

**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS)**

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PG Department of Psychology

III B.Sc. Psychology – Semester - V

E-Notes (Study Material)

Elective VI (Discipline Specific): COUNSELLING PSYCHOLOGY	Code: 23UESY55
Unit: I - Nature and Scope of Counselling : Counselling - Meaning, Nature, Need and Functions of Counselling, Emergence of Counselling in India, Goals and Scope of Counselling, Types of Counselling Services (16 Hours)	
Learning Objectives: To have a perceptual overview of the counselling.	
Course Outcome: To identify the need and importance of counselling in the current context.	

Overview:

- **Counselling** is a professional, collaborative process where a trained counsellor helps individuals understand and resolve personal, emotional, social, or psychological challenges.

- It is client-centered and focused on facilitating personal growth and well-being.

- Counselling is a professional, confidential process in which a trained counsellor helps individuals explore and resolve personal, emotional, social, educational, or psychological issues. It focuses on empowering individuals to make informed decisions, overcome difficulties, and enhance their overall well-being.

- **List of main concepts** covered in the topic : Meaning of counselling, Nature of counselling, Need for counselling, Functions of counselling, Emergence of counselling in India, Goals of counselling, Scope of counselling and types of counselling services.

1. COUNSELLING - MEANING:

- Counselling is essentially a process in which the counsellor assists the counselee to make interpretations of facts relating to a choice, plan or adjustment which he / she needs to make – Glenn F.Smith
- Counselling is a series of direct contacts with the individual which aims to offer him / her assistance in changing his / her attitude and behaviors – Carl Rogers
- Counselling is a part of guidance. It is the process of helping individuals learn more about themselves, their present and possible future situations to make a substantial contribution to the society.
- Counselling typically helps bring about change. The process begins with exploring the challenges a client faces before assisting them in resolving developmental and situational difficulties (Sajjad, 2017).

- The counseling process has been described as both an art and a science, helping to bring about changes in thought, emotion, and behavior in the client (Sajjad, 2017).

Characteristics of Counselling

- Counselling involves two individuals – one seeking help and the other a professionally trained person who can help the first.
- There should be a relationship of mutual respect between the two individuals.
- Counselling is aimed at bringing about desired changes in the individual for self – realisation and providing assistance to solve problems through an intimate personal relationship.
- The counsellor discovers the problems of the counselee and help them set up realistic goals.
- Counselling helps the counselee acquire independence and develop a sense of responsibility.
- It involves something more than offering assistance to find a solution to immediate problems.
- It is more than advice giving and it is democratic.
- Counselling concerns itself with attitudes as well as actions, and is centered around the needs and aspirations of a counselee.

Objectives of Counselling

- To help individuals with development problems
- To help individuals through a temporary crisis during the different stages of life
- To identify signs of disturbed behaviour at early stage, so as to manage it.
- To refer critical cases to specialists for best possible management.
- To facilitate communication within and between educational institutions and homes.
- To establish mutual understanding between students and teachers
- To work out the programme for solving difficulties
- To help the individual to know his interests, abilities, attitudes etc.
- To encourage students to develop special abilities and right attitudes.

Counselling as a profession involves -

- Building a relationship based on trust and confidentiality
- Helping that client see their situation and feelings from a different point of view
- Dedicated time set aside to explore difficulties, stressful situations or emotional upset faced by a client.

Counselling as a profession does not involve -

- Providing advice
- Being judgemental
- Pushing the counselor's values
- Encouraging the client to behave as the counsellor would in their own life
- Emotional attachment between the counsellor and the client.

COUNSELING PROCESS



Figure 1: Counseling Process

Counselling and Psychotherapy

- While counselling and Psychotherapy are often interchangeable, there are subtle distinctions.
- Counseling is typically short term, dealing with present issues and involving a helping approach that “highlights the emotional and intellectual experience of a client,” including how they feel and think about a problem or concern (Krishnan, n.d., p. 6).
- Psychotherapy is often a longer term intensive treatment, helping the client overcome profound difficulties resulting from their psychological history and requiring them to return to earlier experiences (Krishnan, n.d.; Australia Counselling, n.d.).
- The counseling process has been described as both an art and a science, helping to bring about changes in thought, emotion, and behavior in the client (Sajjad, 2017).

