

COUNSELLING PSYCHOLOGY

0287

Characteristics

Process, Health, Psychotherapeutic relationship, face-face relationship, professional setting, change in behaviour of a client, talking therapy.

Don'ts

Thinking with client, providing advice, thinking for client, being judgmental, emotional attachment, encouraging client to behave as counsellor would behave in whole life.

Counselling Process ^{Structured dialogue, Cooperating process}

STEPS

Relationship Building, Problem Assessment, Goal setting, Counselling interaction, evaluation, termination or referral

STEP BY STEP

- (1) Relationship Building :- Client engagement exploring the issue, reading verbal & non verbal.
- (2) Problem Assessment :- Collection and classification of information, reason for seeking counselling.
- (3) Goal setting :- outcome that client want to achieve.
- (4) Counselling Intervention :- Different PDV.

8) Era / Term / Ref: sensitivity, avoiding, dependency,
Empowerment of client.

Characteristics of Effective Counsellor:

Ability to listen, cultural sensitivity, empathetic,
Introspection, curious, Intellectual confidence, Genuine,
honest, sincere, flexible, Energetic, self-awareness,
maintaining work life balance, Realistic, perspective.

Karveman

It is a psychotherapeutic relationship in which you will
receive direct help, common advice of friends or
opportunity to relieve negative feelings and clear the
brain for positive growth in personality.

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Goals of counselling

Short term goal (or) immediate goal

Long term goal

Process goal

which needs immediate attention to it. Ex) abuse

Making your client independent. Needs long work time.

To achieve a counselling environment that will facilitate to attain immediate & long term goals.

Key Words for roles of counselling

Good mental health, problem solving, resolving issue, healthier attitude, self awareness, develop inside, self acceptance, better decision making, developing insight

Scope of counselling

- school, workplaces, private sector, hospital, college, university,
- family problems, all age groups, cultural background,
- individual, group - family or couples, organisation,
- behaviour modification
- pre-marital counselling
- child counselling
- challenges counselling
 - ↳ suicide prone, sexual harassment.
- interpersonals personal relationship
- Age related problem
- Career counselling.
- Life span development.

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Emergence & Growth of Counselling

- ① Tribal time ; (PNC)-analysis, ^{dream}
- ② Religion ; Spiritual leaders ; religious leaders ; ^{priest} Christ ; guru
- ③ Elder ; Advice-giving ;

Frank Parsons

Founder of Guidance ; Lawyer ; Engineer ; writer ; college teacher ; scholar ; social worker ; social reformer

Founder of Boston's Vocational Bureau

Brought a book "Choosing a Vocation".

- 1908 Contributions : - Begin the training of the counsellors
- Developing steps - making vocational ^{counselling} available in schools, colleges
 - using scientific tools available

Jesse B. Davis

- First person to setup systematized guidance program
- First school counsellor in US - Founder of National Vocational Guidance Association & National Association of secondary school principals

Beers Clifford

Hospitalized for depression ; writer of "Our mind that found itself" ; for runner of mental health counselling.

founder of mental hygiene movement;
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History of counselling in India

- 1938 All India National Dev Committee
- Kolkata Guidance Movement.
- Bombay Batliboy and Mukherjee started Batliboy Vocational Guidance Bureau by ^{Parsi} Panchayat.
- UP Bureau of Psychology in Alhambabad. 1952
- New Delhi Central Bureau of Educational & Vocational Guidance
- Department of Psychology in Bombay ^{St. Xavier College}
- Maharaja ^{Sayajirao} Rao University in Baroda
- Diploma course in Guidance & Counselling by NCERT

{ Vocation vs Profession vs Employment vs Job vs Career }

Ethics in Counselling

Confidentiality, Autonomy, self correction, encouraging ^{client} decision making & problem solving, Beneficence, acting in best interest of client, no exploitation, Equality relationship, Anonymity, Counselling rights as consumer, Optimum benefit, non-maleficence - not causing harmful, Justice, Fair & justified towards all clients, legal issue, Confidentiality & license.

Vocation : Refers to a calling or a strong inclination toward a particular type of work, often associated with a sense of purpose or mission.

Profession : It is a field of work that requires specialized education, training or often certification. Demands a graduate degree, specific training and licensure to practice.

Employment : Refers to the condition of having a job, doing paid work or working for an organization.

Job : It is a specific position of employment, often with defined responsibilities and duties. Can be short or long term.

Career : It is a long-term professional journey of progression in one's chosen field. It encompasses the various roles, jobs, and professional development a person experiences over time.

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Assumptions of counselling

become a fully functioning person; behaviour modification;
* acute, long duration problems; existence as being;
freedom of choice; { self actualisation; physiological, safety,
belongingness, self helping needs, } , Faith in
human potential for self growth; Responsible actions;
Objectivity of coordination; use of tools & methods;
active & passive

Assumptions associated with group counselling

Trust and to be trusted; security of the members;
to make a bond; responsibility for self change;
objectives & methodology of group process;

Challenges faced by counselling

Building rapport; Building tolerance; Analyze body
language; maintaining professional boundaries;
low salary; inadequate facilities.

{ ④ Difference between counselling & advising }

Guidance, advising, clinical psychology, psychotherapy.

↓
Very informal in nature, can be done by anyone.

Counseling helps people deal with emotional and psychological issues through in-depth conversations and therapeutic techniques, often taking a longer time. Advising focuses on providing practical advice and solutions for specific goals, like choosing a career, usually in a shorter time. While counseling explores feelings and personal growth, advising provides clear guidance of actionable steps.

