

This is a program for Bachelor in Arts.

Subject of Psychology,

Course Code: PSC 110

Course Title: Counseling Psychology.

Title of the unit: Understanding the process of counseling

Module Name: Goals of Counseling.

Freda Cota Pereira Ph. D

Associate Professor and Head Department of Psychology at M.E.S College of Arts and Commerce
Zuarinagar-Goa.

Outline- Defining the role of immediate and long range Goals of Counseling.

Application of various goals of counseling.

Learn strategies to resolve problems.

How important decision making can be in a counseling set up.

Learn techniques of behavior modification.

Learning outcome in this module,

Students will understand the concept and application of various goals of counseling.

They will be able to identify and modify one's behavior and learn various skills in decision making.

Goals of Counseling

The counselor understands, motivates and feels for the counselee. The counselor follows different goals at different levels of functioning. Immediate goal is used to obtain relief for the client. Long range goal is beneficial to make him a fully functioning person. Both immediate and long term goals are secured through immediate or process goals.

Goals accepted by professional counselors.

Self-esteem improvement: This is one of the immediate goal when a person is facing a difficult relationship in any unresolved conflicting situation. Every individual has natural ability to solve any

problem by self effort and this reduces his self-esteem, as the client feels that they are not competent enough to handle or tackle the issues which are disturbing them. This makes them incompetent to solve their own personal problems.

Achievement is the ultimate goal that helps to build a positive mental health. To attain this state, a balance self view and positive self-esteem is necessary to be acquired. Therefore it is the duty of the counselor to guide an individual to improve his self-esteem.

Autonomy, self-dependence: Counselee is able to achieve through the process of counseling, optimum autonomy of thoughts, emotions and actions. Once he discusses his problems with the counselor, he is able to get an insight about how to deal with his emotions and thoughts. This gives him confidence to improve his own self-esteem. Self sufficiency is the minimum dependence on his physical and social environment. The counselor tries to help the client to be self-dependent and not to be dependent on people in the society.

Trust and faith in self potential for growth through counseling: The counselee learns to trust himself and others in the process of counseling. The client learns to trust himself and acquire his self worth his self confidence. He feels self directed in decision making and judgments are all taken very positively by the client with freedom to choose the actions. This improves his awareness of social responsibilities and responsibility towards himself. The client understands that he has to take the decisions by himself and no other person can take his decisions. The client gains this strength through the counseling session, wherein the counselor shows unconditional positive regard towards the counselee, which helps to build the self confidence and enhances the self-esteem in the counselee.

Awareness: The main objective of counseling is increased awareness, sense of activeness and responsiveness, capacity to appreciate his environment with a fresh look and a deeper involvement. So Maslow terms it as peak experiences, an intense emotional experience during an individual's lifetime.

Once the counselee goes to a counselor for a counseling session, the counselee is able to understand where he goes wrong and how he needs to deal with his own emotions, besides how he needs to manage himself in order to move on with his life and carry on with the difficulties that they face. As a result of which an individual has peak experiences. Once he gets an insight about how to deal with his life he can be independent.

Spontaneity: by being spontaneous in thoughts, feelings and actions, a person, shows reduction in rigidity and becomes less defensive, as he gets insight to manage his life very smoothly. This cultivates openness for change, novelty, and variety of experiences of others and himself.

Cognitive and subjective components which do come to an individual that makes him feel afraid, that he is going to die. These are the negative thoughts. that can be managed once we learn to deal with the various situations that occur in life.

Authenticity and genuineness: Being genuine, means not having hypocrisy or double standards in relation to towards yourself or towards others. A genuine person is more involved in life experiences and never

faces meaninglessness in life. Everyday in life for him is important and meaningful. Therefore every situation, whichever he faces, finds meaning to himself.

Being fully functioning person: According to Carl Rogers, Long Range goals of counseling is to help the counselee to be a fully functioning person to accept life here and now. This means that the individual has an increasing tendency to leave each moment fully. And enjoy the uncertainty of future and be more creative to find meaningful solutions to new situations, so the individual feels that he can deal with his life because he takes his life as here and now. Therefore each moment, every situation that he encounters, he tries to learn to accept his life the way it is, and become a fully functioning person.