- According to American Psychological Association (2008), counseling psychologists help people with physical, emotional and mental health issues, improve their sense of well being, alleviate feelings of distress and resolve crises.
- Counseling works with clients from childhood through to old age, focusing on developmental (lifespan), environmental and cultural perspectives, including
 - Issues and concerns in education and career
 - Decisions regarding school, work and retirement transitions
 - Marital and family relationship difficulties
- Managing stressful life events
- Coping with ill health and physical disability
- Psychological disturbances
- Ongoing difficulties with getting along with people in general.

Principles of Counselling

Hann and Mclean described the following principles of counselling

- Counseling is strongly dedicated to self realisation and self direction of the client
- Counseling is development of insights and understandings of the relations of self and environment.
- Counseling is a structured learning situation
- Counseling methods vary with the needs of the client.
- Counseling is primarily a preventive and remedial process.

Counsellor

- A counsellor is a person trained to give guidance regarding one's psychological or mental issues.
- Counsellors use counselling skills to help them better understand and listen to clients.
- The main aim of counsellor is to assist the counselee in identifying the underlying causes of the problems faced by the counselee and to bring about the required changes or adjustments so that the problem can be resolved.
- A counsellor is a professional who offers his services to the counselee.
- The process of counselling is influenced by the counsellor's behaviour, the complexity of the issue, the behaviour of the client and the environment.
- Of the above factors, the role of the counsellor is a major determinant for the success of the counselling process.

- Like any other profession, counselling also has a professional code of conduct and ethics that the counselors need to adhere to.
- Professional ethics refer to moral principles that guide the conduct and behaviour of the counsellor during the counselling session.
- The code of conduct to be followed by counsellors is mentioned as the following:
- Values are the standards of behaviour that have been decided and set by the society. The counsellor needs to keep these values in mind when practicing his profession.
- Social values help the counsellor decide what is right and what is wrong.
- These values are derived from the experiences of the counsellor which he applied in his profession.
- The counsellor must have basic moral values like genuineness, compassion and authenticity.
- Religious values in the counselling profession require the counsellor to offer counselling to every person without being biased.
- The counsellor may develop his own system of values over a period of time and must ensure that he practices the profession within the limits prescribed by these values.
- The counsellor must not be influenced by these values in any manner when offering his services to any counselee.

Additional Resources:

1. <https://www.edumilestones.com/blog/details/what-is-counselling-definition-types-process>
2. <https://visioncounselling.com.au/what-is-counselling/>
3. <https://www.ccpa-accp.ca/wp-content/uploads/2015/05/NOE.What-is-Counselling-A-Search-for-a-Definition.pdf>
4. <https://gyansanchay.csjmu.ac.in/wp-content/uploads/2023/07/01-Concept-need-and-meaning-of-counseling.pdf>
5. <https://www.icicilombard.com/blogs/health-insurance/mb/meaning-of-counselling>

Practice Questions:

1. Define counselling?
2. Who is a counselor?
3. Critically evaluate the dos and don'ts in a counselling process?
4. What are the prerequisites for counselling?
5. Mention some of the key objectives of counselling process?

2. NATURE OF COUNSELLING

Counselling is a therapeutic process focused on providing support and guidance to individuals facing personal challenges. It involves a confidential, client-centered relationship where a trained counselor helps individuals explore their difficulties, develop coping mechanisms, and facilitate positive change. Counselling is not just about solving problems but also about promoting self-understanding, personal growth, and improved well-being.

Key aspects of the nature of counseling:

Supportive and Empathetic Environment:

Counselors create a safe, non-judgmental space where clients can freely express their thoughts and feelings.

Goal-Oriented:

Counseling is focused on helping clients identify and achieve specific goals that are collaboratively set with the counselor.

Client-Centered:

The counseling process is tailored to the individual needs and preferences of each client, emphasizing their autonomy and self-direction.

Confidentiality:

Maintaining client confidentiality is crucial to building trust and fostering a safe therapeutic relationship.

Process-Oriented:

Counseling is a journey of self-discovery and growth, not just a quick fix for problems.

Not Advice-Giving:

Counselors help clients explore their options and make their own informed decisions, rather than providing direct advice.

Focus on Self-Understanding:

Counseling aims to help individuals gain insight into their own thoughts, feelings, and behaviors, empowering them to make positive changes.

Remedial, Preventative, and Developmental:

Counseling can address current problems, prevent future issues, and promote overall personal growth.

In essence, counseling is a collaborative and empowering process that helps individuals navigate life's challenges and achieve their full potential.

