

*Course Materials*  
**Introduction to Counselling**  
*Unit – II*

Compiled by

Dr.J.O.Jeryda Gnanajane Eljo

Assistant Professor

Department of Social Work

Bharathidasan University

Khajamalai Campus

Tiruchirappalli-620 023

# Unit – II

**Counselling Relationship:** Acceptance, Warmth, Responsiveness, Faith, Therapeutic relationship, Empathy, Unconditional positive regard, Congruence, Types of Counselling-Individual Counselling and Group Counselling

# *Counselling Relationship*

## **Acceptance and Warmth**


The second essential quality is ‘unconditional positive regard’, Other words for this are acceptance or warmth.

### **Acceptance**

- ❖ To Communicate warmth to client - really feel for a person in crisis.
- ❖ By active listening
- ❖ Making observations and valuing their opinions, thoughts and feelings and communicating that you truly have empathy for them, show your respect them and can help to gain acceptance as a counsellor.

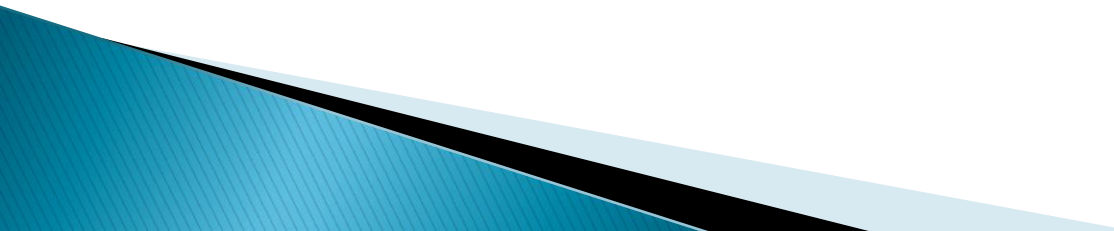
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## **Warmth**

- ▶ It is not a practical skill
  - ▶ In fact a frame of mind
  - ▶ Showing warmth to others and developing a relationship
  - ▶ In which both parties are there to learn from each other and gain respect and acceptance.
  - ▶ Create a climate within which changes can take place - warmth is really essential
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# Responsiveness


Responsive is a factor in positively contributing to client mental and physical well being

- ❖ **Pausing:** stopping, breathing and soothing the client angry and unsettled mind
  - ❖ **Reflection :** thinking about what the client argument was about and why
  - ❖ **Overt and explicit care and compassion**
  - ❖ **Negotiation**
  - ❖ **Compromising**
  - ❖ **Apologizing**
  - ❖ **Letting go**
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# Faith

Faith in counseling is very beneficial for those families and teens that have a strong religious belief and practice.

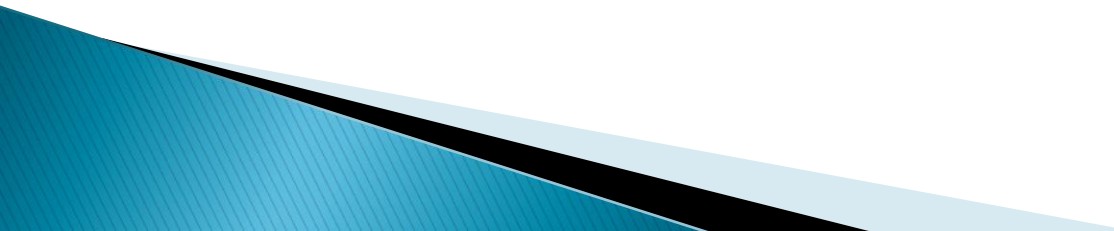
## **Faith based counseling:**

- ❖ Integrate the mental,
  - ❖ Relational
  - ❖ Emotional
  - ❖ And spiritual aspects of care to help the whole person
  - ❖ Faith based counselor may combine faith ,spirituality, theological concepts into the traditional therapeutic process
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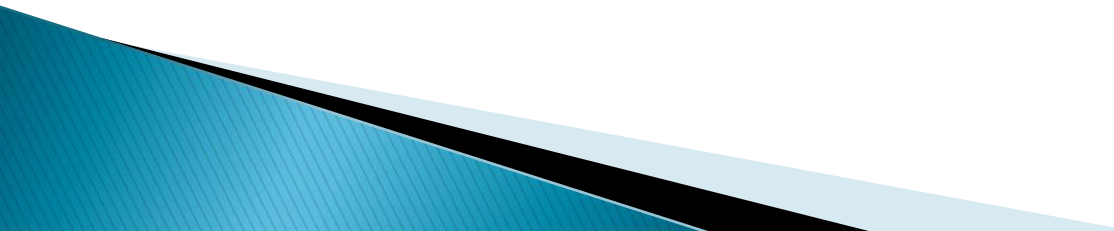
# Therapeutic relationship

The purpose of a therapeutic relationship is to assist the individual in therapy to change his and her life for the better.