Self actualization: a person is conscious of his abilities and expectations to match its life stage of development. An actualized person is more effective and contributes more towards effectiveness.

Jahoda's six criteria for mental health for effective coping of problems and situations in life. depends on a person's attitude towards himself as balanced self-view, awareness of self actualization potential, integrated personality, autonomy and self-reliance, reality orientation and accepting life as it comes and environmental mastery.

Goals of counseling are immediate, long range and process goals. It provides direction process and establishes a congruence. It helps individuals overcome immediate problems and equips them to meet their future problems. In order that counseling to be meaningful, it has to be specific to each individual, since it involves his unique problems and expectations. As each client is different from the others their emotions vary as their difficulties also differ. Thus the counselor needs to understand that each client is different from the other.

Specific counseling goals are unique to each client and involves a consideration of clients expectations and environmental respects. So what are the problems that the client encounters when he is moving on into various life situations. There are two categories of goals common to most counseling situations, identified as long range and process goals. They shape the interrelations and behaviour between the counselor and counselee. Process goals facilitate procedures for enhancing the effectiveness of counseling.

Long range goals reflect the counselor's philosophy of life, they can help the counselee become self-actualized, help the counselee attain self-realization, help the counselee become fully-functioning person. Immediate goals of counseling refer to the problems for which the client is seeking solutions, here and now. Counselee can be helped to gain a fuller self understanding through self exploration, to appreciate his strengths and weaknesses. Counselor can provide the necessary information to the client, but the client has to have an integrative understanding of himself, his personal resources, environmental constraints and resources.

Long range and process goals: Process goals facilitate procedures to enhance effectiveness of counseling and immediate goals refer to problems to which the individual seeks solutions here and now. The client fails to utilize his capacities fully and therefore is unable to function efficiently. The counselee can be helped to gain a fuller understanding through self exploration and self understanding, and appreciate his strengths and weaknesses.

Long range and immediate goals have an interrelation, as both depend on the process goals for their realization. Process goals comprise empathetic understanding, warmth and friendliness that provides an interpersonal exploration, which eventually leads to long range goals.

Parloff (1961) distinguishes between immediate and ultimate goals. Immediate goals refer to steps and stages in counseling process, which leads to realization of the ultimate goal. Patterson (1970) suggests third level goals, intermediate goals in addition to mediating and ultimate goals, which refer to broad and general long term outcomes like positive mental health.

Goldstein (1939) states that an organism is governed by our tendency to actualize, individual capacities and its nature in the world. Rogers (1951), the organism has one basic tendency and striving to actualize, maintain and enhance the experiencing organism. Snygg and Combs (1959) refers to the enhancement of the self as the all inclusive human need which motivates all behavior at all times, in all places.

Self actualization is a universal needed and may be looked upon as an ultimate goal because it is the goal of life. May (1967) says that goal of counseling is a therapeutic approach, because it helps the patient to actualize his potential. According to Byrne (1963) the ultimate goals derives substance from the conceptions of universal man and nature of life. Immediate goals are explained by reasons or for seeking counselors help and immediate goals refers to the present intentions of the counselee

Self actualization is also being criticized because it is not useful all the time, as it is too general and it is too vague. Krumboltz suggests that general concept could be reduced to specific object in them and measurable variables. Ultimate goals owing to their broad and general in nature, cannot be evaluated as immediate mediate goals.

Parloff (1967) considered mediate goals as specific steps contributing to realization of general goals. Behaviorist place much emphasis on mediate goals. On the negative side, comprises reduction of anxiety, feeling of hostility and undesirable habits, on positive side, increase of pleasure, acquisition of adaptive habits and self understanding. The immediate goals of counseling is to motivate a potential counselee and go through the counseling process, till the mediate goals are realized. It is through the realization of immediate goals, that the ultimate goals of self-understanding, self-realization and self-actualization can be reached. The process of self exploration is immediate, which sets the counseling process in motion.

