



## The Psychological Shift: An Eminently Non-Directive Way to Welcome Others

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### Abstract

Psychological counseling is a modality of care in psychology, very common in theory and practice, from the 4th year of the course, where students work in schools, psychosocial care centers and other health institutions. Within this modality, a ramification of the person-centered approach emerged in São Paulo, around 1970, being named psychologically on call, which would theoretically and technically be a non-directive tool of psychological counseling. In this sense, the purpose of the communication is to demonstrate succinctly what this category of psychological counseling would be and to demonstrate its non-directive motives and techniques that accompany the therapeutic process.

**Keywords:** Psychological sowing; Psychological counseling; Non-directivity

### Introduction

When talking about psychological counseling, a range of options and reflections on the way of brief and focal care, categorized in a few sessions and using technical means, such as attentive listening, an informative completion of a screening and a psychological guidance so that you can help the other in the midst of your moment of urgency. In the history of counseling, some approaches were first used, such as psychoanalysis and behaviorism, gaining ideological space within the process of emotional urgency of counseling, thus mapping a service profile with a more direct characteristic and focused on a chosen demand. counselor, as the owner of the counseling session [1].

In the other aspect of care, non-directive and with aspects and principles of the person-centered approach, the model of psychological care, the nomenclature of the humanist approach, the way of psychological counseling and the way of listening and to behave according to the parameters of the person-centered approach, valuing its rules and way of understanding man [2].

### Results

In this respect, the call came in the city of São Paulo, around the 1980s and has a clinical style, making it more free of rigid concepts and generalist derivations, providing an enlightening listening that inaugurates a sense along with the other, that, when

introduced by the advised, provides the sharing of the experience between the phenomenon of the adviser, with a sense of this phenomenon by the counselor, attributing to the new, an introductory way of thinking about the lived, calling such experiential movement of punctuation, fluctuation or even intervention, that in the approaches of existential phenomenological line, are made the an understanding of the existential condition and the active disposition of the implication and reflection on the understood [3].

The non-directive content of the on-call, allows in up to 4 meetings or extending in some others, starting from the sensitivity of the therapist in realizing that another would be viable for his client in crisis, allowing that, empty his demand more choked, no longer needing to be referred to a psychotherapy. Therefore, in this sense, the shift, as a non-tangential counseling of the other, is a way of accepting respectfully, giving oneself empathically to the other person, comforting the existential weight and making alternatives to revert pictures, from a self exploration of his history and moment, which is necessary, so that the phenomenon of the uncomfortable sense can be expanded, and can now see, feel and hear in another way, that it may be feasible to overcome or perceive the inherent limitations.

Thus, the characteristics of the psychological task, are eminently non-directive, that is, they are inclined to a stylistic of being existential phenomenological, with principles of valuing the individuality, freedom and arbitrariness of the being, from its way of being, contained of the stagnation of possibilities and in the face of a comprehensible and intelligible comprehension, the opening of these possibilities in the face of conflicts, determinism, historical conditions and interpersonal and intrapersonal relations, dignifying the individuality of each being that corroborates with its identity and difference of the collection of people that live in the world [4].

## Conclusion

Therefore, it is observed that psychological counseling is a branch of psychological counseling, focusing on the person-centered approach, having as a clinical action format, the principles created by Carl Rogers and everything developed by this theory, which preaches to do non-directive and contemplative of the client's feelings and sufferings [5]. In the meantime, this short communication aimed at succinctly explaining the way of giving advice in the existential phenomenological sense, without directionality, but intentionally promoting self-knowledge and choices of the advised, who have the autonomy to choose their paths, maturing and growing before their life [6].

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