



GUIDANCE AND COUNSELLING

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LECTURE :03

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OTHER FORMS OF COUNSELLING

A) Based on length of the counselling session:

- Short-term counselling
- Long-term counselling

B) Based on number of counselees involved:

- Individual counselling
- Group counselling

IV. Other types of counselling

count...

C) Counselling for educational & professional purposes:

Student counselling

Educational

counselling

Vocational

counselling Career

IV. Other types of counselling

count...

D) Counselling for health-related purposes:

Psychotherapeutic
counselling

Crisis
counselling

Health
counselling

Genetic
counselling

E) Counselling for personal/social purposes:

Personal
counselling

Marriage
counselling

Motivational
counselling

Developmental
counselling

ROLE OF THE COUNSELLOR

- Arrange orientation programmes for the other support staff to enlist their cooperation.
- Prepare an up-to-date list of resources, information, referral & energy available to him.
- Organize the guidance committee.
- Set up an educational & occupational information centre.
- Display the information collected in an attractive way.
- Disseminate information through educational & career talks, group discussion & so on.
- Arrange talks by expert from different fields.
- Organize career days, career weeks, career conferences, parents day & so on.

- Educate students regarding proper study habits & assist them in their development.
- Arrange individual discussion with students & their parents for giving them educational & occupational information.
- Arrange visits to place of work like industries, business, establishments, offices, higher education institutions & other important educational places.
- Maintain an active relationship with schools, colleges, universities.
- Maintain an active liaison with club like Lions Club & Rotary Club.
- Refer serious mental cases to clinical psychologist or psychiatrists.

- ❑ Maintain complete secrecy of the discussion between him & the patient.
- ❑ Administer psychological tests.
- ❑ Provide counselling services to students.
- ❑ Help in the student placements.
- ❑ Take up research projecting relating to the fields of educational, vocational, personal & social guidance in colleges.

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Qualities of a Good Counsellor...

- G** - Good technical knowledge
- O** - Obtaining appropriate information from the patient
- O** - Objectively answering questions
- D** - Demonstrating professionalism
- C** - Confidentiality maintenance
- O** - Observant
- U** - Unbiased
- N** - Nonjudgmental
- S** - Sensitive to the needs of the patient
- E** - Empathetic
- L** - Listens carefully
- L** - Lets the patient make decisions
- O** - Open minded
- R** - Respects the rights of the patients

PREPARATION OF COUNSELLOR

Components of preparation of counsellor:

Educational Background
(master's or bachelor's degree in teaching & education with training in behavioral science)

Experience
(at least 2 years of counselling experience, 3-6 months of supervised counselling experiences)

Personal fitness & attributes
(should show positive interest in working with others)

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Characteristics or qualities of counsellor...

☐ *Personal characteristics:*

- ✓ Should be imbued with basic **human qualities**.
- ✓ Should be a person with **cultural values & awareness**.
- ✓ Should have a **deep interest in helping people**.
- ✓ Should patiently **listen to others**
- ✓ Should be **sensitive to other's attitude & reactions**
- ✓ Should have **a capability for being trusted by others**.
- ✓ Should have respect for **the personal autonomy of the patients**.
- ✓ Should be **tolerate of & accept the patient point of view**.

Characteristics or qualities of counsellor...

Interpersonal relationships:

- ✓ Friendly nature
- ✓ Sympathetic understanding
- ✓ Sincerity
- ✓ Tactfulness
- ✓ Patience
- ✓ Ability to maintain confidentiality
- ✓ Attentive listener
- ✓ Show concern

Personal adjustment:

- ✓ Maintain emotional stability
- ✓ Emotionally sound & healthy
- ✓ Able to accept criticism
- ✓ Knowledge of self
- ✓ Patience

Scholastic potentialities:

- ✓ Relevant knowledge
- ✓ Motivated & committed
- ✓ Aware of policies, beliefs, misconception & rumors in community
- ✓ Possess common sense
- ✓ Good judgment



Characteristics or qualities of counsellor...

- ❑ **Health & personal appearance:**
 - ✓ Pleasing voice & appearance
 - ✓ Vitality & endurance
 - ✓ Free from any mannerism
- ❑ **Leadership skills:**
 - ✓ Ability to stimulate
 - ✓ Reinforce important information
 - ✓ Direct the counselee to ways to solve the problem
- ❑ **Professional dedication:**
 - ✓ Show enthusiasm
 - ✓ Maintain helping relationship
 - ✓ Have a nice sense of morality
- ❑ **Philosophy of life:**
 - ✓ Good character
 - ✓ Integrated personality
 - ✓ Faith in human values

REFERENCE

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