According to Rogers, (1951) it is the outcome of counseling that the client feels less anxious and possibility of achieving his goals, he further holds that counseling produces a change in the personality organisation and the behavior, both are relatively permanent. Areas in which change is possible are relations with individuals, academic achievement and job satisfaction. It is important to bring about more positive responses to frustrating situations by adopting different attitudes to other people and self.

Major goals of counseling accepted by counselors:**Relative Achievement of Positive Mental Health:**

The need for mental health is important goal of counseling. When one secures a positive mental health and one learns to adjust and respond positively to the situation and people. Prevention of emotional tensions, anxieties, indecision, are also important goals of counseling. Others hold the view that counseling should lead to positive feelings of warmth and being liked. According to Kell and Mueller (1962), hold that promotion and development of feelings of being liked, sharing with, receiving and giving interaction rewards from other human being is the legitimate goal of counseling.

Resolution of Problems:

Resolving the problem brought to the counselor, it implies positive mental health. In behavioural terms three categories of behavioural goals are identified as altering maladaptive behavior, learning the decision-making process and preventing the problems. Wolpe (1958) feels that the goal of counseling is to relieve the suffering and disability of the clients.

Improving Personal Effectiveness:

Preservation of good mental health and securing desirable behaviour change. Blocher (1966) defines an effective person as one who is able to commit himself to projects, investing time, energy and willing to take appropriate economic, psychological and physical risks. He is seen as having the competence to reorganize, define and solve problems. He is able to think in different creative ways. He is able to control his impulses and produce appropriate responses to frustration, hostility and ambiguity.

Counseling Helps to Change:

Blosser (1966) adds to two other goals. Counseling should maximize individual freedom to choose and act with the conditions imposed by the environment. Other goal is that counseling should increase the effectiveness of the individual responses evolved by the environment. Tiedman (1964) holds that the goal of counseling is to focus on the mechanism of change and the counselee should be helped in the process of becoming the change from adolescence stage through early adulthood, during which the individual assisted to actualize his potential. Shoben (1965) views the goal of counseling as personal development.

Decision-Making as a Goal of Counseling:

According to Reeves and Reeves(1965) pointed out that “the primary objective of counseling is to stimulate the individuals to evaluate, accept, and act upon his choice”. It helps the individuals to learn as to what is needed in choice making. It helps the individual to learn to make decisions independently. The individual will not depend on the counselor or anybody else because he learned to become independent. The decisions are always the counselee’s own and they are responsible for themselves. The counselee should know how and why they made the decisions. The counselor only provides help, as the counselee is able to make responsible decisions. Counselor only shows the way but all the decisions are taken by the counselee himself. The information may be sorted out, clarified and analyzed.

Tyler (1961) defines goal of counseling as a counselor is able to help the Counselee to utilize his intrapersonal and environmental resources and make their decisions based on them to cope up with the life situations. Counselor helps to clarify the goals of counselee, and this is possible because the counselor has professional training and has a rich experience. Different goals given by counselors help

the counselee in making free, informed and responsible decisions, being fully conscious of their strengths, weaknesses, assets and liabilities.

Modification of Behavior:

Behaviourally oriented counselors stress the need to modify the behavior by removal of the undesirable behavior and this happens by reduction of an irritating symptom and that helps the individual to gain satisfaction and effectiveness. Growth oriented counselors stress on the development of the potential within the individual. Existentially oriented counselors stress on self-enhancement and self-fulfillment. Symptom removal or reduction is a necessary pre-condition for personal effectiveness.

References:

S. Narayana Rao 2018 Counseling and Guidance. Tata, McGraw Hill Education (India) Private Limited.
Swami and Swami 2017. Counseling Methods and Techniques. Black Prints New Delhi, India.
Nelson-Jones, R. (2009). Introduction to Counseling Skills: Text and Activities. 4th edn, London: Sage publications.