

Course Materials
Introduction to Counselling
Unit – I

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Unit – III

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Unit – IV

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Counselling in different settings: Family counselling, Marital and Premarital Counselling, Counselling in schools, Colleges and Industries, Grief counselling

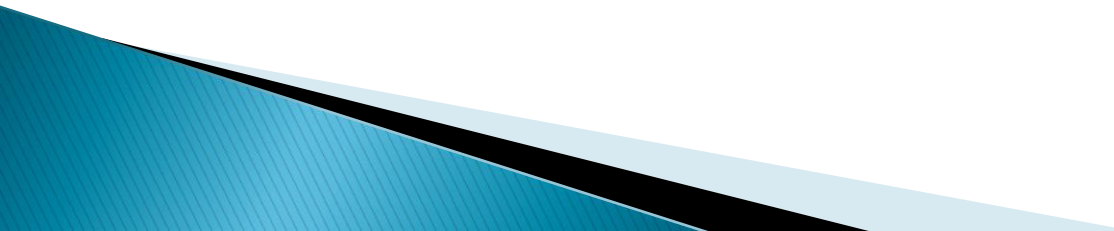
UNIT – 1

COUNSELLING

Concept

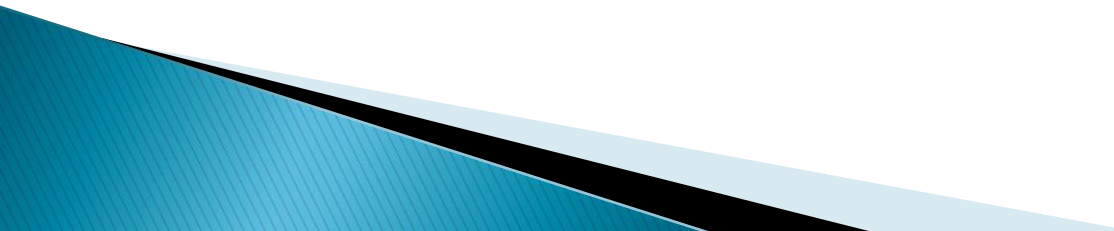
- ❖ It's a process that helps people to explore issues and problems
- ❖ Express their feelings with someone who is good at listening and asking useful questions.
- ❖ In a nutshell, it is helping people listen to themselves – and get out of their own way.
- ❖ Deal with the impact of their emotions
- ❖ Client and Counsellor set aside - time in order to explore difficulties.

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- ▶ Helps the client to see things more clearly, possibly from a different view-point
 - ▶ A relationship of trust.
 - ▶ Confidentiality is paramount to successful counselling.
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Cont...


Counselling is Not:

- ▶ Giving advice
 - ▶ Judgemental
 - ▶ Attempting to sort out the problems of the client
 - ▶ Expecting or encouraging a client to behave in a way in which the counsellor may have behaved when confronted with a similar problem in their own life
 - ▶ Getting emotionally involved with the client
 - ▶ Looking at a client's problems from your own perspective, based on your own value system.
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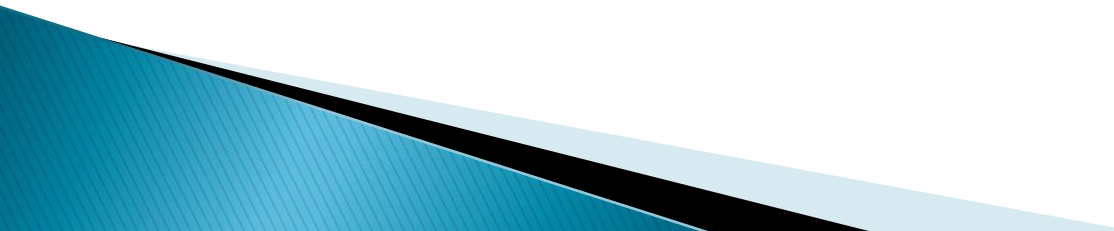
Goals

- ▶ To develop personal coping skills and strengths
- ▶ To be understood by another person who is on their side
- ▶ Increased self-understanding and understanding of others responses
- ▶ To become more confident in their lives and make better decisions
- ▶ To improve their relationships.
- ▶ In general, a service that is confidential, professional and based on agreed goals.