3. NEED AND FUNCTIONS OF COUNSELLING

Counselling is needed to help individuals cope with a variety of personal, social, educational, and vocational challenges, and its functions include promoting personal growth, providing support, and facilitating problem-solving. Counselling helps individuals develop coping skills, make informed decisions, and improve their overall well-being by addressing issues like stress, anxiety, and past traumas.

NEEDS FOR COUNSELLING:

Personal Development:

Counseling can help individuals understand themselves better, accept their strengths and weaknesses, and develop a positive self-image.

Emotional Support:

It provides a safe space for individuals to express their feelings, process difficult emotions, and build resilience.

Problem-Solving:

Counselors assist individuals in identifying problems, exploring solutions, and developing strategies to overcome challenges.

Decision-Making:

Counseling can help individuals make informed choices about their education, career, relationships, and other life decisions.

Coping with Stress and Anxiety:

It equips individuals with coping mechanisms to manage stress, anxiety, and other mental health concerns.

Overcoming Past Trauma:

Counseling can help individuals process past traumas and negative experiences, allowing them to move forward in a healthier way.

Adapting to Change:

Counseling can help individuals adjust to new situations, transitions, and life changes.

Preventing Mental Health Issues:

By addressing challenges early on, counseling can help prevent the escalation of mental health problems.

FUNCTIONS OF COUNSELLING:**Supportive Role:**

Counseling provides a supportive relationship where individuals feel heard, understood, and validated.

Facilitating Self-Awareness:

Counselors help individuals gain insight into their thoughts, feelings, and behaviors.

Developing Coping Skills:

Counselors teach individuals practical strategies for managing stress, anxiety, and other challenges.

Promoting Positive Mental Health:

Counseling aims to enhance overall well-being, including emotional, social, and psychological health.

Helping with Decision-Making:

Counselors guide individuals in making informed decisions about their lives, based on their values and goals.

Providing Information and Resources:

Counselors offer relevant information and connect individuals with other resources as needed.

Case Management:

Counselors may coordinate services and support systems to ensure comprehensive care for their clients.

Crisis Intervention:

Counselors are trained to respond to crisis situations and provide immediate support.

Referral:

Counselors may refer clients to other professionals or services when appropriate.

Evaluating Progress:

Counselors monitor client progress and adjust their approach as needed

Additional Resources:

1. <https://www.studocu.com/in/document/mahatma-gandhi-central-university/social-work/counselling-nature-and-principle/92872834>
2. <https://www.careershodh.com/what-is-counselling/>
3. https://ugcmoocs.inflibnet.ac.in/assets/uploads/1/15/378/et/P10_M22200218090902025454.pdf
4. <https://ccsme.org/wp-content/uploads/2017/10/2017.10.24-The-12-Core-Functions.pdf>
5. <https://ebooks.inflibnet.ac.in/hsp11/chapter/need-scope-of-guidance-principles-objectives-of-counselling/>

Practice Questions

1. Elucidate the nature of counselling?
2. Explain the need for counselling?
3. Elaborate on the various functions of counselling?
4. Describe the key aspects of the nature of counselling?
5. Mention the various scope of counselling services?

4. EMERGENCE OF COUNSELLING IN INDIA

The emergence of counseling in India is rooted in both ancient philosophical traditions and the more recent development of formal psychology and guidance programs. While traditional Indian thought has long addressed mental processes and well-being through philosophy and spirituality, the formalization of counseling as a profession is a more modern development, gaining traction in the latter half of the 20th century.

Ancient Roots:

Philosophical and Spiritual Foundations

Ancient Indian texts like the Upanishads and the Bhagavad Gita offer profound insights into human nature, suffering, and the path to self-realization, which are relevant to modern counseling.

Sages as Counselors:

In Vedic times, sages and wise men provided guidance on various aspects of life, including moral dilemmas and mental well-being.

Interwoven with Yoga and Meditation:

Ancient Indian practices like yoga and meditation, which aim to control mental processes, are deeply connected to the concept of mental health and well-being.

Formalization of Counseling:

Early Psychology Departments:

The establishment of psychology departments in Indian universities, starting with Calcutta University and then Mysore University, marked the beginning of formal psychological study and research.

Guidance Movement:

The guidance movement, which began as an academic discipline, played a role in the development of counseling, with Calcutta University being the first to introduce guidance as a section within its Department of Applied Psychology.

Growth in the 1960s:

Many universities started psychology departments in the 1960s, further contributing to the growth of the field.

Counseling Organizations:

Counseling organizations began to emerge in the 1950s-1980s, and there's been a focus on areas like trauma, wellness, and social justice in recent decades.

