other data obtained, then we may take the way of reference pertient to that type, and succeed in relieving them from their maladjustment problems in the long run. If we contend that these forecasts should not be done merely because they belong to a kind of diagnosis, we shall have to discard such clients. Even though we had the sufficiently valid typology, we might be sometimes wrong in forecasting the type of a client, which results in making him worse than ever. At the present stage in which we have no sufficiently valid typology, as a matter of course, we are not quite free from the risk of falling into some errors. But even if we may run into such a danger, we should pave the way to more valid typology. Because, by so ding, we shall be able to raise the hitting rates of forecasts, to differentiate the techniques more relevant to each type, and so, to make the counseling more scientific through the interaction of deduction and induction.

In short, so far as we regard the client as an individual who is making a living in the socio-cultural conditions, in the first place we shall have to grasp him from the standpoint of social psychology. By so doing as we have often referred to, we can make the counseling more adjust to the actual conditions of the client. Accordingly we shall have to take care lest we should give a preference to the microscopic standpoint or the macroscopic one from the first. Moreover the view-point of social psychology will come in effect to make the counseling co-operate closely with adjacent sciences, both microscopic and macroscopic, and prevent it from making a selfcomplacent way.

II. Counseling Process and Models

By the investigation of the reference of client in the initial phase, we have realized that the standpoint of social psychology brings several advantages to the

counseling.   In this section we shall discuss whether such a standpoint will contribute
something more to the counseling process, after the initial phase or pretherapeutic
phase.

It is generally said that among-expert therapists there is greater agreement as to
an ideal therapeutic relationship without regard to their schools of therapy.   The
attributes of this relationship are warmth, permissiveness, safety, and understanding[5].
Then we shall examine what influence such a relationship (counseling situation) will
exert on the client, who is seized with the conflict fetween conscious and unconscious
or the incongruence between self and experience[6][7].

To begin with, we shall investigate the conflict or the incongruence from the
standpoint of social psychology.   When the ego wants to balance and integrate by
force the lifespace through the central valuestandards which are inconsistent, more
or less, with various experiences of personality, then it will result in making un-
conscious of or distorting such experiences, because of threatening the ego, and there
will occur the disorganization of lifespace.   Such a state may be said the conflict or the
incongurence.   The more the incongruence becomes extensive, the greater the distortion
of lifespace becomes.   The more the ego becomes defensive against the threatening
experiences, the more the unification of the ego with the central valuestandards
becomes rigid, and so the more the distrotion of lifespace becomes fixed.   There-
fore, in this case, it may be difficult that the ego sometimes separates itself from the
the central value-standards, contemplates them objectively, and amends the distor-
tion of lifespace.   On the other hand, the client who has such a lifespace will result in
suffering, consciously or unconsciously, from stress and tension, and developing various
neurotic symptoms.

By the way, it may be said that the defensiveness of the ego will be relieved by
the attributes, mentioned above; i.e. warmth, permissibleness saftey, and understand-
ing of the counseling situation.   And at the same time, through adjusting itself to
these attributes, which function, on the one hand, as the value-standards in that
situation, the ego of client will be slowly set free from the rigid unification with the
central valuestandards and step by step come to look at himself and others more
objectively.   Therefore, in proporition as the ego can see the experiences so far
distorted or made unconscious as they really are, it will be able to extend the
possibility of adopting new central value-standards, which may balance and integrate
the lifespace more rationally.   Then the rigidity of the unification of the ego and the
central value-standards depends upon, on one hand, the readiness which contains
constitutional components, and, on the other hand, upon such socio-cultural conditions
as to reinforce that unification.   That is also one of the reasons why we should view
the client from the standpoint of social psychology.

By the way, we have often experienced that the variety of central value-standards
was greatly influenced both by the socio-cultural conditions and the past expericnes.
As a first example, let us take a young daughter.   Identified with her puritan mother,

she was afraid of the ugly world and showed abhorrence of a bad self that was not the real self. In the closing phase, she said as follows language: "My father has often said, 'The real world is not so ideal as it appears to be, but it is the man of sincerity that tries to approach step by step the ideal.' I come to get at the sense of what he says and make up my mind to make a living like that." Another example; a machine worker, who had often troubles with his fellows, expressed himself in counseling: "I was absurdly serious and unadaptable, I think. So, I could not get along with my fellwos, nor make a favorable impression on my superiors, could I? I want to be sometimes cunning from now on, and get a little how to curry favor with them. Any body does such a thing, I beleave."

As these examples show, the objective various value-standards, which already exisit in the socio-cultural environment of client, serve as models of his newly adopted central value-standards, even though he certainly modifies, more or less, these models, when he accepts and internalizes them as new central value-standards. But such modification as is far remvoed from models, is rarely carried out. And if a client is confined within rigid socio-cultural environment and therefore he is prevented either from contacting with the models proper to the reorganization of personality or from taking in them, he will come in effect to be driven in a blind alley. In this case, such socio-cultural rigidity will, first of all, have to be lessened. Even though the socio-cultural conditions are flexible, in case where the models with whom he contacts merely give easy resolutions, the counselor will have to consider the formation or introduction of more constructive and rational models in such a socio-cultural environment. Thus, the variety of new value-standards accepted is, on the one hand, influenced by the models in the socio-cultural environment of client, but, on the other hand, it is also determined, more or less, by the depth of insight into the formative process of the former central value-standards. The deeper an insight into the formative process is, the more extensively and objectively the ego may look at himself and others. Accordingly the ego may take in a more rational and constructive model.

As we have so far discussed, the view-point of social psychology will enable the counselor to consider how to deal with the socio-cultural conditions of client, focussing counselor's attention upon client's lifespace.

We have investigated what contribution the approach from the standpoint of social psychology made to the counseling. Lastly, let us add a few more words. At the present time when there appears the movement of mutual approach between counseling and other sciences[8][9] and the definition of counseling is being attempted on the broader basis[10], the approach from the standpoint of social psychology should be studied still more in future.

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Zusammenfassung

In der früheren Abhandlung, Teil, I, prüfte man im allgemeinen den Begriff der Sozialpsychologie, und, von solchem Gesichtspunkt aus, die Bedeutung der Anpassung, der Fehlanpassung, der Persönlichkeits-Disharmonie oder-Disorganisation u.s.w.

In dieser Abhandlung, Teil, II wo die Probleme von der Motivation der Klienten im Anfangsstadium der Beratung, der Typenbildung der Kleienten, des Umwelteinflusses ausser der Beratungssituation auf die Persönlichkeitsumstrukturierung der Klienten, erforscht werden, hat man aufgeklärt, welchen Vorteil es hat, die Handlungen der Klienten und die Beratungssituation immer vom sozial-psychologischen Gesichtspunkt zu begreifen.

Zusammengefasst, wir mögen durch die Aufnahme des sozial-psychologischen Gesichtspunktes folgende mehrafachen Möglichkeiten erwarten: die den Klientswirklichkeiten mehr gültigeren Techniken differentieren zu lassen, die dichteren Kooperationen mit anderen sowohl mikroskopischen als makroskopischen Nachbarwissenschaften auszubilden, und us der selbstgefälligen Neigung in Beratung zu wehren, welche daraus entsteht, daß man sich nur innerhalb der Beratungssituation enischilesst.