

Part- 3

Techniques of Counselling

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TYPES OF COUNSELLING





COUNSELLING



Counselling is a **scientific process** of **assistance** extended by an **expert** in an individual situation to a **needy person**. Counselling involves relationship between two persons in which one of them **(counsellor)** attempts to assist the other **(counselee or client)** in so organising himself as to attain a particular form of happiness, adjusting to a life situation, or in short, self actualisation.

Shostrom: counselling as a self adjustive process, which helps the client become more self directive and self responsible.

- Shortly, it is a personal and dynamic relationship between two individuals in which the more experienced person helps the less experienced person to find self determined solution for his problem.

Objectives

- To understand once own problems clearly.
- To realise what he is able to do and what he 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 he has chosen.
- Decide a course of action by making his own decision .

Features of Counselling

- Counselling is a professional service ,which is imparted by a professional counsellor who is properly trained to handle various kind of situations
- Counselling helps the client make his own decision during the process of counselling. The counsellor is not supposed to make decision for the client. Counsellor may provide various types of information so that the client could get insight to take a decision.



- It is more focused on one to one relationship even when the participants are involved with group counselling programmes. They are generally some or the other time approach for individual counselling because it is personal and more confidential.
- Problems and needs of the individual are important.
- The individual counselling is more about personal problems

Types of Counselling

- Directive Counselling
- Non – Directive Counselling
- Eclectic Counselling



Directive Counseling (prescriptive counselling).

- E.G WILLIAMSON is the chief exponent in this viewpoint.
- **Counsellor –centred**: the counsellor direct the client to take steps in order to resolve his conflicts.
- It is based on assumption that the client cannot solve his own problems for lack of information.

- The counsellor plays an important role; he tries to direct the thinking of counselee by informing , explaining, interpreting and advising.



- It gives more importance to intellectual aspect than emotional aspects.

Steps of Directive Counselling

Williamson has given six steps of directive counselling :

- Analysis
- Synthesis
- Diagnosis
- Prognosis
- Counselling
- Follow up



Merits

- It is less time consuming; hence this method can be adopted when an early solution is required.
- This method is best; less matured and less intelligent client interact with an experienced counsellor.
- This is best method at lower levels where the client is not in a position to analyse his own problem
- In this method, the counsellor becomes readily available to help the client which makes the client very happy.

Demerits

- In directive counselling, the client never becomes independent of the counsellor. So it is not an effective or best guidance.
- The personal autonomy and integrity of the client is not respected, it leads to new adjustment problems.
- It will not help the individual to develop any attitudes through his own experiences.
- The counsellor fails in saving the client to commit the mistakes in future.

2. Non-directive Counselling

- CARL R. ROGER is the chief exponent in this viewpoint.
- This school of thought is just reverse to that of directive counseling.
- It is a **client-centred** process.
- In this, the counselee is the pivot of the whole counselling process.
- The main function of the counsellor is to create an atmosphere in which the client can work out his problem.



- It is also known as ***permissive counselling.***
- In this type of counselling, emotional elements rather than intellectual element are stressed.

Steps in Client Centred Counselling

Carl Rogers has given the following steps of this non-directive counselling:

- 1. Defining the Problematic Situation :** First of all the counsellor should define the problematic situation.
- 2. Free Expression of Feelings :** After the first step, the client is made aware of the fact that he can express his feelings freely and the counselor approves this.

3. Development of Insight: The counsellor goes on thinking regarding the client's new feelings along with the development of client's insight and he goes on classifying all those new feelings.

4. Classification of Positive and Negative Feelings: After the free expression of feelings by the client, the counsellor identifies his negative and positive feelings and he classifies them.



5. Termination of Counselling

Situation: The counsellor looks for a point where he can terminate the counselling situation after all the above steps. According to this school of thought, either the client or the counsellor can suggest for such termination of counselling situation.

Merits

- It helps the counselee to become independent and self-reliant and to attain the ability for self-direction.
- It helps the client to attain emotional integrity; and helps to reach his full growth.
- It helps to attain more sustainable adjustment to his situation.
- This type of counselling leaves it's impressions for a longer period.

Demerits

- It is usually more time-consuming
- It is not suitable for a less matured and less intelligent counselee.
- The counsellor's passive attitude might irritate the counselee so much that he might hesitate to express his feelings.
- It is not possible in schools because the counsellor has to attend many pupils.

**Comparative
Analysis Of Directive
And Non-directive
Counselling**



Directive	Non-Directive
1. Economical	1. Time consuming
2 .Emphasis on the problem	2. Emphasis on individual
3. Emphasis on the intellectual aspects	3. Emphasis on emotional aspects
4.Methdology is direct and persuasive	4. Methodology is indirect
5. Solves immediate problems	5. Deals with self analysis and new problems of Adjustment may be taken care of.
6. Uses psychological assessment data	6. May not use psychological assessment.