Increased Demand:

There is a growing demand for counseling services, particularly in urban areas, to address emotional and mental health issues.

Challenges Remain

Despite progress, challenges like stigma, lack of awareness, and a shortage of trained professionals continue to hinder access to counseling services.

Additional Resources:

1. <https://egyankosh.ac.in/bitstream/123456789/23934/1/Unit-4.pdf>
2. <https://www.slideshare.net/slideshow/12-history-of-counselingpptx/265969574>
3. <https://www.studocu.com/in/document/university-of-madras/bsc-psychology/anchita-thiagarajan-unit-1-individual-assignment-emergence-of-counselling-in-india/37375172>
4. <https://psychology.town/counselling/counselling-traditions-innovations-india/>
5. <https://www.egyankosh.ac.in/bitstream/123456789/77480/1/Unit-15.pdf>

Practice Questions:

1. When and how did counselling emerge in India?
2. Identify the ancient roots for counselling?
3. What are the challenges in the establishment of counselling?
4. How was counselling formalized in India?
5. Where was the first university for Psychology established?

6.GOALS AND SCOPE OF COUNSELLING

The goals of counseling generally revolve around empowering individuals to make positive changes, improve their well-being, and enhance their ability to cope with life's challenges. This includes facilitating behavior change, improving relationships, and promoting personal growth. The scope of counseling is broad, encompassing individual, group, marital, and family counseling, and addressing a wide range of issues from personal development to mental health concerns.

GOALS OF COUNSELING:

Facilitating behavior change:

Helping clients modify behaviors that are causing problems or hindering their well-being.

Improving relationships:

Enhancing communication, conflict resolution, and overall relationship satisfaction.

Enhancing coping skills:

Equipping clients with tools and strategies to manage stress, anxiety, and other challenges.

Promoting decision-making:

Assisting clients in making informed and effective choices in various life situations.

Facilitating client potential:

Helping clients identify and utilize their strengths to achieve personal growth and fulfillment.

Promoting positive mental health:

Addressing mental health concerns, such as depression, anxiety, and trauma, and fostering emotional well-being.

Resolving problems:

Providing support and guidance to help clients navigate difficult situations and find solutions.

Many consider counselling a panacea for all ills, which is not true. Individuals have wide ranging and many a time unrealistic expectations regarding counselling. This in turn

leads to disappointment. The reason for this state of affairs is lack of proper understanding as to what exactly are the goals of counselling.

Some of the major goals of counselling generally accepted by counsellors are given below:

1. Achievement of positive mental health Individual are said to have positive mental health when they are able to relate meaningfully with others and lead a fulfilling life. They are able to love and be loved. One goal of counselling is to help the individual to attain this state.

2. Problem resolution Another goal of counselling is to help individuals to come out of a difficult situation or problem. It must be remembered that individuals are only assisted and they themselves find solution for the problems.

3. Counselling for decision-making Ability to make right and timely decisions is crucial for success in life. One major goal of counselling is to make individuals capable of making independent decisions. Counsellor may assist the individual by providing necessary information or clarifying the counselee's goals but the decision should be taken by the counselee.

4. Improving personal effectiveness An effective person is one who is able to control impulses, think in creative ways and has the competence to recognize, define and solve problems. It can be seen that these different goals are not exclusive. These are all interdependent and overlapping.

5. Help change For development, change is always necessary. Counselling helps individual to make changes in their attitudes, perceptions or personality.

6. Behaviour modification Another aim of counselling is to help in modifying behaviour. Removal of undesirable behaviour or self-defeating behaviour and learning desirable behaviour is considered necessary for attaining effectiveness and good adjustment. The behaviourally oriented counsellors are the chief proponents of this view.

Classification - Goals of Counselling

Counselling goals may be simply classified in terms of counsellor goals and client goals, immediate and long range goals or therapy. Broadly speaking counselling goals can also be separated in the following categories.

Developmental goals

These are those goals where the client is assisted in meeting or advancing his/her anticipated growth and development (i.e social, personal, emotional, cognitive, physical wellness and so on).

Facilitating behaviour change, improve client's ability to establish and maintain relationships, enhance the client's effectiveness and ability to cope, promoting decision making process are some of the examples of developmental goals.

Preventive goals

These are the goals which are meant to help the client to avoid undesirable outcomes. Preventive goals has the main focus on anticipation and avoidance of conflicts and problems for those facing stress in the future.

