

Spelling list: Counselling Key Phrases

A compilation of key phrases and terms used in Counselling and Psychological Therapy

cognition	Acquiring and processing information involves the mental processes of cognition .
conscience	The part of our mental processing that holds our beliefs and information around what our society deems as right or wrong is our conscience .
displacement	Displacement is a defence mechanism where frustrations, impulses and feelings are diverted to a person or an object.
emotion	The film contained scenes of strong emotion .
hypnosis	He stopped smoking by having hypnosis .
projection	People may use projection as a defense mechanism in which intolerable feelings, impulses or thoughts are dealt with by attributing them to others.
schema	A schema is a mental sorting system created by the mind which affect how we choose to see things.
transference	The transference of attitudes, feelings and desires onto the therapist is an unconscious process.
fixation	A fixation is a lingering attachment to an earlier stage of pleasure seeking, even after a new stage has been attained.
agoraphobia	The woman stayed indoors as she suffered from agoraphobia .
hysteria	Emotional outbursts and fainting used to be known as hysteria .
neurosis	The disorders such as phobias or anxieties are subcategories of mental health neurosis .
psychosis	Psychosis is a loss of contact with reality such as mania, major depression or schizophrenia. When a person has a false belief that is firmly held despite strong evidence

delusion	to the contrary, they may be having a delusion .
denial	Denial is a defense mechanism involving a failure to consciously acknowledge thoughts, feelings or desires.
mood	After the argument, he was in a terrible mood .
rationalization	A defense mechanism in which we make up a false but reassuring explanation to explain our behaviour is described as rationalization .
repression	Repression is a defense mechanism in which thoughts, impulses or memories, that cause anxiety, are pushed out of consciousness so that we are no longer aware of them.