

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

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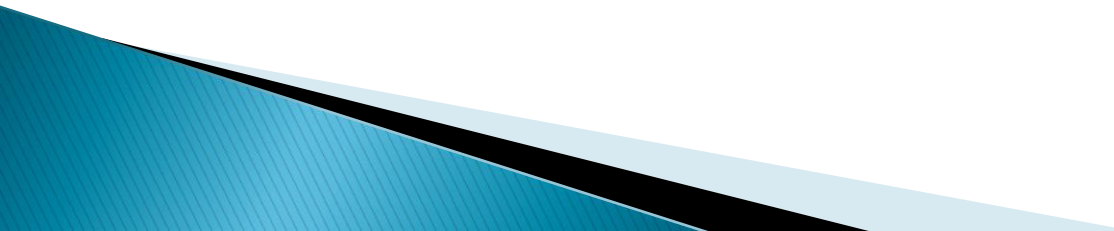
## **Unit - V**

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

# Counselling in Different Settings

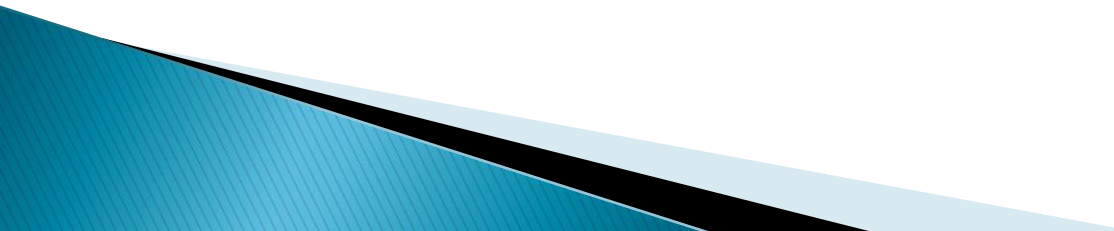
- ❖ Family counselling
  - ❖ Marital counselling
  - ❖ Premarital Counselling
  - ❖ schools counselling
  - ❖ Colleges counselling
  - ❖ Industries counselling
  - ❖ Grief counselling
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# Family counselling

- ▶ Mainly focus on stressful experience of family. If the person his/her having difficulties with their family relationships, counselling or therapy may help them.
  - ▶ A counsellor or therapist can help families cope with issues such as
    - ▶ Family violence
    - ▶ Depression
    - ▶ Intergenerational conflict
    - ▶ Culture shock
    - ▶ Separation or divorce
    - ▶ Job loss
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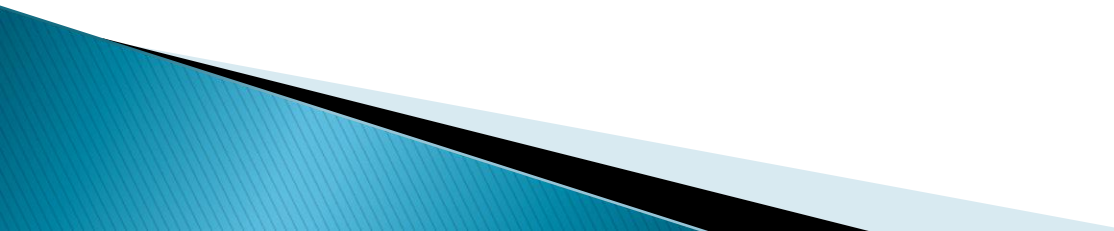
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## **Benefits of Family Counselling**

- ❖ Improve communication within the family unit
  - ❖ Enhance relationships and strengthen bonds
  - ❖ Build self-esteem
  - ❖ Make your family happier
  - ❖ Mental and physical health
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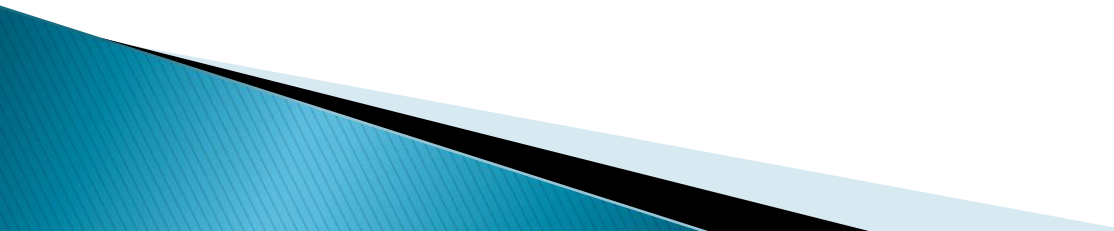
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## Marital counselling