Preventive counselling is used to stop problems before they start or to prevent things from getting worse. Areas like 'How to keep healthy', 'How to prepare for retirement', or sessions on pre marital counselling are examples of preventive goals.

Enhancement goals

These goals identifies the special skills and abilities of the individual and counsellor helps the individual to enhance those abilities and skills for individuals development.

These goals focuses on intrinsic motivation by raising awareness of a problem, adjusting self defeating thoughts regarding the problem, and increasing confidence in ones' ability to change are some of the examples of enhancement goals.

Instead of identifying the problem and telling the person in therapy what to do about it, the counsellor encourages the person what to do about it. Therapist encourages the person in therapy to make self motivating statement that display a clear understanding of problem and resolve to change.

Remedial goals

Remediation involves assisting the client to overcome and / or treat an undesirable development. Remedial goals involves assisting a client to overcome and / or treat an undesirable development.

Exploratory goals

Exploration represents goals appropriate to the examination of options, testing of skills, and trying new and different activities, environments, relationships and so on.

In this goal counsellor helps the client to see themselves objectively, help them to see the pattern and why they respond to it in certain way, and make discoveries about themselves. Counsellor takes the client to the point where they see their problem, why its a problem and that they can change it.

Reinforcement goals

It is used in those instances where clients need help in recognizing that what they are doing, thinking and / or feeling is okay. Reinforcement of the behaviour means the goal is to get individual to do more of a desired behaviour. It is strengthening of a new response by its repeated association with a stimulus.

Cognitive goals

It involves acquisition of the basic information about learning and cognitive skills. These goals includes promotion of self awareness and emotional intelligence by teaching clients to “read” their emotions and distinguish healthy from unhealthy feelings.

It helps the clients to understand how distorted perceptions and thoughts contribute to painful feelings.

Physiological goals

Physiology involves acquiring the basic understanding and habits for good health. Getting benefits of physiological counseling can help sort a diverse range of problem you

face in your regular life. It will help you overcome the emotional problems you go through better. In many cases, the counseling can provide relief faster compared to taking medication.

Psychological goals

Psychology aids in developing good social interaction skills, learning emotional control, developing a positive self-concept, and so on. The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.

Different individuals have different perceptions of what can be expected of counseling. However there are five commonly named goals of counseling.

Facilitating behaviour change

The goal of counselling is to bring about change in behaviour that will Enable the client to be more productive. Goals can be measurable so that client can measure that program. According to Rogers behaviour change is necessary result of the counselling process. All the specific behaviour receive little or no emphasis during process.

Improving relationship

Many clients tend to have major problems relating to others due to poor self image. Inadequate social skills cause individuals to act defensively in social relationships. The Counselor would then strive to help the client Improve the quality of their lives by developing more effective interpersonal relationships.

Facilitate client's potential

Counselors help individuals to cope with new situations and challenges. Individuals will inevitably run into difficulties in the process of growing up. Most of them do not completely achieve all over their development tasks within a life time. All of the unique expectations and requirements imposed on individuals by others will eventually lead to problem. Learning coping patterns, however may not always work.

Promote decision making

The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.

These individuals will acquire an understanding of their capabilities and interests. They will also come to identify emotions and attitudes that could influence their choice and decisions.

Enhance potential and enrich self development

Counseling helps individuals to cope with new situations and challenges. It seeks to maximize an individual freedom by giving him or her control over their environment while analyzing responsiveness and reach to the environment. Counselors help people to learn how to overcome problems and issues. Counselors also assist in overcoming sexual dysfunction, drug addiction, gambling and obesity as well as anxiety, shyness and depression.

SCOPE OF COUNSELING:

The scope of counselling psychology is broad and multifaceted, encompassing a wide range of areas where individuals seek support for personal, emotional, and behavioral challenges. It involves helping people navigate various life transitions, cope with stress, improve relationships, and develop healthy coping mechanisms.

Here's a breakdown of the key areas within the scope of counselling psychology:

1. Personal and Emotional Issues:

Stress Management:

Helping individuals identify stressors and develop healthy coping strategies.

Grief and Loss:

Providing support and guidance during times of bereavement and other significant losses.

Self-Esteem and Confidence:

Assisting individuals in building a positive self-image and sense of self-worth.

Relationship Problems:

Working with individuals and couples to improve communication, resolve conflicts, and build stronger relationships.

Emotional Regulation:

Helping individuals manage difficult emotions like anger, anxiety, and depression.