LEGAL ISSUES

- sexual misconduct, breach of confidentiality, client has committed suicide, violation of civil rights, breach of contract, client abandonment, exerted influence, any accident happened in premises.
- Functioning as a witness, legal action, summoned to show records
- kind of laws:

civil law, criminal law, mental health law

Ways to avoid legal & ethical issues

- Study ethical course, don't attend any treatment, properly documented, maintaining confidentiality, observing duty to bond, when to report child abuse, maintaining client records.

Training

Professional academics of training, technical skills, ethical standards, professional responsibilities, responsibility towards clients, towards society, towards humanity as a whole, towards welfare of community, towards himself.

UNIT-2 COUNSELLING PROCESS

Impacts for the process of counselling

seriousness of the presenting problem, unfinished business

structures in counselling

↳ Time limit

↳ action limit

↳ Role limit

↳ Procedural limit

Privacy

Physical privacy

Psychological privacy

need for privacy, attentiveness

Rapport formation

Counselling relationship

Tripartite

reluctant client, unmotivated to seek help, resistent client
displays anger, defensiveness.

Physical setting

Accessories - colour - Intensity of colours,
Furniture, lighting, smell, sound, texture
thermal conditions, point of view, mates,

Understanding

Client understanding, counsellor understanding.

• knowledge about self

↳ verbal and educational
experience understanding

↳ self understanding

Communication

understanding psychological aspects

Empathy

↳ to feel into

Counsellor Qualities

Be honest with yourself & others, clear perception for yourself & your clients, communication skills, experiences, attractiveness, friendliness

Client Qualities

YAVIS - clients who are young, attractive, ^{very} intelligent and successful.

Other results

Thinly, old, unintelligent, non verbal are termed as disadvantages. termed as Dumb.

Steps in Counselling Process

Awareness for need of help, development of relationship, expression of feelings, clarification of problems, exploration of deep feelings, interpretation process, time perspective, awareness of counselling, use of psychotherapeutic approach.

Visual, auditory, written, spoken or descriptive

continuous change, more personality changes in a disorder
detection

Counselling relationship

Pepinski and Pepinski

Relationship is a hypothetical function.

Relationship is a objective in regards to your cognition.

Cognitive - conative aspect of counselling relationship

Responsibility: age, ability, background of them is
always a mutual responsibility

Counselling principles.

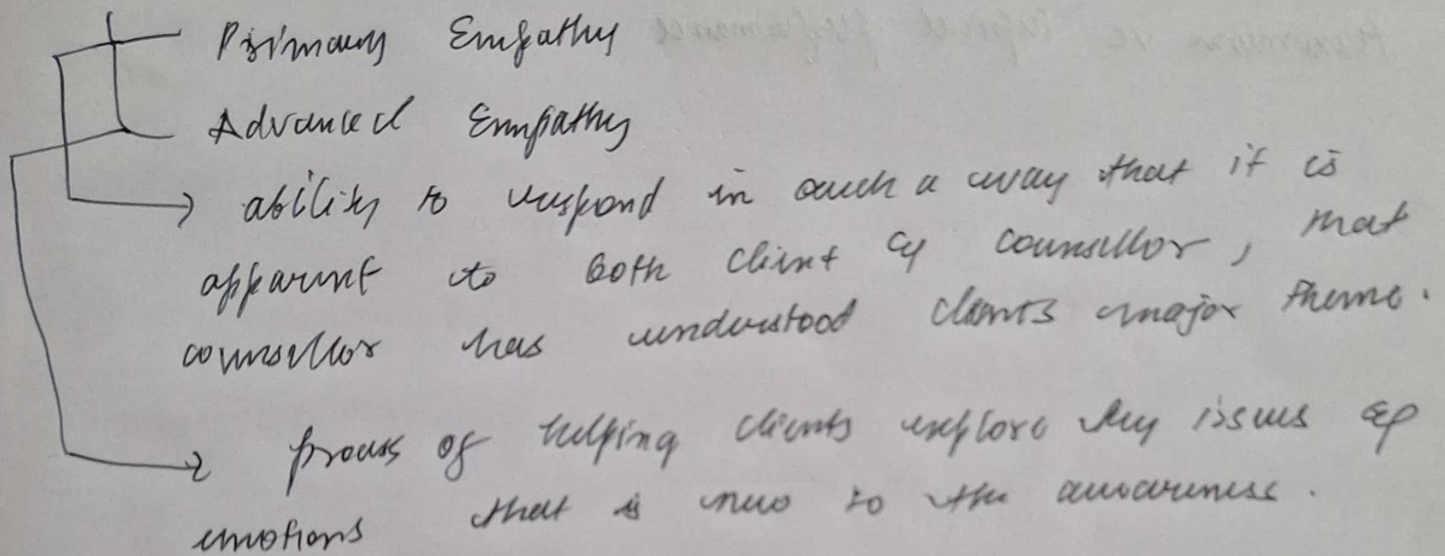
- └ Relationship oriented
- Restatement - Reflection of feeling - summary of feelings - Acknowledgment of non verbal behaviour
- Prof: who, how, why, where
- open ended and close ended questions
- Request for clarification

Conducting the initial Interview

Active listening, non verbal communication, effective summarization, empowerment, encouraging client, confidentiality, culture sensitivity, ethics and professionalism

not Door closer / Door opener, forming rapport,

Empathy



SOLER

Plan.

eye contact

open posture

Facing the client squarely

leaning towards client

Testing, Assessment & Diagnosis in Counselling

→ Formal, Informal assessment, provides objective info, enhance psychological health, therapeutic nature,

Types

Standardized vs Non-standardized

Individual vs group

test

Speed vs lower

Performance vs paper and pencil

Objective vs subjective

└ matching, multiple choice, true false, lac
function task, theory

Maximum vs typical performance