- ❖ It is called couples therapy
  - ❖ It is a type of psychotherapy
  - ❖ Marriage counseling helps couples of all types to recognize and resolve conflicts
  - ❖ To improve their relationships
  - ❖ Through marriage counseling, client can make thoughtful decisions about rebuilding and strengthening their relationship
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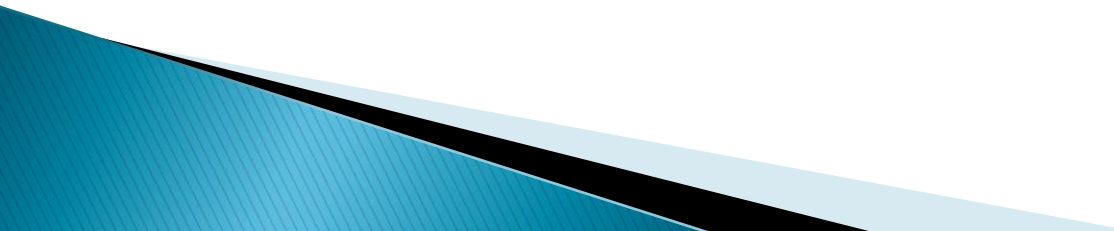
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**Marriage counseling helps with many specific issues,  
including:**

- ▶ Communication problems
  - ▶ Sexual difficulties
  - ▶ Conflicts about child rearing or blended families
  - ▶ Substance abuse
  - ▶ Anger
  - ▶ Infidelity
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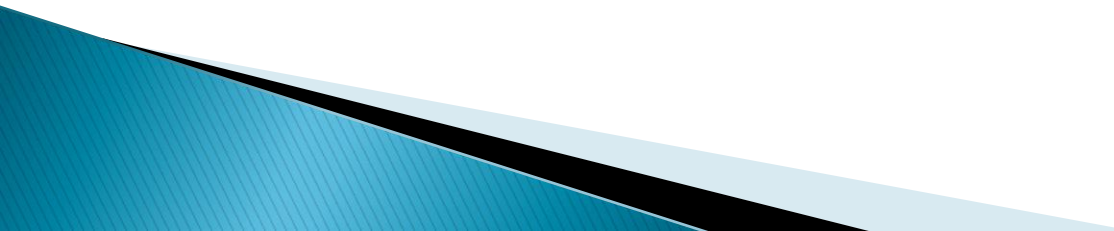
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## **Benefits of Marital Counselling**

- ❖ Improve Communication between couple
  - ❖ Enable Couples Cope with each other
  - ❖ Build on Strengths and Trust
  - ❖ Deepens Intimacy and Connection
  - ❖ Learn to Forgive and Let Go
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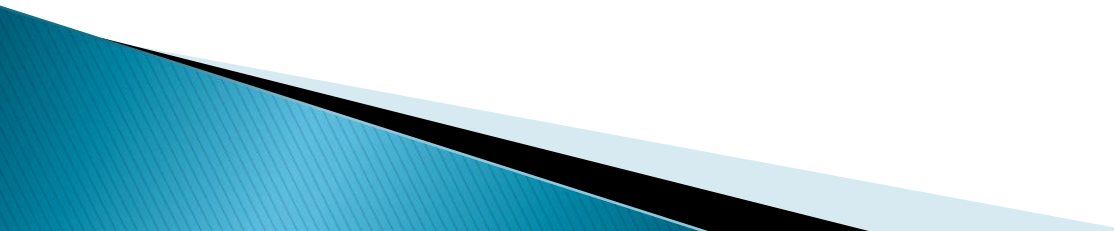