2. Behavioral Issues:

- **Addiction:** Providing support and treatment for substance abuse, gambling, and other addictive behaviors.
- **Anger Management:** Helping individuals develop healthy ways to express and manage anger.
- **Impulse Control:** Assisting individuals in developing strategies to manage impulsive behaviors.

3. Career and Educational Counseling:

Career Exploration:

Helping individuals identify their interests, skills, and values to make informed career decisions.

Job Stress Management:

Providing support for individuals experiencing work-related stress and burnout.

Educational Planning:

Assisting students in navigating academic challenges and making educational choices.

4. Diverse Settings and Populations:

- **Schools:** Counseling psychologists work in educational settings to support students' academic, social, and emotional development.
- **Workplaces:** They provide support for employee well-being and organizational development.
- **Hospitals and Clinics:** They work with individuals facing physical and mental health challenges.

- **Community Organizations:** They collaborate with NGOs and other organizations to address mental health needs within the community.
- **Older Adults:** They address issues related to aging, retirement, and loss.

5. Core Principles

Respect and Empathy:

Counselors create a safe and supportive environment where individuals feel understood and valued.

Focus on Strengths:

They help individuals identify and build upon their existing strengths and resources.

Facilitating Self-Awareness:

They guide individuals to gain a deeper understanding of themselves and their challenges.

Promoting Self-Direction:

They empower individuals to make their own choices and take control of their lives.

In essence, counselling psychology aims to help individuals develop greater self-awareness, resilience, and well-being, enabling them to navigate life's challenges and achieve their full potential.

Individual counseling:

Addressing personal issues, such as anxiety, depression, self-esteem, and life transitions.

Relationship counseling:

Focusing on improving communication and dynamics in romantic relationships, family relationships, or other interpersonal connections.

Group counseling:

Providing a supportive environment for individuals to share experiences, learn from others, and develop coping skills.

Family counseling:

Addressing family dynamics, communication patterns, and challenges within the family unit.

Career counseling:

Assisting individuals with career exploration, job searching, and career development.

Substance abuse counseling

Providing support and guidance for individuals struggling with addiction.

Crisis counseling:

Offering immediate support and intervention in situations of acute distress or trauma.

Additional Resources

1. https://ugcmooocs.inflibnet.ac.in/assets/uploads/1/15/378/et/P10_M22200218090902025454.pdf
2. <https://www.scribd.com/document/523772974/DIASS-Handout2>
3. <https://www.geektonight.com/what-is-counselling/>
4. [https://tmv.ac.in/ematerial/bed/mjf/SEM%204%20\(GUIDANCE%20&%20COUNSELLING\).pdf](https://tmv.ac.in/ematerial/bed/mjf/SEM%204%20(GUIDANCE%20&%20COUNSELLING).pdf)
5. <https://www.globalcareer counsellor.com/blog/counselling-psychology-career-scope/>

Practice Questions

1. Enlist the various goals of counselling?
2. Identify the key scope of counselling?
3. Write a note on career counselling?
4. What do you mean by reinforcement goals?
5. Explain the concept of cognitive goals of counselling?

7.TYPES OF COUNSELLING SERVICES

Counseling services encompass a wide range of specialties, addressing diverse needs from mental health to career development and relationship issues. Common types

include individual, couples, family, and group counseling, each utilizing various therapeutic approaches like Cognitive Behavioral Therapy (CBT) or Psychodynamic Therapy.

Here's a breakdown of different types of counseling services:

1. Individual Counseling:

Focus:

Addresses personal issues, mental health concerns, life transitions, and personal growth.

Examples:

Depression, anxiety, stress management, grief, trauma, relationship problems.

Approaches:

Can utilize various therapeutic approaches like CBT, psychodynamic therapy, or person-centered therapy.

2. Couples/Marriage Counseling:

Focus:

Improves communication, resolves conflicts, and enhances relationships between partners.

Examples:

Communication breakdown, infidelity, intimacy issues, pre-marital counseling.

Approaches:

Focuses on understanding each partner's perspective, developing healthy communication patterns, and rebuilding trust.

3. Family Counseling

Focus:

Addresses family dynamics, communication patterns, and relationship issues within the family unit.

Examples:

Parent-child conflicts, sibling rivalry, blended family adjustments, family crises.

Approaches:

Works with the entire family system to improve communication, resolve conflicts, and strengthen family bonds.

4. Group Counseling:**Focus:**

Provides a supportive environment for individuals with similar concerns to share experiences and learn from each other.

