

# Reflective Task: Deciding on a Modality for Training

One important factor when thinking of training is the type of modality (theoretical orientation) the course is based in. For example, some courses may be person-centred, while others psychodynamic or cognitive-behavioural. Different theoretical orientations might suit different personality 'styles' or working situations. A general 'rule of thumb', if you enjoy more specific approaches, homework, educative approaches, you may be interested in CBT, or more reflective, inner knowledge and client-led approaches, person-centred. These are, of course, generalisations, but the questions might help you reflect further.

- ✓ If you have had your own counselling or psychotherapy, what do you know of the approach the therapist used? Was it helpful or unhelpful? In what ways?
- ✓ Are you drawn to working with adults, or children and young people? Why?
- ✓ Is there a particular setting you are interested in working in? What is it about that setting that interests you?
- ✓ Do you like concrete ideas and principles, applied to a particular problem?
- ✓ Are you interested in approaches that might teach clients skills, knowledge and ideas?
- ✓ Do you prefer uncertainty, a sense of 'inner' knowledge and wisdom, and self-direction?
- ✓ Are you interested in approaches that draw on the knowledge of the person so that they can solve their own problems?
- ✓ Are you interested in relationships and the influence of the past on the present?