



2. counseling-techniques.pdf

Title: Basic Counseling Techniques

1. What is Counseling?

Counseling is a process where a trained person helps another individual to solve emotional or personal problems.

2. Goals of Counseling

- Improve mental well-being
- Help in decision making
- Reduce stress and anxiety
- Build confidence

3. Core Counseling Skills

a) Active Listening

- Give full attention
- Maintain eye contact
- Avoid interrupting

b) Empathy

- Understand the client's feelings
- Show care and concern

c) Open-Ended Questions

Examples:

- “How do you feel about this situation?”
- “What happened after that?”

d) Reflection

Repeat or rephrase what client says to show understanding.

e) Non-Verbal Communication

- Body language
- Facial expressions
- Tone of voice

4. Common Counseling Approaches

- Cognitive Behavioral Therapy (CBT)
- Person-Centered Therapy
- Solution-Focused Therapy

5. Ethical Principles

- Confidentiality
- Respect
- Non-judgment
- Professional behavior

6. Conclusion

Counseling techniques help build trust and guide people toward emotional healing.