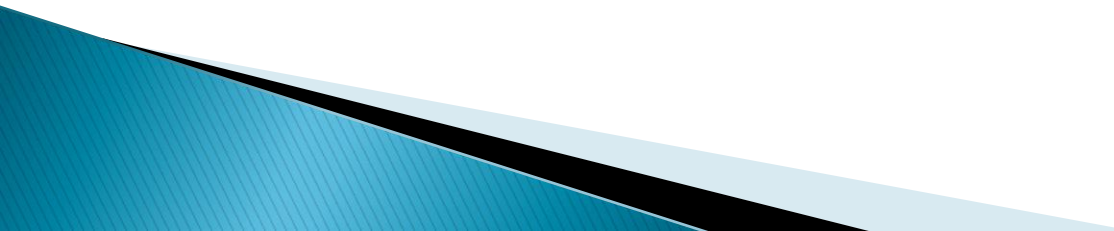
Purpose

- ❖ Facilitating behaviour change
 - ❖ Improving the client's ability
 - ❖ To establish and maintain relationships
 - ❖ To Enhance the client's effectiveness and ability to cope
 - ❖ To promote the decision-making process and to facilitate client potential
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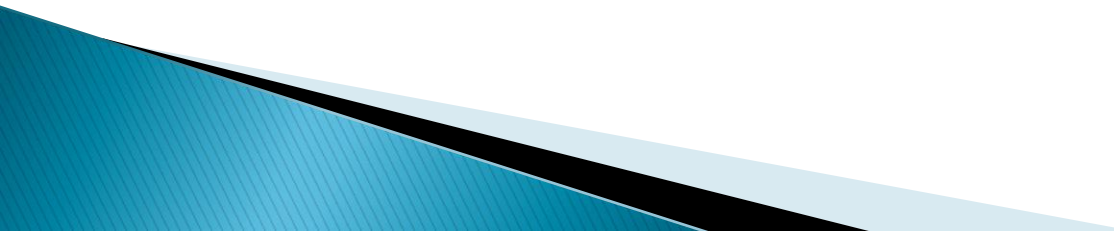
Objectives

- ❖ To helping the client understand and accept themselves “as they are”
 - ❖ To bring about a voluntary change in the client
 - ❖ The counselor provides facilities to achieve the desired change or make the suitable choice
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Basic Principles

- ▶ Listening skills
 - ▶ Resistance
 - ▶ Respect
 - ▶ Empathy and Positive Regard
 - ▶ Clarification, confrontation, interpretation
 - ▶ Transference and Counter Transference
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Listening skills

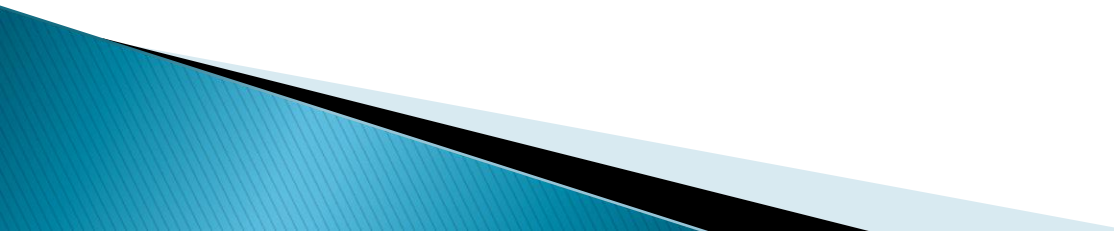
- ❖ To be Attentive to the client
 - ❖ To Understand the content of the problem
 - ❖ Not to make interpretations
 - ❖ Not to offer any premature suggestions
 - ❖ To understand the concerns being presented
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Resistance

- ❖ Direct, and logical Process
 - ❖ Sense of security in familiar behavior
 - ❖ Behavior that causes them pain
 - ❖ Difficult and tangential process
 - ❖ The stressful nature of the process for the client
 - ❖ Resistance to therapeutic change is quite natural
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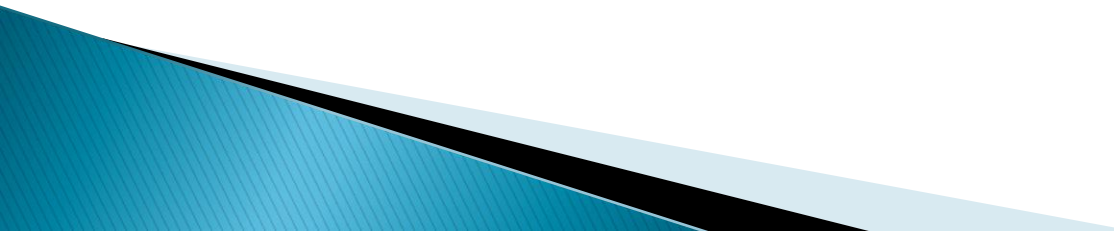
Respect

