

## Use Of Confrontation In The Process Of Provisional Psychological Assistance

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### **Abstract**

Confrontation as a technique of counseling interaction can be used at the stages of psychological counseling, mainly after establishing contact with the client. It is used for therapeutic purposes depending on the theoretical approach of psychotherapeutic interaction. Confrontation includes the potential for growth and change, as well as for weakening customer resistance. Since it acts very strongly, in order to apply confrontation, the consultant must have special skills.

### **Keywords:**

Technique, interaction, psychological assistance, confrontation.

### **Introduction**

The specificity of confrontation as a technique is to draw the client's attention to the discrepancy between the content of what is said and done, ie what is happening "here and now". The most appropriate is the confrontation with how the client saw himself before coming to the psychologist, and how he now appears in his own eyes as a result of reflection during the interaction with the counselor. Also,

"confrontation is resorted to when the client must be confronted with the fact of the existence of contradictory or unconscious attitudes, actions, deeds in order to understand and process them" [3, p.199].

Confrontation, as a technique of psychological assistance, is described in many modern effective models of psychotherapeutic interaction by such domestic and foreign authors as O. Bondarenko, D. Brown, S. Glading, R. George, D. Cristiani, R. Kociunas and others.

Confrontational behavior is a complex technique (in some theoretical approaches it is a procedure) that requires both a sense of time and a subtle perception of the client. Proper confrontation can help the client become more integrated and consistent in behavior and relationships with other people. Confrontation should be carried out only in the conditions of trust and care of the client and should not be used as a means of expressing anger and frustration [3,5,6].

Confrontation can take several forms. It can be used to focus attention, on the mismatch between what we think and feel and what we say and do; between focusing on ourselves and how others see us; between who we are and who we want to be; between who we really are and who we seem to be; between our verbal and nonverbal signals [7, p.231].

According to R. Kociunas, the consultant from time to time is forced to enter into confrontation for therapeutic purposes [8]. R. George and T. Christiani identify three main cases of confrontation in counseling [7, p.231-232]:

1. Confrontation in order to draw the client's attention to the contradictions in his behavior, thoughts, feelings, or between thoughts and feelings, intentions and

behavior, etc. In this case, we can talk about two levels of confrontation. The first states a certain aspect of the client's behavior. On the other hand, contradictions are most often represented by the words "but", "however". In contrast to the interpretation of the confrontation indicates the causes and sources of contradictions. This type of confrontation tries to help the client see the very contradiction that he has not seen before, did not want to or could not detect.

2. Confrontation in order to help see the situation as it really is, contrary to the client's perception of it in the context of his needs □ 7 □ . For example, a client complains: "My husband found a job related to long business trips because he does not love me." The real situation is that the husband changed his job at the request of his wife after long quarrels, as he had earned little in his previous job. Now the man earns a decent living, but is rarely at home. In this case, the counselor must demonstrate to the client that the problem is not interpersonal relationships, and in the financial situation of the family, the need for a man to earn more, although because of this he is forced to often leave. The client does not appreciate the efforts of the husband to strive for a better financial position of the family and interprets the situation in a way convenient for him □ 8 □ .

3. Confrontation in order to draw the client's attention to his avoidance of discussing certain issues. For example, the counselor expresses surprise at the client: "We have met twice already, but you do not say anything about sex life, although during the first meeting you singled it out as your important problem. Every time we get closer to the main problem, you dodge. I think that could mean " □ 8 □ .

Confrontation is a complex technique that requires a consultant to master this technique. It is often perceived as an accusation, so it should be used with sufficient confidence when the client feels that the counselor understands him and cares for him. To properly use the technique of confrontation, it is important to know its limitations [8]:

1. Confrontation cannot be used as a punishment for a client's behavior. This is not a means of expressing hostility to a consultant.
2. Confrontation is not used to destroy the mechanisms of psychological protection of clients. Its purpose is to help customers recognize the ways in which they protect themselves from the realization of reality. Finding and destroying the mechanisms of psychological protection, unfortunately, is one of the common methods of confrontation in sensitivity training groups, from which this technique is borrowed. The style of psychological protection says a lot about the client's personality, and here it is important to understand, not the destruction that irritates the client and causes his resistance. Before using the technique of confrontation, it is important to understand the client's defense mechanisms and ask yourself:

How deeply rooted and how long do these mechanisms last?

What motives of the personality are hidden behind psychological protection?

what extent are protective mechanisms necessary for a person to successfully adapt to everyday life?

What would happen without the mechanisms of psychological protection?

However, there may be exceptions to the above limitations in integrative theoretical models in the provision of psychotherapeutic psychological care. For example, in provocative therapy (the technique of "confrontation" can turn into a procedure).

3. Confrontation cannot be used to meet the needs or self-expression of the counselor. Counseling is not a situation where a counselor must demonstrate his wisdom and strength for self-aggrandizement. The task of the consultant is not to defeat the client, but to understand him and provide assistance. Improper use of confrontational techniques often indicates that the specialist solves personal problems in the counseling process.

Based on theoretical analysis, we can conclude that confrontation is a multifaceted technique in practice, which can be an effective method of providing psychological assistance. And this requires a high level of professionalism from the psychologist-practitioner in its use.

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