

Counselling

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Meaning of Counselling

Counseling is a face-to-face interaction between counselor and the counselee in which the counselor who has mature personality and equipped with special competencies and training provides the suggestive options to the counselee to make him capable to understand himself, his potential, strengths, to make him an self-determining and self-reliant person, to make him capable to take independent decisions, and make him capable to solve his problems by his own efforts and decisions.

Definitions of Counselling

- “Consultation, mutual interchange of opinion, deliberating together.” —**The Websters**
- “Counselling is a face-to-face relationship in which growth takes place in the counsellor as well as counsellee.” – Ruth Strang
- “Counselling implies a relationship between two individuals in which one gives a certain kind of assistance to the other. —**Myer**
- “Counselling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour.” —**Carl Rogers**

Definitions of Counselling

- “The term counselling covers all types of two personal situations in which one person, the client is helped to adjust more effectively to himself and his environment.”—**Robinson**
- “Counselling is the application of the personal resources of the school or other institution to the solution of the problems of the individual.”—**Traxler**
- “A counselling interview is a person to person relationship in which one individual with problems and needs turns to another person for assistance.”-**Erickson**

Characteristics of Counselling

- Counselling takes place in the confidential environment
- Counselling is a two way process.
- Counselling is the private relationship
- There is a mutual relationship between the two individuals.
- Mutual respect between the two
- Counselling is a professional relationship i.e. one of the two must be trained to assist the other
- Counselling does not involve giving advice
- Counselling is non-hierarchical relationship

Principles of Counselling

- Principle of Acceptance
- Principle of Respect for an Individual
- Principle of thinking with an Individual
- Principle of Permissiveness
- Principle of Learning
- Principle of Consistency

Fields or Forms of Counselling

Humphreys, Traxler and North have described the following four types of field:

- Educational Orientation and Guidance
- Personal and Social Adjustment
- Vocational Orientation and Guidance
- Health Adjustment

Types of Counselling

1. Directive Counselling
2. Non-Directive Counselling
3. Eclectic Counselling

Directive Counselling

The chief advocate of directive counseling is **E.G. Williamson**. In this counselling the counsellor plays an active role as it is regarded as a means of helping people how to learn to solve their own problems. This type of counselling is otherwise known as counsellor-centred counselling.

Non-Directive Counselling

The chief advocate of non-directive or client-centred or permissive counseling is **Carl R. Rogers**. In this type of counseling, the counsellee or client or pupil, not the counsellor is the pivot of the counselling process. In non-directive counseling, the goal is the independence and integration of the client rather than the solution of the problem.

Eclectic Counselling

The chief advocate of this type of counseling is **F.C.Thorne**. Eclectic counselling is a combination of directive and non-directive technique depending upon the situational factors.

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