

CCOUNSELING

Objectives: -

1. Recognize What Is Counselling
2. Appreciate Theories and Approaches to Counselling
3. Recognize Values in Counselling
4. Application of Knowledge on An Examples

DONE BY ABDULAZIZ ALSAUD.

REVIEW BY DOMSAH

Simple Definition of counseling: -



advice and **support** that is given to people to help them deal with **problems**, make **important decisions**, etc.

What is Specialized Counseling?

- ❖ It is the skilled and principled use of relationship to help the patient develop self-knowledge, emotional acceptance and growth including personal resources.
- ❖ Counselors who offer warmth, genuineness and empathy are more effective.

Aim of counselling

- ❖ To help people accept and come to terms with their difficulties and identify ways of coping more effectively and resourcefully.
- ❖ The counselor listens and asks questions until both counselor and client understand the way the client sees things.
- ❖ The counselor enables the client to clarify thoughts and feelings for better understanding of the problem.

Different approaches / theories

1. Psychodynamics
2. Humanistic
 - a. studies the whole person, and the uniqueness of each individual
 - b. encourages self-awareness and self-realization
3. Behavioral
 - a. environment determines behavior
 - b. Is based on the belief that behavior is learned and can be changed

Style of counselling: -

1. Directive

Counsellor-centered

allow the counselor to control the situation all the way through.

2. Non-directive

Patient/client-centered

allow client/patient to tell his story in his own way

3. Eclectic (selective)/ combination

Phases of counselling

1. **Exploration:** Enabling the patient to explore the problem himself and then focus on specific concerns
2. **New understanding:** To see both, themselves and their situation in new perspectives and how to cope more effectively
3. **Goal setting.**
4. **Action:** Possible ways to act; costs/consequences, planning, implementation and evaluation; creative thinking, problem solving and decision making.

Stages of counseling – example:

Exploration:

Patient- 'I want to kill myself'

Doctor: 'Why do you want to kill yourself?'

New understanding:

Patient - 'My girlfriend left me for a more muscular man' Doctor: 'Have you considered all other possible options?'

Goal setting:

Patient – 'I shall become more muscular'

Action:

Patient – 'I shall join a Gym'

Values in counseling

- ❖ Respect
- ❖ Acceptance
- ❖ Respect rights: privacy, confidentiality
- ❖ Respect uniqueness of each client
- ❖ Honesty
- ❖ Refrain from judgment

Counseling is not ...

- ❖ Advice
- ❖ Judgment
- ❖ Getting emotionally involved
- ❖ Look at the problem from your perspective
- ❖ Is not magic that will resolve all the problem.