

Guidance and counseling

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Unit -2 Counseling in School

1. Meaning, Concept and Need of counseling.
2. Principles of counseling
- 3 Process/ steps of counseling
4. Difference between Guidance and Counseling
5. Types- Directive, Non-directive and Eclectic counseling. Individual and group counseling.

Meaning of Counseling

- Counseling is a process in which professional help is given by experts to solve the problem of others.
- It is the heart of guidance program.
- Before providing help expert need to gain knowledge in the respective field.
- Without counseling guidance program is incomplete.

- Simply , it is a face to face communication between two persons.
- Counselor: A person who guide
- Counselee: The person who needs guidance.
- One fact to be considered in the mind that is that the discussion of sessions between two person should be confidential.

Definition of counseling :-

- According to Myers, Counseling implies a relationship between two individuals in which one gives a certain kind of assistance to others”.

Aims of counseling

- Achievement of positive mental health.
- To make individual oriented for educational aims.
- Helps to resolve problems (anxiety, fear, attitude etc.)
- Counseling for better decision making.
- Improving personal effectiveness so the goals can be completed.
- To courage for development of better attitude, behavior, approach etc.
- To develop skills for better behavioral modifications for effective studies.

Need and importance of counseling

- At this stage counseling is done to know the problem in learning process.
- For better personal development to prevent chronic effects of fear and anxiety that can affect learning.
- For removal of bad habits.
- Trying new approach , behavior, attitude, etc so that better results can be obtained.
- To know us better.
- In school so many changes occurs so at different age counseling is important to manage with this.
- To solve personal problems including relationship issues, anxiety , anger management .

Principles of Counseling

Principle of warmth/ friendliness:

The communication should be performed with warmth so that client can feel comfortable and welcome.

Principle of acceptance and democracy:

Whatever the counselee is explaining about themselves the counselor should respect and accept these feelings irrespective of their age, race, sex etc.

Principle of genuineness:

The counselor should be genuine in terms of honesty, friendly , comfortable and suggest best for their client or counselee.

Principle of empathy:

The counselor should show empathy, that is understanding, feeling and experience of the person.

Solution of numerous problems

- A person face numerous problems in life.
- Financial, personal, educational. Vocation, occupational etc.
- Sometimes it becomes difficult to the person to solve these problems.
- So they can take help of experts to come out of these difficulties.

- **Scientific approach :**
- Counseling is based on science rather than emotions.
- Each and every aspect of problem as well as solution is identified before any recommendations is given to the person who needs help.

A source of motivation:

- It is a source of motivation for the client. Problems are part and parcels of life.
- Counselor assist the counselee that how to tackle problems in life.
- Various solutions, method are told to the person during the counseling session.

- **Awareness:**
- Counseling aware the individual about his capabilities and interests.
- Person can work accordingly to solve the problems.
- As per the capacity of individual he/she can defiantly bring solution to the problem.

Confidentiality

- An important element of counseling process is confidentiality.
- All the information discussed between two persons always remain between them.
- Third person do not have access to that information

Rendering of relevant information:

- In the counseling process various types of information may be needed by the client such as
- Personal
- Vocational
- Educational
- So it is duty of expert to provide the help as per need of the person.

Based on real world:

- The solution provided by the expert should be real.
- Imaginative things do not work.
- So it is important to give concrete solution to help the person to live a happy life.

Confidence :

- While counseling it is important for the counselor to bring certain confidence in the mind of counselee.
- He should realize the person that expert is here to help you.
- If he remains hesitant then there will be no benefit of counseling.

Difference between Guidance and Counseling

Point of difference	Guidance	Counseling
Meaning	Guidance is any information or piece of advice given by one person to another.	Counseling refers to the professional advice given by the counselor to solve various problems.
Nature	Preventive	Remedial and curative
Privacy	It is open and less private.	It is confidential .
Nature of problem	It deals with educational and career related problems.	It deals with personal, social, mental problem.
Provided by	It is provided by teacher, parents, relatives	It is provided by the person who have professional training in counseling.
Ready answers	Guidance provides ready answers to the client.	Counseling empowers to create appropriate solution to solve the problem.
Aspect	Guidance signifies theoretical aspect.	Guidance signifies practical aspect.

Types of counseling

1

- Directive Counseling
- (B.G. Williamson)

2

- Non-Directive Counseling
- (Carl Rogers)

3

- Eclectic Counseling
- (F.C. Thorne)

Directive Counseling

- This type of counseling was given by **B.G. Williamson**
- In this type the counselor is in active role and directly take the decision or suggest the counselee. It means the counselor has major role in this type of counseling.
- This method is good for educational and vocational issues or problems.
- In this type the problem is at the central place and solution is given on the basis of that . It means counselee's behavior is given less importance .

Steps in Directive Counseling

- **Analysis:-** in this type collection of information takes place through interview, conversation with counselee or their family members or friends.
- **Synthesis:-** then the data is organized and summarized in proper format to identify potential, liabilities, habits of client.
- **Diagnosis:-** in this step problem and their cause is identified.
- **Prognosis :-** In this step the future development of the problem is predicted.
- **Counseling:-** In this step the counselor can suggest to bring out the adjustment.
- **Follow-up:-** Time to time follow-up is to be done.

Merits of Directive counseling:

- Time saving
- Gives happiness to the counselee.
- Importance is on intellectual aspect rather than emotional aspect.

Demerits of Directive counseling:

- Counselor is at central position.
- Counselee is helpless and depend on counselor.
- Non democratic.

Non-Directive Counseling

- This method is given by **Carl Roger** . This method is also known as client-centered therapy, **Rogerian** therapy.
- In this type of counseling the counselee is allowed to express freely and the counselor only guide and directs.
- In this method counselee understand their own problem with the help of counselor and take the active part to solve the problem.
- Here the role of counselor is passive.
- In this method emotional aspect is given more importance than intellectual aspect.
- Here democratic method is followed.

Steps Non-Directive Counseling

- The counselee takes active part to solve the problem.
- The counselor identified the problematic situation.
- The counselor encourage the counselee to express free about the problem.
- The counselor accepts negative as well as positive feeling for the problem.
- The insight or thought of counselee are directed towards action.
- Positive steps are taken to solve the problem.
- If the need of the help is decreased then the counseling process can be terminated.

- **Merits:-**

- Freedom for counselee.
- Democratic.
- Counselor shows empathy.

- **Demerits:-**

- Time consuming method
- It can not be used in schools
- Counselee is at central position.

Eclectic Counseling

- This method was given by [F.C. Thorne](#).
- This method is a combination of both directive and non directive counseling.
- In this method the counselor is neither passive nor active , the counselor understand different aspects and suggests best strategy for counselee.
- In this method counselor and counselee both work in cooperation .
- Here the counselor studies the need for the client and may begin with directive or non directive as per the need of situation .

Steps in Eclectic method

- After interview try to diagnosis the cause of the problem.
- Proper analysis of the problem
- Make strategy as per the need of the counselee to solve the problem.
- Stimulating the client to make their own resource for trying new method to solve the problem.
- In last, follow-up can be performed or counseling may be ended when no need.

Merits

- Freedom of choice
- Democratic
- Flexible in nature

Demerits

- Both methods can not be mixed
- No set of rules.

