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.