

Quadrant II – Transcript and Related Materials

Programme: Bachelor of Arts

Subject: Psychology

Course Code: PSC 110

Course Title: Counseling Psychology

Unit I: Understanding the Process of Counseling

Module Name: Definition of Counseling

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Notes

Importance and Need for Counseling

Counseling helps every individual overcome many of their problems. With the pace of change, serious problems of adjustment take place. Therefore counseling should start early in school and it needs to be continued to enable individuals to meet personal and vocational problems of adjustment in later life. Counseling has to minister problems such as educational, vocational, marital, parental and personal. Counseling is necessarily a continuous process. It is applicable to people of all age levels, placed in different situations. The major objective of counseling is to help individuals become sufficient, self-dependent, self-directed. Individuals are provided assistance to enhance their personal, social, emotional and intellectual development. Counselor's services are preventive, developmental and therapeutic in nature. In order to assist the clients the counselor must understand their needs, motives, perceptions and defenses.

Definitions of Counseling

Counseling is a therapeutic experience for persons faced with problems. Rogers (1942) states that effective counseling consists of a structured permissive relationship which allows the client to gain an understanding of himself to a degree which enables him to take positive steps in the light of his

new orientation. Counseling is an interactive process conjoining the counselee who needs assistance and counselor who is trained to give assistance. Counselor can initiate, facilitate and maintain the interactive process if he communicates feelings of spontaneity, warmth, tolerance, respect and sincerity. Smith (1955) defines counseling as process in which the counselor assists the counselee to make interpretations of facts relating to a choice, plan or adjustments which he needs to make. Hahn and MacLean (1955) defines counseling as a process which takes place in a one-to-one relationship between an individual beset by problems, which he cannot cope alone and a professional worker whose training and experience has qualified him to help others reach solutions to various types of personal difficulties. Pepinsky and Pepinsky (1954) state that counseling is an interaction which occurs between two individuals called counselor and client, which takes place in a professional setting initiated and maintained to facilitate changes in the behavior of a client.

Characteristics of Counseling

Practically all definitions concur with the view that counseling is a process which involves bringing about sequential changes over a period of time, leading to a set goal. Counsellor-counselee relationship characterized by warmth, responsiveness and understanding. Patterson (1959) characterizes counseling as "process involving interpersonal relationship between a therapist and a client. Counselor employs psychological methods based on systematic knowledge of human personality, in order to improve the mental health of a client. Blocher (1966) explains it as helping an individual become aware of himself and way in which he reacts to the behavioral influences of his environment. It helps him to establish some personal meaning for this behavior to develop, clarify a set of goals and values for future behavior. Rogers (1952) describes counseling as the process by which the structure of the self is relaxed in the safety of the client's relationship with the therapist, previously denied-experiences are perceived and then integrated into an altered self. Gustad (1953) indicates that counseling is a learning oriented process, carried on in a one-to-one social environment, in which the professionally competent counselor empowered with psychological skills and knowledge, seeks to assist the client, by methods appropriate to the latter's needs that helps the client become happier and more productive member of society.

What Counseling is Not

Counseling does not consider giving information, giving advice, making suggestions and recommendations. Does not influence the client's values, attitudes, beliefs, interests and decisions.

Counseling considers

Counseling is concerned with bringing about voluntary change in the client. Counselor provides facilities to help achieve the desired change. The client alone is responsible for the decisions or the choices he makes, though the counselor may assist in this process by his warmth and understanding relationship.