# Premarital Counselling

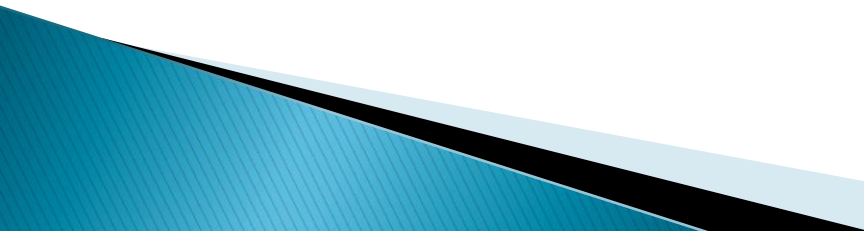
- ❖ Premarital counseling is a type of therapy
  - ❖ It helps couples prepare for marriage
  - ❖ It helps to ensure that client and their partner have a strong & healthy relationship
  - ❖ It gives them a better chance for a stable and satisfying marriage
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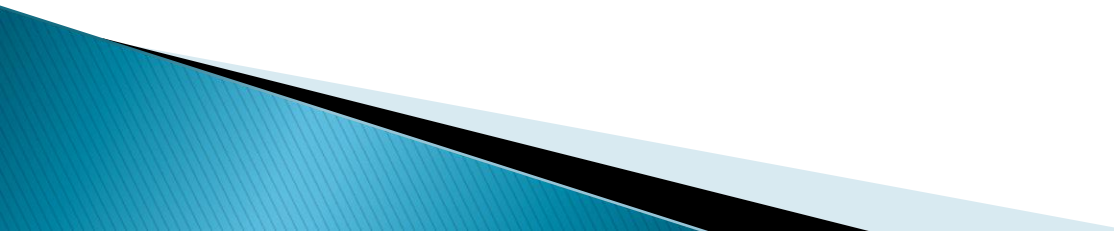
## **Benefits of Premarital Counselling**

- ❖ It builds communication skills
  - ❖ It provides an opportunity to address issues
  - ❖ It helps couples plan the future
  - ❖ It lets couples to absorb wisdom
  - ❖ It allows couples to discover new things about themselves
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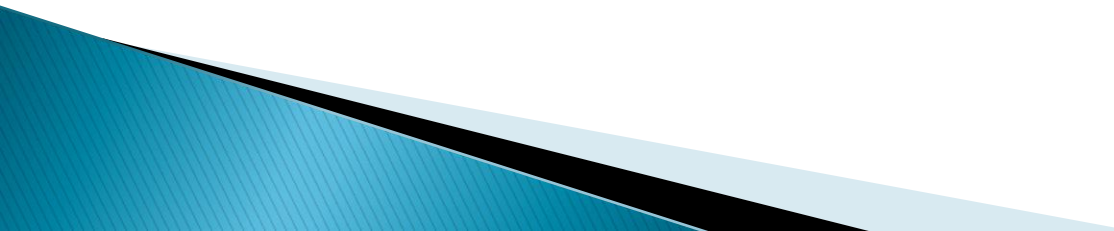
# Schools Counselling

- ❖ Counselling is designed to facilitate student achievement  
improve student behavior and attendance
  - ❖ To help students develop socially
  - ❖ Mental health professionals with master's degrees or  
beyond can help the students
  - ❖ School counselors provide counseling and serve an  
educational role in and around schools
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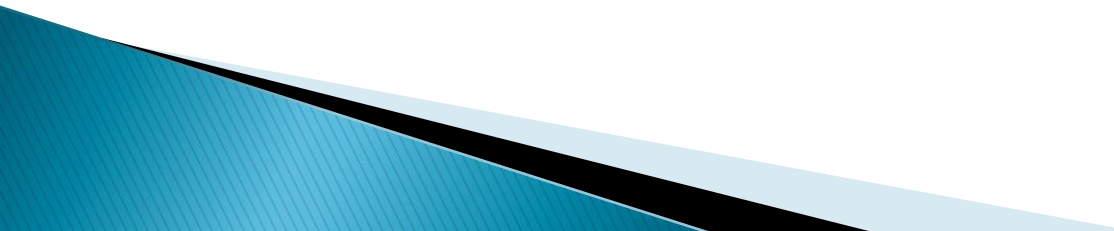
## **Benefits of Schools Counselling**