Examples:

Support groups for addiction recovery, grief, anxiety, or social skills development

Approaches:

Facilitates group discussion, peer support, and shared learning experiences.

5. Career Counseling**Focus:**

Helps individuals explore career options, identify skills and interests, and make informed career decisions.

Examples:

Career exploration, job searching, resume and interview skills, career transitions.

Approaches:

May involve assessments, career exploration exercises, and guidance on job search strategies.

6. Mental Health Counseling:

- **Focus:** Addresses a wide range of mental health conditions and emotional well-being.
- **Examples:** Depression, anxiety, bipolar disorder, PTSD, personality disorders.
- **Approaches:** Utilizes various therapeutic techniques to manage symptoms and improve mental health.

7. Rehabilitation Counseling:

- **Focus:** Supports individuals with disabilities in developing the skills and resources needed to live independently.
- **Examples:** Counseling for physical disabilities, mental health conditions, and substance abuse.
- **Approaches:** May involve vocational training, job placement assistance, and advocacy.

8. Substance Abuse Counseling:

- **Focus:** Helps individuals overcome addiction and substance abuse issues.
- **Examples:** Alcohol abuse, drug addiction, gambling addiction.
- **Approaches:** Utilizes various therapies like CBT, motivational interviewing, and support groups.

9. Other Types of Counseling:

- **Educational Counseling:** Addresses academic challenges, learning disabilities, and educational planning.
- **Grief Counseling:** Supports individuals through the grieving process after a loss.
- **Crisis Counseling:** Provides immediate support during a crisis situation.

10. Therapeutic Approaches:

- **Cognitive Behavioral Therapy (CBT):** Focuses on the relationship between thoughts, feelings, and behaviors.
- **Psychodynamic Therapy:** Explores unconscious patterns and past experiences to understand current challenges.
- **Person-Centered Therapy:** Emphasizes the client's self-discovery and personal growth.
- **Humanistic Therapy:** Focuses on individual potential and self-actualization.
- **Integrative Therapy:** Combines different therapeutic approaches to meet individual needs.
- **Mindfulness-Based Therapy:** Incorporates mindfulness techniques to promote present-moment awareness and emotional regulation.

There are many therapeutic modalities that may be effective for various individuals. It is important to note that each therapeutic modality is carefully considered based on the needs of the client. Not all clients need all therapeutic modalities in order to make the necessary gains in their lives. However, some clients may benefit from a few modalities. For example, many people who are feeling depressed benefit greatly from a mindfulness based cognitive behavioral approach to therapy. Clients who would like to make fast changes usually benefit from brief or solution focused therapy. Some clients benefit from engaging in both individual and group counseling.

MINDFULNESS BASED THERAPY

Mindfulness is a process of learning to pay attention and be aware of the present moment by bringing the clients' whole being into the process. It is practice of calming the mind and relaxing the body in order to see life more clearly.

The foundations for practicing mindfulness require a non-judgmental mental attitude, patience, beginners mind, trust in yourself and your feelings, non-striving and allowing yourself to be as you are, acceptance of the present moment, and letting go or non-attachment.

Mindfulness focuses on awareness of body, breath and mind in order to bring into awareness what arises and cultivate an atmosphere of learning, growth and change in the present moment.

COGNITIVE BEHAVIORAL THERAPY (CBT)

Cognitive Behavioral Therapy is a process by which the client is made aware of how their thoughts, and emotions are related to their behaviors and choices. The way we interpret events and situations greatly depends on how we feel and act in the world. The word cognize means to think. If we think negatively it will effect how we feel and behave. The ultimate goal of CBT is to break the negative thinking, feeling and behaving cycle and change it into a positive cycle. This brings more clarity, happiness and fulfillment as clients are able to make more positive choices in their lives.

RATIONAL EMOTIVE THERAPY

Rational Emotive Therapy is type of Cognitive Behavioral Therapy. The focus of this therapy is to bring into awareness the clients' irrational beliefs and assumptions that are causing emotional distress in their lives. People who suffer a lot of anxiety and stress often

benefit from this form of therapy. The goal is to eliminate their negative thinking patterns in order to feel happier.

SOLUTION FOCUSED OR BRIEF THERAPY

Solution focused therapy is focused on the present moment. It focuses on goals that the client wants to achieve by gathering their strengths and inner resources. The therapy is usually brief (a few sessions) and the focus is on implementing the desired changes in the persons' life. Solution focused therapy works on the premise that life is always fluid and changing. It focuses on solutions rather than issues and symptoms. The focus of therapy is the clients' preferred future or course of action. The therapist's role is to foster the relevant positive thinking, strategizing, confidence and self-esteem in the client in order to act with confidence to achieve the desired goals.

