

School of Education

Course Code : BEDU2006

Course Name: Teacher As a Counsellor

TOPIC- COUNSELLING

UNIT-2

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- **Main Points**
- Meaning and Definition
- Objectives
- Functions
- Types
- Directive Counselling
- Non Directive Counselling
- Eclectic Counselling



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Counseling

- 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.

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Definitions

- Shotstorm: “Counselling as a self adjustive process, which helps the client become more self directive and self responsible.”
- In Short Counselling 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.

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Objectives

- **To understand once own problems clearly.**
- **To accept once abilities and weaknesses.**
- **To 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 .**

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Functions

- 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.

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• Functions.....

- 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.

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Directive

Non Directive

Eclectic

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- **Directive Counseling** (prescriptive counselling)
 - **Chief Exponent - E.G WILLIAMSON**
- Counsellor –Centred:** the counsellor direct the client to take steps in order to resolve his conflicts.
- Main Assumption- 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**.
 - Counsellor gives advise to the client.
 - In this process focal point is problem not the process.

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- It gives **more importance to intellectual aspect** than emotional aspects.
- Steps of Directive Counselling
- **Analysis** – collecting data from various sources to understand the client's problem.
- **Synthesis** – interpreting and organizing data to reveal students' assets, liabilities, adjustments etc.
- **Diagnosis** – identifying the nature and cause of the problem.
- **Prognosis** – predicting the future development of the problem.
- **Counseling** – taking steps to bring about adjustment
- **Follow-up** – helping with recurrence or new patterns.

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Analysis

Synthesis

Diagnosis

Prognosis

Counselling

Follow up

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Merits

- It is **less time consuming**; hence this method **can be adopted when an early solution is required**.
- Best method when 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.

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- 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**.

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Non Directive Counselling

- Chief Exponent -**CARL R. ROGERS**
- This school of thought is just reverse to that of directive counseling.
- It is a **client-centered 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 based Counselee is allowed free expression.
- Counselor only directs and guides.
- Counselor asks a open ended questions (loosely structured), so as to think about the solution of the problem.

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- Counselee takes active part, gains insight into the problem with the help of the counselor and arrives at the decision and action to be taken.
- Counselor's role is passive.
- Counseling relationship is the establishment of the warm, permissive and accepting climate which helps the client to express his self structure
- It is also known as **permissive counselling**.
- In this type of counselling, emotional elements rather than intellectual element are stressed.
- Goal is independent and integration of the client rather than the solution.

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STEPS

1. Defining the problematic situation
- 2. Free expression of feeling
- 3. Classification of Positive and Negative Feelings
- 4. Development of Insight
- 5. Termination of counselling situation

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• Merits

- Freedom of the individual
- Relieves tensions due to catharsis
- Moves toward acceptance of himself
- Confronts weaknesses without feeling threatened

• Demerits

- Time consuming
- Wisdom and judgment of the client cannot be relied upon
- All the problems cannot be sorted out through talking
- It is not possible in schools because the counsellor has to attend many pupils.

Eclectic Counselling

- The chief advocate of this type of counselling is ‘ **E. C. 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.

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Steps Taken in Eclectic Counselling

- 1. Study of the need and personality characteristics of the client
- 2. Selection of Technique
- 3. Application of Technique
- 4. Evaluation of effectiveness
- 5. Preparation for Counselling
- 6. Seeking the opinion of the client and other related people

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• Characteristics

- 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 save the purpose of the relationship.

- **Self Check-**

- 1..... counselling is also known as prescriptive counselling.
- 2.was the chief exponent of **Non Directive Counselling**.
- 3. Eclectic counselling is a type of counselling which is.....



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- Answers-1.Directive counselling, 2. -CARL R. ROGERS 3. neither counsellor-centred nor client centred.

THANK YOU

