

# COUNSELLING SKILLS

Date: \_\_\_\_\_ 20\_\_\_\_  
MTWTFSS

## \* MENTAL HEALTH :-

State of well being in which individual realizes his/her own abilities..... (ABNORMAL PSYCHOLOGY)

Includes our social psychological & emotional well being.  
Affects how we think, feel, act.

## \* PHYSICAL HEALTH:-

State of being free from ~~for~~ illness or injury

P.H problems increase risk of developing mental health problems, vice versa.

## \* SYMPTOMS OF MENTAL HEALTH:-

Anxious or worried, depressed, emotional outburst, sleep problems, weight/appetite changes, quiet/withdrawn, substance abuse.

## \* CAUSES OF MENTAL DISORDERS:-

Genes, family history, life experiences

Chemical imbalances in brain, traumatic brain injury.

Use of Alcohol, serious medical condition like cancer, few friends, isolated.

(NOT CAUSED BY CHARACTER FLAWS (lazy/weak))

## How are Mental Disorders diagnosed:-

- Medical History, physical exam & possibly lab tests.
- Psychological evaluation (thinking, feeling, behavior)
- Symptoms are causing serious problems in ability to study, work or relate to others.



## \* DIFFERENCE b/w PSYCHIATRIST & PSYCHOLOGIST

### \* PSYCHIATRIST

Provide Prescription & talk therapy

Degree in medicine

Treated biological conditions

### PSYCHOLOGIST

Provide wide array of talk therapy

Degree in psychology

Treat emotional & behavioral conditions

### \* Counselling

Short-term

Support patient to perform daily activity in normal & efficient manner

Address issues less deeply

Deal patients fit enough to think & find solutions to their problems

### Psychotherapy

Long-term

Uncover foundation of problem & address it in most efficient manner.

Address issues in more depth.

Involve individuals who are dependent on psychotherapist to gain control over themselves.



## HELPER:-

Responsible for:-

- 1) defining & mainting a helping relationship.
- 2) facilitating help alliance
- 3) facilitating clients movement toward specific outcome.

Teacher, mentor, motivator, guide.

QUALITIES OF HELPER:-

- keep confidentiality
- Empathy, Positive Regard
- Authentic, non judgemental.

## EMPATHY

Putting your self in anothers shoes, trying to see the world through their eyes.

Doesnot mean you ~~to~~ feel what they are feeling exactly.

## SIMPATHY

Feeling what another person is going through.

(HELPER NEEDS TO FEEL EMPATHY (use experiences))

How you CAN HELP someone going through mental health :-

- 1) Take person aside and talk to them in private
- 2) Be honest & direct, avoid labeling your friend.  
Share what you have observed and why it concerns you.

- 3) Make a referral
- 4) Follow up (let him now you'll be checking back later.)