

# Aberdeen Counselling Forum

## How does the medical model influence counselling and psychotherapy and your work with clients?

Led by Dr Rachel Freeth

**Saturday 20<sup>th</sup> November 2021 – via zoom (10am-4.30pm)**

The medical model framework has become the dominant framework in Western cultures for understanding and responding to mental and emotional disturbance and distress. This is particularly the case within healthcare settings. However, this model (sometimes referred to as a paradigm) and its many assumptions and values, has increasingly entered the world of counselling and psychotherapy, so much so that the constructs and language of pathology, diagnosis and treatment are frequently taken for granted.

The aim of this workshop is to explore various aspects of medical model thinking and practice and its relationship to counselling. It is hoped that participants will not only feel better informed about the nature of the medical model, but will also explore some of the following questions:

- In what ways has the medical model influenced many counselling and psychotherapy approaches?
- What are some of the main critiques of the medical model, for example, those from a person-centred, humanistic or existential perspective?
- What are some of my own attitudes and responses to the medical model and how do they influence the way I work with clients?
- How might clients be influenced by medical model thinking and practice in terms of, for example, what they bring to counselling and what they hope for from their counsellor?

Offering a mixture of presentation, discussion and opportunities for personal reflection, this workshop will appeal to counsellors who are interested in developing a more informed critique of the medical model and an awareness of how it may impact on their work with clients, as well as relationships with the wider counselling community and healthcare organisations.

### About Rachel Freeth

Rachel worked as an NHS psychiatrist for over 25 years in a variety of mental health settings. For many years she combined this with working as a person-centred therapist in the voluntary sector but has recently developed a private therapy practice based in Gloucestershire. With her dual professional backgrounds she also writes and delivers workshops and training on subjects related to psychiatry and mental health, particularly for counsellors and psychotherapists. See [www.rachelfreeth.com](http://www.rachelfreeth.com) for details of her publications, including her latest book *Psychiatry and Mental Health. A guide for counsellors and psychotherapists* (PCCS Books; 2020).

*'Understanding the medical model has been very much at the heart of my endeavours to bridge the worlds of psychiatry and counselling.'*

**Contact person for booking/enquiries: Email: [Jacquie.sim@icloud.com](mailto:Jacquie.sim@icloud.com)**

Zoom joining link and information needed will be sent by email prior to event.

Please complete and email your booking form to: [Jacquie.sim@icloud.com](mailto:Jacquie.sim@icloud.com)

## ACF **Booking Form** for Workshop Saturday 20/11/21

PARTICIPANT NAME:  
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EMAIL ADDRESS:  
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TELEPHONE NUMBER:  
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PLEASE INDICATE APPROPRIATE PAYMENT BOX

<b>**PLEASE NOTE NEW REDUCED PAYMENT RATES FOR ZOOM WORKSHOPS</b>	
ACF MEMBER - £25	
ACF CONCESSION <b>MEMBER</b> - £20 (Low income, 60+, F/T student, counselling diploma student)	
<b>ALL NON MEMBERS</b> - £40	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE STATE WHICH ORGANISATION:  
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**If you wish to pay by cheque - email contact person for postal address.**

**Booking form can be sent by email or post**

Cancellation fee of 50% will be refunded up to 3 days prior to event, thereafter no refund will be given.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.