7.Counselor plays active role	7. Counsellor plays passive role
8. Direct counselling sometimes may be done by supporting staff	8. A highly professional, competent and trained person with understanding of relationship skills is required
9. Help is offered by counsellor to take decisions	9. Client takes his own decisions
10. It is more information giving, rapport formation is not that significant	10. It is to develop self-insight and more towards solving the personal problems-rapport formation is essential

3. Eclectic Counselling

- The chief advocate of this type of counselling is '**Thorne**'.
- Eclectic counselling is a type of counselling which is neither counsellor-centred nor client centred; but a combination of both.
- Here the counsellor is neither too active as in directive counselling nor too passive as in non-directive counselling, but follows a middle course.

Characteristics of Eclectic Counselling

- Methods of counselling may change from client to client or even with the same client from time to time.
- It is highly flexible.
- Freedom of choice and expression is open to both the counsellor and the counselee.
- Experience of mutual confidence and faith in the relationship are basic.
- The client and the philosophical framework are adjusted to serve the purpose of the relationship.

Advantages of elective counselling approach

- ❖ More cost effective
- ❖ It is more flexible.
- ❖ It is more objective and coordinated approach.



Disadvantages of elective counselling approach

- It requires more skilled counsellor.
- The roles of counsellor and counsellee are not predetermined.

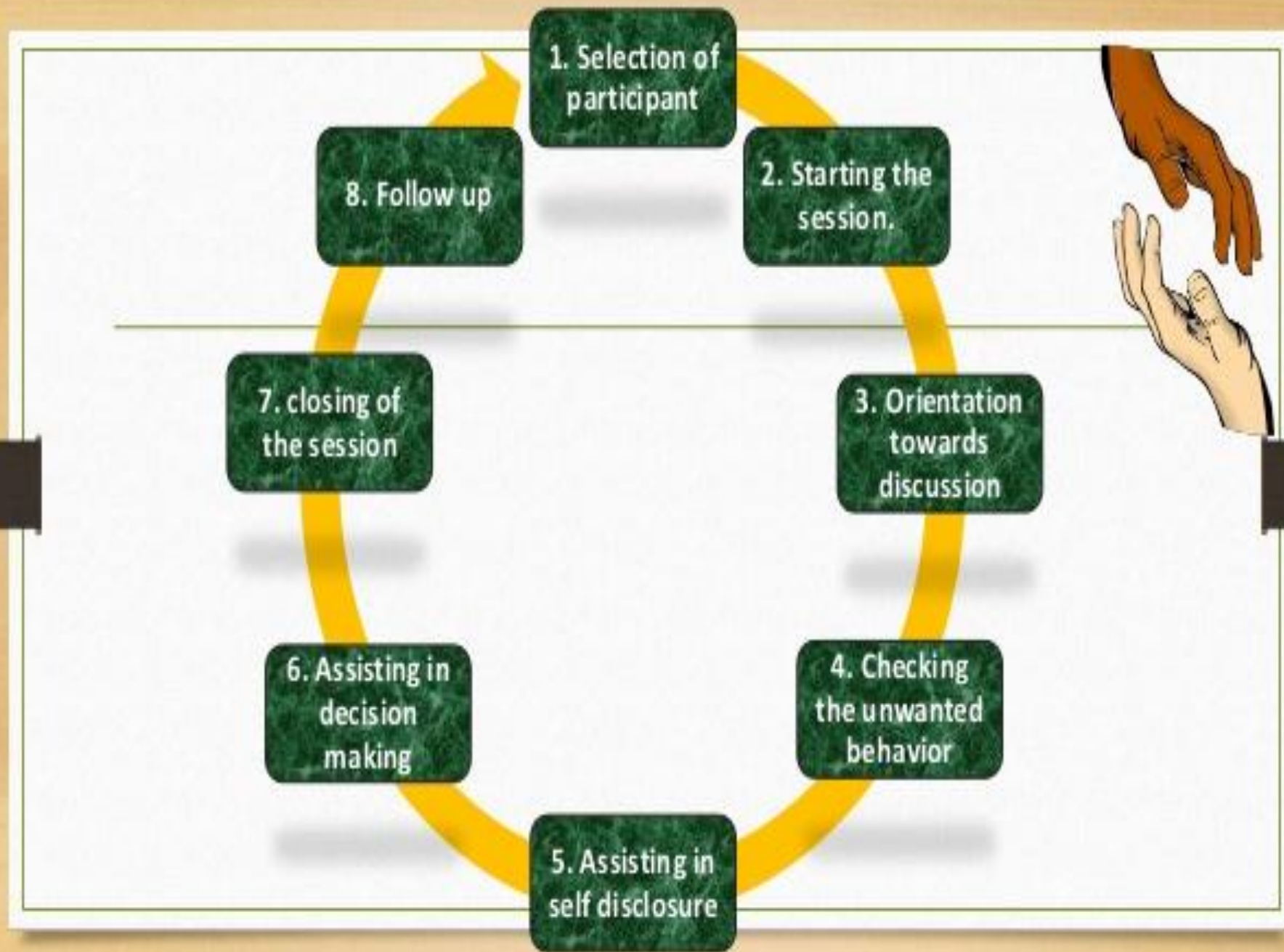
COMPETENCE



Group Counseling

- It is a technique where a group of persons are counselled by applying group interaction method for all purpose of arriving at a solution to the problem of the group.
- Components- self knowledge, knowledge of reality and self realization.





THANK
YOU