**Following are the essential aspects:**

- ❖ Close and consistent association between two persons
  - ❖ Thoughts
  - ❖ Beliefs
  - ❖ Emotions
  - ❖ Trust
  - ❖ Respects
  - ❖ Congruency are the major components of a good therapeutic relationship
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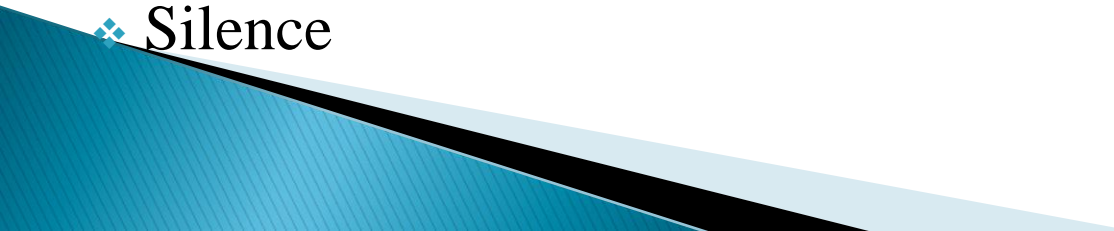
## **Why is therapeutic relationship important?**

- ❖ It is vital step in the recovery process and for the relationship
  - ❖ To be productive
  - ❖ Seeking trust
  - ❖ Knowledge
  - ❖ Skill set
  - ❖ Desire to provide appropriate care
  - ❖ Confidential
  - ❖ Do not harm or exploitation
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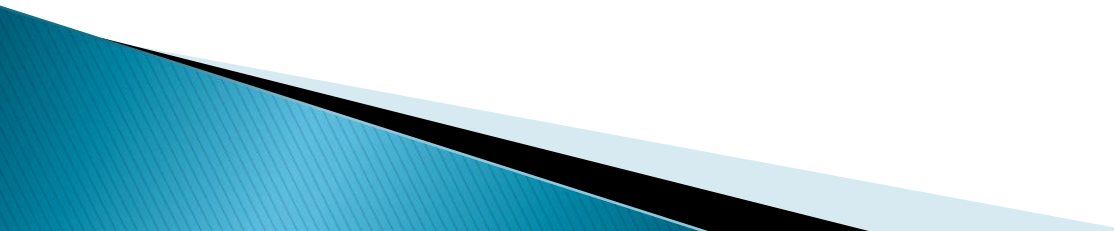
# Empathy

The power or state of imagining oneself to be another person and so of sharing his/her ideas and feelings

- ❖ Enter the private world of another person so as to understand that world
  - ❖ Reflection of feelings
  - ❖ Expression of the regard and respect
  - ❖ To accept expression
  - ❖ Capable and to accept and support the client through issues
  - ❖ Concerns
  - ❖ Facial expression
  - ❖ Body language
  - ❖ Gesture
  - ❖ Intuition
  - ❖ Silence
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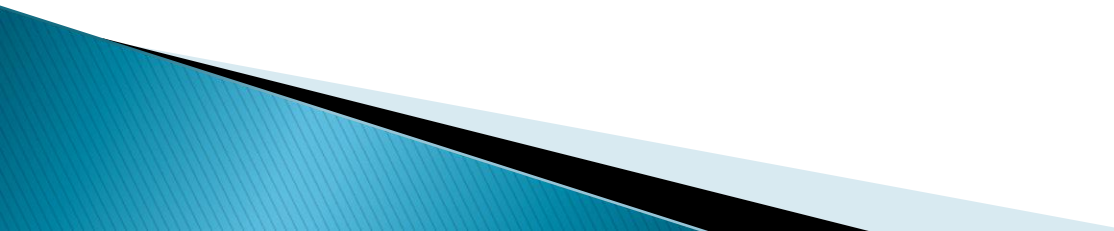
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## According to Carl Rogers

- ❖ Understand the client feelings
  - ❖ Response reflects the client's mood
  - ❖ Understand the content of what has been said
  - ❖ Tone of voice convey
  - ❖ Ability to share the client's feelings
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# Unconditional positive regard

It means caring for the client, but not in a possessive way or in such a way as simply to satisfy the therapist's own needs

- ❖ To care for the client as a separate
  - ❖ To have his own feelings
  - ❖ His own experiences
  - ❖ Accepts and supports the client
  - ❖ No matter what they say or do
  - ❖ To place no conditions on this acceptance
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# Congruence


Congruence is one of the core condition of the person

Centered theory


- ❖ Touch with and genuine about their experience
- ❖ To stay connected with self, client space and time
- ❖ To share a persistent thought or feeling
- ❖ To be real and genuine in therapeutic relationship
- ❖ To be with feelings and attitudes
- ❖ To openly experience the feeling and attitudes
- ❖ Counsellor to be very centered and congruent
- ❖ Emphasis on the personal development

# Types of Counselling


some common types of counseling which should be used only by trained professionals

- ▶ Supportive Counseling
  - ▶ Confrontational Counseling
  - ▶ Preventive Counseling
  - ▶ Spiritual Counseling
  - ▶ Depth Counseling
  - ▶ Informal Counseling
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## Individual Counselling

- ▶ **Individual counselling** is a therapy session which involves a single client who confides in a single psychiatrist.
  - ▶ While there are many other counselling options available including family therapy, group therapy, and child therapy, if you are involved in an individual counselling session, you are the main priority of the session
  - ▶ The purpose of such therapy is to place the client in a safe environment where he or she can discuss and analyze any issues he or she may have with a trained psychiatrist
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# Group Counselling

- ▶ Group counseling is a form of counseling where a small group of people meet regularly to discuss, interact, and explore problems with each other and the group leader.
  - ▶ Group counseling seeks to give students a safe and comfortable place on campus where they can work out problems and emotional concerns.
  - ▶ Members gain insight into their own thoughts and behaviour, and offer suggestions and support to other
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## **Acknowledgment**

- ▶ **I wish to place on record, the sincere appreciation and thanks to Mr.A.Mohamed Yasir Arafath (Doctoral Research Scholar), Department of Social Work, Bharathidasan University, Tiruchirappalli-23, for the able assistance in the preparation of this Course Material Unit - II.**

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