

## Activity 1.2 Historical treatment of mental distress, implications in placement

### Aim

- To facilitate consideration in regard to the potential impact of historical and contemporary views of the 'treatment' of mental distress on placement provision/experience.

### Background

McLeod (2009: 42) suggests five possible ways in which an appreciation of the history of therapy has meaning and value for present-day practitioners:

1. Understanding the images of counselling held by members of the public and circulating within contemporary culture.
2. Making sense of the underlying metaphors that inform current theories of psychotherapy.
3. Reinforcing the sense that counselling represents a continuing tradition that reflects a distinctive set of values and practices.
4. Accepting that contemporary ideas and knowledge are incomplete in the absence of a historical perspective.
5. A reminder of the significance of power relationships in counselling practice.

### Activity

With this in mind, what do you think might be the implications of the following for placement provision/experiences?

- Contemporary media images and stereotypical views related to mental health and its treatment.
- Metaphors that inform current theories of psychotherapy.
- The idea that counselling is a continuing tradition that reflects a distinctive set of values and practices.
- The notion that contemporary knowledge is incomplete in the absence of a historical perspective.
- The significance of power relationships in counselling practice.