

# **CHILDREN WITH SPECIAL NEEDS 2**





# **COUNSELLING NEEDS FOR CHILDREN WITH SPECIAL NEEDS**

THEY NEED COUNSELING TO UNDERSTAND THEIR EMOTIONS, CLEAR THEIR DOUBTS AND CONFLICTS; THEY NEED SOMEONE TO SHARE THE SPECIAL EXPERIENCES AND FEELINGS. IN SUCH CASES COUNSELING CAN HELP CHILDREN TO ASSESS THEIR ABILITIES, INTERESTS, AND NEEDS AND FIND SOLUTIONS TO PERSONAL SOCIAL ADJUSTMENTS AT THEIR SCHOOL AND HOME.

# INTRODUCTION

- **COUNSELING IS A SCIENTIFIC PROCESS OF ASSISTANCE EXTENDED BY AN EXPERT IN AN INDIVIDUAL SITUATION TO A NEEDY PERSON . COUNSELING INVOLVES RELATIONSHIP BETWEEN TWO PERSONS IN WHICH ONE OF THEM (COUNSELOR) ATTEMPTS TO ASSISTS THE OTHER (COUNSELEE OR CLIENT) IN SO ORGANIZING HIMSELF AS TO ATTAIN A PARTICULAR FORM OF HAPPINESS, ADJUSTING TO A LIFE SITUATION, OR IN SHORT, SELF ACTUALIZATION.**

- Counselling People with Special Needs Counselling is viewed as a personalized, intimate interview or dialogue between a person experiencing some emotional, social, educational, physical, and vocational problems and a professional counsellor. It can also be seen as a service that helps individual to solve problems and learn to cope with these problems that are not easy to solve.
- This is why the special needs population can be focused so that they are assisted out of their needs. Counselling is designed to remove the emotional, psychological and personal social roadblocks placed in the way of an individual by the multidimensional problems of the day to day life.

- **Assistance:** - Counseling is needed to give assistance to the special children to solve, choose, master, learn and deal with situations and problems of wide variety.
- **Choice of Goals:** - Counseling help special children to choose goals wisely and which will yield maximum satisfaction. **E.G. Williamson** says: the purpose of counseling is to offer a personalised and individual process designed to aid the individual to learn school subject-matter, citizenship facts and other habits, skills, attitudes and beliefs which do to make up a normally adjusted human being.

- **Effective Relationship:** - **J.M. Hadley** is of the opinion that the most important need for counseling to special children is “to aid the individual in his efforts to achieve an effective relationship with the environment.” Halm and Malcom are also of the view that counseling help in the development of the insights and understanding of the relations of self and environment.
- **Awareness:** - Counseling is important to enable the special child aware of his/her own capabilities, motivation, and self-attitudes and to accept them as such.

- **Treat Mental Health:** - Counseling is an excellent way to treat chronic mental illness as special children many times feel depression, anxiety, or something more severe such as bipolar disorder and experience times of distress in addition of common life challenges
- **Self Harm Thoughts:** - Many times special children have suicidal thoughts. These emotions can present due to feeling overwhelmed, frustrated, sad or alone. These feelings and behavior can be prevented with professional counseling therapy

- **Change in Life:** - Counseling helps the special children to manage the changes and challenges that they face in life like in school, new job, moving from one place to another, getting married, having child etc.
- **Unwanted Behavior:** - Many times special children become moody and agitated. This is often connected to feeling lost or overwhelmed. Counseling help them to stop this behavior and focus on the reason why they feel this way and finding a solution to resolve these unwanted behavior
- **Emotions:** - Special children many times feel lost, alone, isolated, sad and they don't feel like talking to someone. Talking to a counselor and discussing about their emotions can make them feel better. Thus this can help the special children to gain a new perspective and take proactive steps to reconnect with others.



- THE TRAINED PERSONNEL IN COUNSELLING, PSYCHOLOGY, SOCIAL WORK, PASTORAL COUNSELLING, AND PSYCHOMETRIC ANALYSIS SHOULD BE PLACED IN THE SCHOOL COUNSELLING CENTERS TO ASSIST THE TEACHERS HANDLE PEOPLE WITH SPECIAL NEEDS AND LEARNING DISABILITIES.
- THE TASK OF COUNSELLING THEREFORE AS SEEN BY IPAYE (1981) AND BULUS (1990) IS TO GIVE THE INDIVIDUAL THE OPPORTUNITY TO DEFINE, EXPLORE, DISCOVER AND ADOPT WAYS OF LIVING A MORE SATISFYING AND RESOURCEFUL LIFE WITHIN THE SOCIAL, EDUCATIONAL AND VOCATIONAL GROUPINGS WITHIN WHICH HE OR SHE IS IDENTIFIED OR FINDS HIMSELF OR HERSELF.