- ▶ Prepare students for the challenges of the 21<sup>st</sup> century through academic, career, and personal/social development
  - ▶ Relates educational program to future success
  - ▶ Facilitates career exploration and development
  - ▶ Develops decision-making and problem solving skills
  - ▶ Assists in acquiring knowledge of self and others
  - ▶ Enhances personal development
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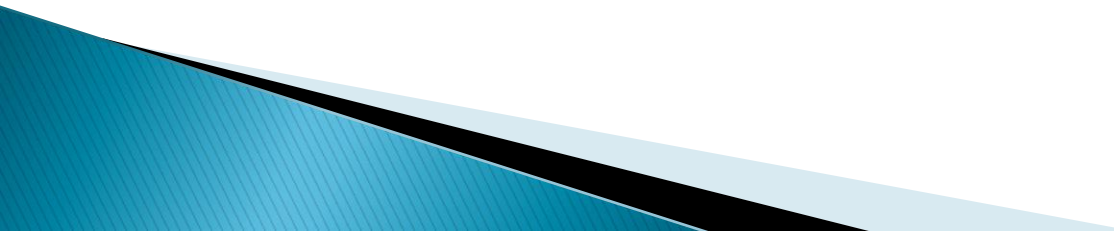
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- ▶ Assists in developing effective interpersonal relationship skills
  - ▶ Broadens knowledge of our changing world
  - ▶ Provides advocacy for students
  - ▶ Encourages facilitative, co-operative peer interactions
  - ▶ Fosters resilience in students
  - ▶ Assures equitable access to educational opportunities
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# Colleges Counselling

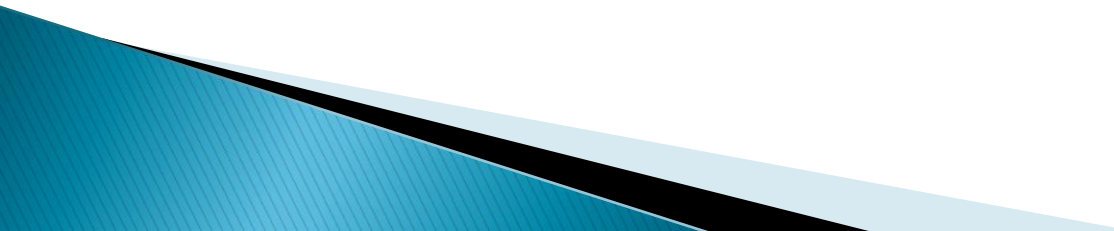
- ▶ College counselling are engaged so a student can know about the various courses offered by different colleges where he or she can pursue his/her career confidently.
  - ▶ So basically in a counselling a student fill his or her preferred choices of college and a course
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# Industrial Counselling

- ▶ Explained and providing help and support to the employees
  - ▶ To face and sail through the difficult times in life.
  - ▶ Either in their work or personal life – when it starts influencing and affecting their performance– increases the stress levels of the individual.
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## **Benefits of Industries Counselling**


- ▶ Guiding
  - ▶ Consoling
  - ▶ Advising
  - ▶ sharing
  - ▶ And helping to resolve their problems whenever the need arises
  - ▶ Technically
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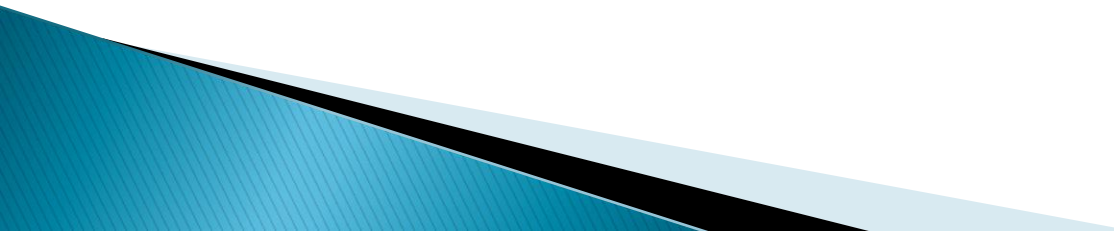
# Grief Counselling

- ❖ Grief counseling is psychotherapy
- ❖ Intended to help people cope with loss of any form

## Includes

- ❖ Loss of a loved one to death
  - ❖ Divorce
  - ❖ Loss of a job
  - ❖ Health status or home
  - ❖ Grief counseling encompasses a larger umbrella of counseling issues related to loss
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# Techniques in Grief Counseling

- ❖ Talking about the Loss
  - ❖ Being Direct
  - ❖ Discriminating between Loss and Life
  - ❖ Coping with Guilt
  - ❖ Taking Care of Unfinished Business
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