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# Giving Advice Versus Psychotherapy

## - A Summary

<b>Giving Advice</b>	<b>Psychotherapy</b>
<b>Anyone can give advice</b>	<b>Only a psychotherapist can do psychotherapy</b>
Giving advice requires no skill (anyone can give advice, anytime)	Psychotherapy requires specific, complex skills (long-term, in-depth training is required)
Can involve one-way communication (speeches, pamphlets, radio programmes etc.)	Always involves two-way communication (active listening and feedback)
No empathy (ability to put yourself into the other person's world) is required	Empathy for and understanding of the client is required by the therapist
<b>Is directive</b>	<b>Is usually non-directive</b>
The advice-giver tells the individual what to do	The client makes their own decisions about what to do
Can lead to dependence on the advice-giver	Goal is to develop the client's independence
The implication is that the advice-giver takes responsibility for the individual's behaviour	The implication is that the client takes responsibility for their own behaviour
Is judgmental and evaluative	Is non-judgmental and caring
The individual's self-esteem remains low and confidence is in the advice-giver	The client's self-esteem is boosted and confidence in the self is developed
<b>Unlikely to lead to behaviour change</b>	<b>Likely to lead to deep and lasting behaviour change</b>
Leads to intellectual insight only (no behaviour change)	Leads to emotional insight (and therefore behaviour change)
The focus is on <i>doing</i> the behaviour or action	The focus is on the <i>causes</i> and/or <i>consequences</i> of the behaviour or action
May arise out of the advice giver's needs (e.g. to help, to be nice, to be right etc.)	Arises out of the client's needs

