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ASSIGNMENT - I

Q1) What do you understand by counselling psychology?

Ans) Counselling psychology specifically has a strong focus on providing effective therapeutic treatments to help clients who are experiencing a broad range of symptoms. According to the Society of Counselling Psychology, the counselling psychology definition can be understood as a professional psychology field that pays attention to the “emotional, social, vocational, educational, health-related, developmental, and organizational concerns” that normally impact our daily lives. Across all stages of development from childhood through old age, counselling psychology is made up of culturally-based practices for addressing school adjustment problems, life transitions, relationship difficulties, learning deficits, stress management, organizational issues, and career moves.

Counselling is a personal or individual process. Counselling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour. It is always personal. It cannot be performed with a group.

Counselling is a face-to-face relationship in which growth takes place in the counsellor as well as the counselee.

It is also a type of helping approach that highlights the emotional and intellectual experience of a client, how a client is feeling and what they think about the problem they have sought help for. Psychotherapy, however, is based in the psychodynamic approach, it encourages the

client to go back to their earlier experiences and explore how these experiences affect their current problem.

Q2) What are the counsellors and helpers?

Ans2) COUNSELLOR

A counsellor is a trained, objective professional with whom you can build a healing and trusting relationship. They are trained to offer different types of assistance; most frequently talk-based styles of therapy.

Counselling is a process of talking about and working through your personal problems with a counsellor. The counsellor helps you to address your problems in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness. For some people, just the process of telling their story to a counsellor, and being listened to, is helpful.

A trained counsellor is someone trained to offer a talk-based therapy. There are many types of talk-based therapy. A counsellor may work in partnership with a medical doctor or other health professionals at times to give comprehensive and integrated care.

Counselling provides confidential support. This means that everything you discuss with the counsellor is private, between you and the counsellor. The exception is when a counsellor has a duty of care to report something that threatens your wellbeing or the wellbeing of others. This legal requirement will be explained to you in your first counselling session.

HELPERS

The Helper facilitates the client by helping them to formulate a plan of action, helping them accept their responsibility for becoming a more effective person and helping them to develop their own inner resources. Counsellors and helpers assist clients to help themselves.

The term helper is used as a generic term to cover all those engaged in using counselling and helping skills, be they counselling and psychotherapy professionals or otherwise. However, increasingly the professionalization of counselling and psychotherapy makes such usage inaccurate. Here the term 'helper' is used in a more restricted sense to include all those people who offer counselling skills to other people, yet who are not qualified and accredited counsellors, psychotherapists or their equivalent.

Helpers use counselling skills to develop client's capacity to use their human potential both now and in future. Helpers perform different roles to those of counsellors and psychotherapists. Counsellors have their primary role conducting counselling, whether this be individual couple, group or a family.

Q3) Explain the role of a counsellor and ideal setting of counselling?

Ans3) Counsellor's try to read their clients to enable them to create a setting in which they will feel safe to explore their most inner thoughts. A counsellor will concentrate their attention solely on the client, so that, in effect, what is personally concerning to them becomes personally concerning to the counsellor. It is important that a counsellor doesn't bombard the client with a lot of questions. Offering a response that is reflective, even meditative at times, can help deeper concerns rise to the surface, and can gradually inform the client that this is not a setting in which a counsellor is going to be making judgements about right and wrong.

Clients seeking counselling for the first time can feel blissful relief at receiving such full and much-needed attention; others may feel very

anxious about revealing their most inner thoughts and experiences for fear of being judged. It is important to remember that as a counsellor it is their role not just to listen to the actual words spoken by the client, but to also read the hidden meanings, verbal, intuitive or physical, that the client is communicating, and to feed them back in a form this is not judgemental, but emphatic and understanding of the real, original cause of the presenting problem. It is important that a counsellor builds a relationship with their client. The ideal setting of counselling is as:

- Facilitating behavioural change.
- Helping improve the client's ability to both establish and maintain relationships.
- Helping enhance the client's effectiveness and their ability to cope.
- Helping promote the decision-making process while facilitating client potential.
- Development.

These settings are the guidelines when it comes to helping your clients make positive changes. A big part of the counselling process involves enhancing your client's ability to cope.