INCORPORATION OF PERSON'S IDENTITY, CULTURE AND SPIRITUALITY IN THERAPY

With all client groups, the whole of the person is always considered. The person's identity and values hold an important role to their overall mental, physical emotional and spiritual healing. The person is always treated with worth, dignity and respect. Many people choose to discuss their culture, religion and spiritual values in therapy. Their strengths and resources in these areas are great ways to tap into their healing, to help them live a more positive and fulfilling life. Reiki, acupuncture, massage and other natural healing methods and herbs are great sources of strength and healing. As people are mind, body and spirit, a holistic approach to healing offers greater success than any one method.

FAMILY THERAPY

In family therapy the whole family is seen as a system or unit. All members act upon each other and affect each others' well being and happiness. Sometimes parents may have unresolved childhood traumas that lead to projections on their children. Other times members may be alienated from each other due to conflicts and lack of positive communication skills. In addition, some family members may have mental health issues, addictions and behavioral challenges that impact on the whole family and warrant the need to help the whole family get back to peace and harmony. Positive relationships are fostered through building understanding, healthy emotional and physical boundaries, positive communication and a non-blaming attitude.

COUPLES / MARITAL THERAPY

Marital counseling focuses on improving the quality of the relationship between couples. The focus is on building trust, understanding and open and positive communication. The satisfaction of the relationship is considered and various areas such as affect, quality time, role allocation, stress, work life, finances, cultural values, spiritual beliefs and family of upbringing are considered.

PARENT EDUCATION TRAINING

Parent training focuses on improving the parents' knowledge, and implementation of positive parenting strategies. This includes training the parents to know how to implement proper limits and boundaries but also have a loving and affective relationship with their children. In addition, in two parent families both parties are encouraged to follow the same routines and have consistency. Parents are supported and validated in their parenting role and their strengths and resources are highlighted.

Additional Resources

1. <https://www.naturesintentionsnaturopathy.com/psychotherapy/types-of-counseling-services.html>
2. <https://counseling.online.wfu.edu/blog/types-of-counseling-specialties/>
3. <https://healingpointcounseling.com/types-of-counseling-and-therapy>
4. <https://www.ollusa.edu/blog/types-of-counseling.html>
5. <https://www.theknowledgeacademy.com/blog/types-of-counselling/>

Practice Questions

1. Enlist the various types of counselling services?
2. Write a note on family therapy?
3. Explain about the rational emotive therapy?
4. Describe the need for group counselling?
5. Elucidate the significance of mental health counselling?

OVERALL SUMMARY

1. Meaning of Counselling:

Counselling is a professional, helping relationship that enables individuals to explore their problems, feelings, and behaviors to make positive changes in their lives. It involves guidance, support, and psychological assistance.

2. Nature of Counselling:

It is a purposeful, confidential, and client-centered process.

Involves communication between a trained counsellor and a client.

It is developmental, preventive, and remedial in nature.

3. Need for Counselling:

Rising emotional and mental health challenges.

Academic and career-related pressures.

Personal, social, and behavioral issues.

Need for guidance in decision-making and personal development.

4. Functions of Counselling:

Developmental: Promotes self-growth and potential.

Preventive: Identifies and addresses issues before they escalate.

Remedial: Helps resolve existing psychological or emotional problems.

Supportive: Provides encouragement and emotional support.

5. Emergence of Counselling in India:

Gained momentum post-independence with educational reforms.

Influenced by Western practices, adapted to Indian socio-cultural contexts.

Development of formal counselling training programs and services in schools, colleges, and workplaces.

6. Goals and Scope of Counselling:

Goals: Self-understanding, improved decision-making, personal adjustment, emotional well-being.

Scope: Educational, vocational, personal, social, and mental health counselling across diverse settings like schools, hospitals, organizations, and rehabilitation centers.

7. Types of Counselling Services:

Educational Counselling: Assists students in academic growth and learning issues.

Career/Vocational Counselling: Guides individuals in career planning and development.

Personal/Social Counselling: Deals with emotional, behavioral, and interpersonal issues.

Rehabilitation Counselling: Supports individuals with disabilities or recovering from trauma.

Marriage and Family Counselling: Focuses on resolving family and relationship issues.

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4. <https://docs.uoc.ac.in/website/SDE/sde199.pdf>
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