No matter how peculiar, strange, disturbed, weird, or utterly different from you that the client is

- ❖ Must be treated with respect
 - ❖ Counsellor do not have to like the client, or their values, or their behavior
 - ❖ To keep this principal in mind at all times, to be an effective counselor or therapist
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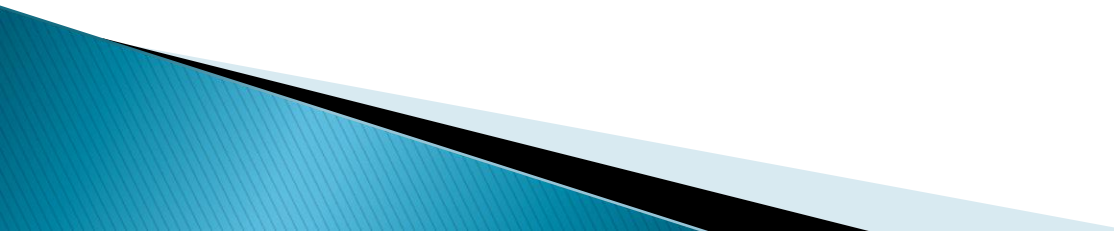
Empathy and Positive Regard

Based in the writings of Carl Rogers, these two principles go along with respect and effective listening skills

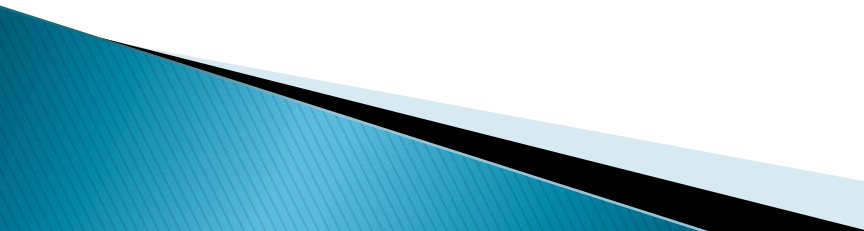
- ❖ Listen and Understand the Feelings
 - ❖ Perspective of the Other Person
 - ❖ Unconditional Positive Regard
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Clarification, Confrontation & Interpretation

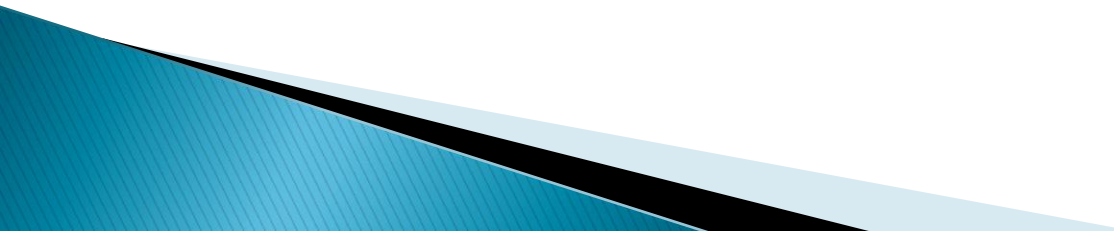
It is a techniques of therapeutic intervention that are more advanced

