



Welcome

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Try to create a story

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Overview of Educational Counseling

Learning Objectives

- Define counseling;
- List the objectives of counseling;
- Describe the types of counseling (educational , personal and social, vocational counseling)
- Describe the attributes and skills of an educational counselor
- Explain the need, scope and practices of National and International educational counseling;
- Discuss on changing perspective and contemporary issues in counseling.

What is Counseling?

- Counseling is the process of assisting and guiding client's
- especially by a trained person on a professional basis
- to resolve personal, academic, social or psychological problems and difficulties.

What is Counseling?

Contd...

- “Counseling is an interactive process conjoining the counselee who needs the assistance and the counselor who is trained and educated to give this assistance” (Preez,1965).
- The counselor can initiate, facilitate and maintain the interactive process if he communicates feeling of spontaneity and warmth, tolerance, respect and sincerity.
- Smith (1995) defines counseling as “a process in which the counselor assists the counselee to make interpretations of facts relating to a choice, plan or adjustments which he/she needs to make”.

What is Counseling?

So, Counseling involves the following:

- Interactive relationship
- Collaboration
- Set of clinical skills
- Positive reinforcement
- Emotional support
- Formal record

Counseling is not:

- Simply giving information, though information may be given.
- Giving advice, making suggestions and recommendations.
- Influencing client's values, attitudes, beliefs, interests, decisions, etc., with or without any threat or warning.
- Interviewing clients.

What is Educational Counseling ?

- Educational counseling is a process of rendering services to pupils
- who need assistance in making decisions about important aspects of their education,
- such as the choice of courses and studies, decisions regarding interests and ability, and choices of college and high school or educational opportunities.

Objectives of Counseling:

- To find out individual strengths and challenges.
- To realize what client able to do and what client should do that means to accept abilities and weaknesses;
- Develop insight and understanding in relation to self and environment, opportunities open to improve in respect to his potentials and goals s/he has chosen;
- Decide a course of action by making own decision.
- Promote developmental interpersonal skills for positive relationship with client.

TYPES OF COUNSELLING- *On the basis of Counselling Process*

- Directive counseling (Prescriptive counseling)
- Non-Directive counseling (Permissive counseling)
- Eclectic counseling

Directive counseling

- In this approach the counselor is active and directs the individual in making decisions and finding solutions to the problem.
- It is based on assumption that the client cannot solve their own problems for lack of information.
- It is also known as counselor centered counselling.

Directive counseling Cont....

- The counselor plays an important role; he/she tries to direct the thinking of counselee by informing, explaining, interpreting and advising.
- It gives more importance to intellectual aspect than emotional aspects.

Non directive counseling

- This approach is just reverse to that of directive counselling.
- It is a counselee – centered or client centered process.
- In this the counselee is the pivot of the whole counselling process.
- The main function of the counselor is to create an atmosphere in which the client can work out his/her problem

Eclectic counseling

- Eclectic approach of counseling is based on the fact that all individuals from one another , and so do their problems. So it is a combination of both directive and non directive counseling as needed.

Types of counseling on the basis of field

- Educational counseling
 - *School counseling*
 - *Professional counseling*
 - *Psycho-pedagogical counseling*
 - *Career counseling*
- Personal/Social counseling
- Vocational counseling
- Socio-cultural counseling
- Psychological counseling

2. Personal/Social Counseling

Personal counseling deals with emotional distress and behavioral difficulties,

- which arise when individuals struggle to deal with developmental stages and tasks.
- Any aspect of development can be turned into an adjustment problem, and it is inevitable that everyone encounters, at some time, exceptional difficulty in meeting an ordinary challenge.

3. Vocational Counseling

Vocational counseling is defined as individual contacts with those counseled, in order to facilitate career development and occupational development.

This definition and category encompasses counseling situations.

Career Counseling

- **Career Counseling** is a process that will help you to know
- and understand yourself and the world of work in order to make **career**, educational, and life decisions.
- Career development is more than just deciding on a major and what job you want to get when you graduate.

Psychological counseling:

- They rely on conversation between client and counselor.
- This may take in the form of questions and answers, reconstruction of past history or discussion of current difficulties.
- Counselor may give
 - Encouragement
 - Information and advise
 - hope

Assignment

- Group -1 Techniques and methods of counseling
- Group- 2 Skills and attributes of an educational counselor
- Group- 3 Need and scope of an educational counseling
- Group- 4 Changing prospective and contemporary issue in counseling

Techniques of Counseling

Greet
Ask
Tell
Help
Explain
Return

**Sequence
of steps**

Client-centered
Listening
Interaction
Exploration
Nonjudgmental
Trust

**Key elements
in counseling**

Attributes and Skills

1. Pre counselling attributes

- Self awareness and understanding
- Good psychological health
- Sensitivity about resources, limitations and vulnerability of other persons.
- Open mindedness
- Objectivity (neutral, unbiased and non-judgemental)
- Trust worthiness
- Approachability (comfortable and enough to open up)

2. Inter counselling attributes

- Interview setting and getting started
- Physical arrangement-chairs
- Greeting- a warm friendly greeting
- Inviting the counselee to participate in the process
- Maintaining eye contact
- Demonstrating proper body posture
- Problem focus
- Focusing on a theme
- Directing the theme towards a goal
- Restatement
- Interpretation
- Managing pause and silence

NEED OF COUNSELING

- Total development of the student
- Proper choices of courses
- Proper choices of career.
- Support students in vocational development
- Develop readiness for choices and help to face new challenges.
- Help the students in their period of turmoil and confusion.

NEED OF COUNSELING(cont.)

- Help in checking wastage and stagnation.
- Identity and help students in need of special help.
- Check migration to prevent brain drain.
- Make up for the deficiencies of home.
- Minimize the incidence of indiscipline.

SCOPE OF COUNSELING

- School, College, University
- Career
- Rehabilitation
- Discipline
- Neuropsychology,
- Socio-cultural aspects
- Gender minorities
- Conflict/Dispute management
- Psychological Medication

Practices in national

- Emerging issues for Nepal
- Not becoming a prioritize program in education sector so far
- Only few education institutions, NGOs, health sectors and education consultancies are practicing.
- Consultancies are registered as Private limited in Office of the Company Registrar under Company Act. Umbrella organizations like ECAN, IERIN, FECON etc. are formed to develop this service area.

PRACTICE in international

- There are counseling centers in the schools, campuses and community.
- Schools offer educational counseling as psychiatric services.
- Schools have separate position for counseling services.
- Psycho-educational Assessments for Community Clients.
- Personal counseling, group counseling, on-site counseling, psychiatric medications are major styles of counseling.
- Organizations and their Umbrella organizations of counseling centers are formed (e.g.. International Association of Counseling Services (IACS), the Association of University and College Counselling Centre Directors (AUCCCD), the American College

What are the changing perspective and contemporary issues in counseling?

Changing Perspectives in Counseling

- Student Centered Approach
- Holistic Approach
- Cultural Competency
- Technology Integration
- Collaborative counseling



Contemporary Issues in Counseling

- Mental Health challenges
- Ethical Concern
- Social Media Influences
- Career Uncertainty
- Accessibility & Affordability

What did we discuss today?



Any Query

Thank You!