

Provide a definition for “autonomy” as cognitive theorists(according to our textbook) define it. Do you agree with cognitive theorists that autonomy is a necessary element in successful, effective treatment? Why or why not

Autonomy when it comes to counseling signifies when a client has self worth and self control. Autonomy is important in the counseling field because a client should have an idea or understanding that he/she is in control of their own lives and also have the independence to make their own decisions. I believe that autonomy is very important when it comes from a counselor perspective because for a client to come in already understanding that they are in power of making their decisions, choosing to change, and understanding that their thoughts can be changed into positive self talk. Autonomy is not only effective but a vital component when it comes to successful counseling and effective treatment. If a person continually feels that he/she does not have the power/control over their own lives, they are not ready to work on themselves. Also, if a person continually feels their life is out of their own control, this is another barrier that may not be effective and only hinder the effectiveness of a counseling session. A therapist may almost have to do not only psycho education prior to actually taking part in the counseling so the client can fully understand they have their own power to change their life by changing their thought process.

Response 2

Provide a definition for “autonomy” as cognitive theorists define it. That it is a control theory that applies to counseling and psychotherapy, as human beings we are born with five needs; one would be belonging, power (competence, achievement, recognition, and self esteem). The fun an enjoyment that comes from freedom and independence or (autonomy) and survival.

That we as all human beings are self-possessed in the way we think, feel, and our physiology, and when an everyday task is not done in a manner of someone else’s expectations, we are seen as weak, or presenting a problem. At times people are labeled as psychotic, by their actions or behavior.

That when a patient wants to get counseling, or the options of the treatment that can change their mental thoughts, of why they are seeking help. This can help the client to be in control of their own situation, which gives them the power to let the therapist or counselor give their thoughts on why they maybe having the issues they are going through.

From my own past dealings, with a therapist that gave me different perspectives, of why or how my own marriage was going in a different direction now. That I was still in control of my own future, though the changes I was going through it did not change of whom I was as a man. And I was still in control of own actions and future, even though of a failed marriage, I could still go on with my life.