- ❖ Clarification is useful even at a basic level
 - ❖ Restate what the client is either saying or feeling
 - ❖ The client may learn something or understand the issue better
 - ❖ Confrontation and interpretation are more advanced principles
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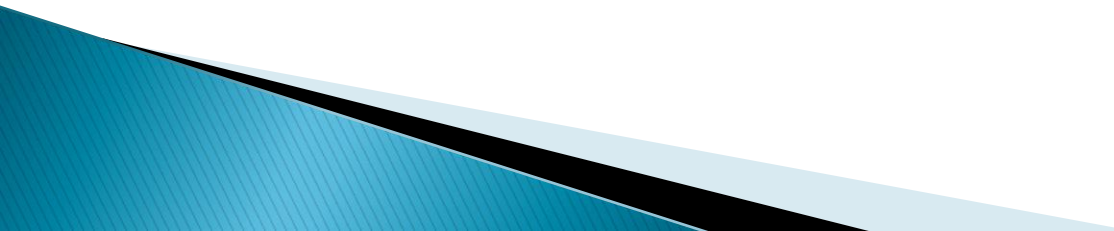
Transference

- ▶ Transference is a psychological phenomenon in which an individual redirects emotions and feelings, often unconsciously, from one person to another.
 - ▶ This process may occur in therapy, when a person receiving treatment applies feelings toward—or expectations of—another person onto the therapist and then begins to interact with the therapist as if the therapist were the other individual.
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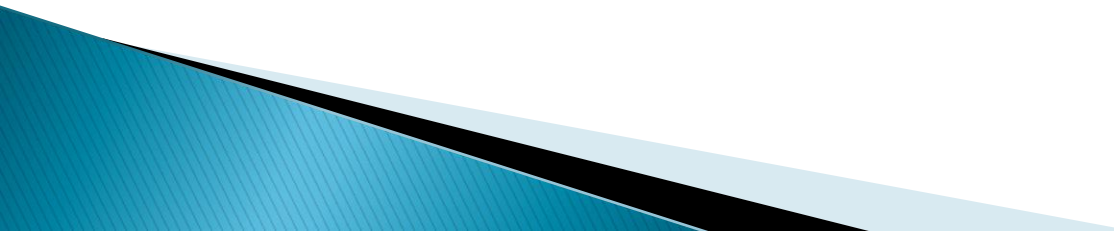
Types of Transference

- ▶ **Paternal transference,**
 - ▶ **Maternal transference**
 - ▶ **Sibling transference**
 - ▶ **Non-familial transference**
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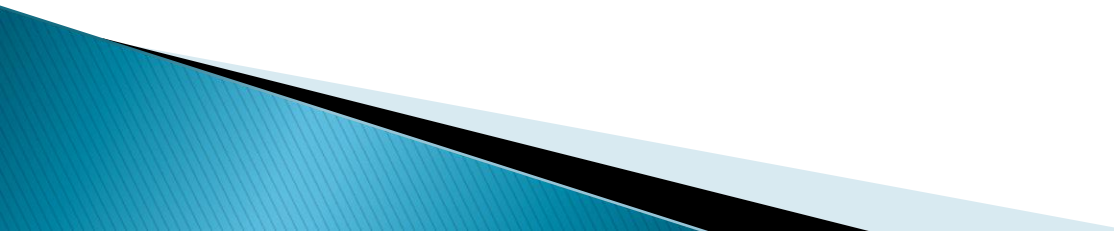
Counter Transference

- ▶ It is the counsellor's projected emotional reaction to or behaviour towards the client.
 - ▶ It can take on many forms, from a desire to please the client, to wanting to develop a social or sexual relationship with the client, to identify with the problems of the client so much that one loses objectivity, giving advice compulsively, etc. (Corey et al., 1993) .
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- ▶ Watkins (1985) identifies four forms of counter transference:
 - ▶ Overprotective
 - ▶ Benign
 - ▶ Rejecting
 - ▶ Hostile
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Counseling as Profession

- ▶ The client and counsellor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client
 - ▶ The act of helping the client to see things more clearly, possibly from a different view-point
 - ▶ This can enable the client to focus on feelings, experiences or behaviour, with a goal to facilitating positive change.
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Professional Standards and Ethics

- ❖ Respecting human rights and dignity
 - ❖ Protecting the safety of clients
 - ❖ Ensuring the integrity of practitioner-client relationships
 - ❖ Enhancing the quality of professional knowledge and its application
 - ❖ Alleviating personal distress and suffering
 - ❖ Fostering a sense of self that is meaningful to the person(s) concerned
 - ❖ Increasing personal effectiveness
 - ❖ Enhancing the quality of relationships between people
 - ❖ Appreciating the variety of human experience and culture
 - ❖ Striving for the fair and adequate provision of counselling services
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