

Counselling in family medicine

Color Index

IMPORTANT

NOTES

GOLD

EXTRA

OBJECTIVES

- RECOGNIZE WAHT IS COUNSELLING
- APPRECIATE THEORIES AND APPROACHES TO COUNSELLING
- RECOGNIZE VALUES IN COUNSELLING
- APPLICATION OF KNOWLEDGE ON AN EXAMPLES

DONE BY

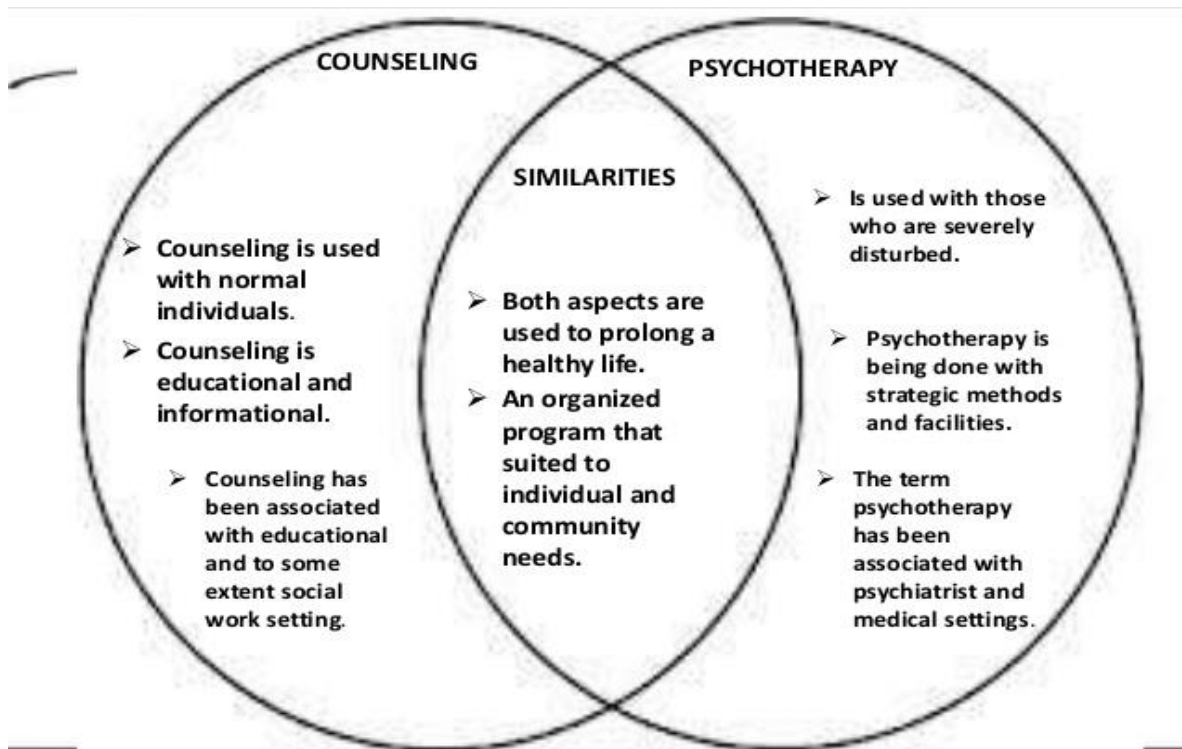
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Sources	Drs Slides and Notes

What is counseling?

- It is advice and support that is given to people to help them deal with problems (social or personal), make important decisions, etc. – [Merriam-Webster](#)
- To give advice, especially on social or personal problems. - [Cambridge](#)
- Counseling is **an interactive process** between the skilled attendant / health worker/counselor and a client/patient during which **information is exchanged** and **support is provided** so that the client, design a plan and act to improve their health.

According to the Psychotherapy and Counselling Federation of Australia ([PACFA](#)):

- “Psychotherapy and Counselling are professional activities that utilize an **interpersonal relationship** to enable people to develop **self-understanding** and to make **changes** in their lives.”



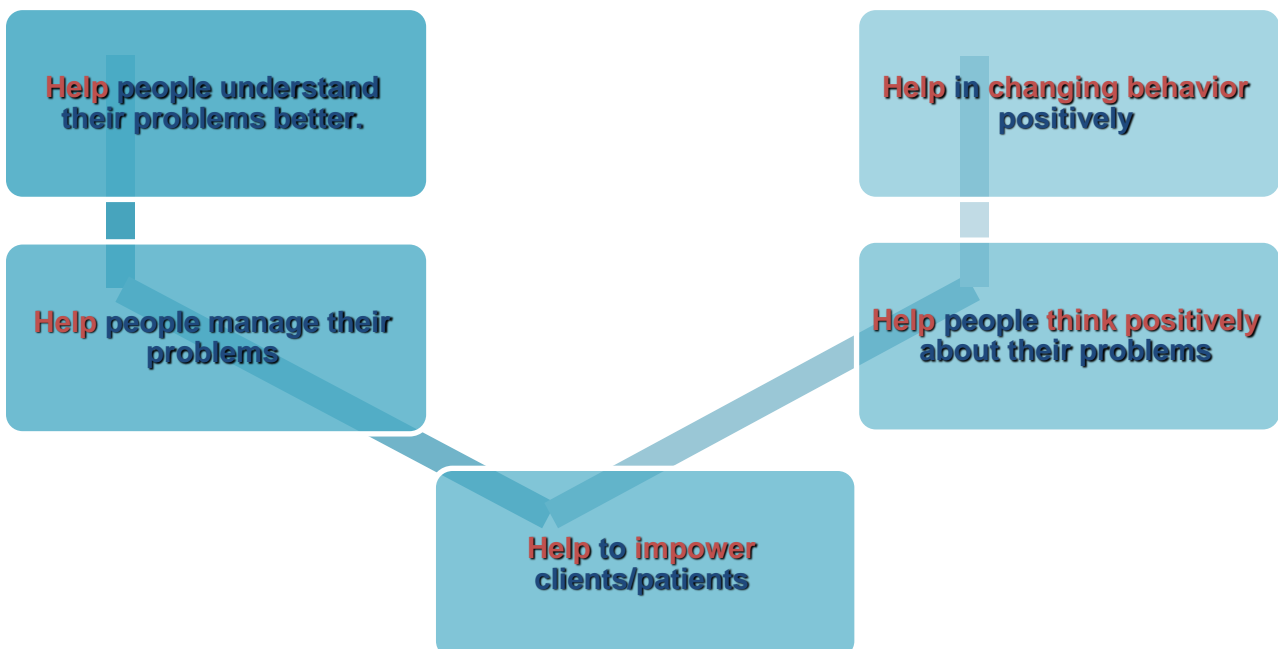
Definitions

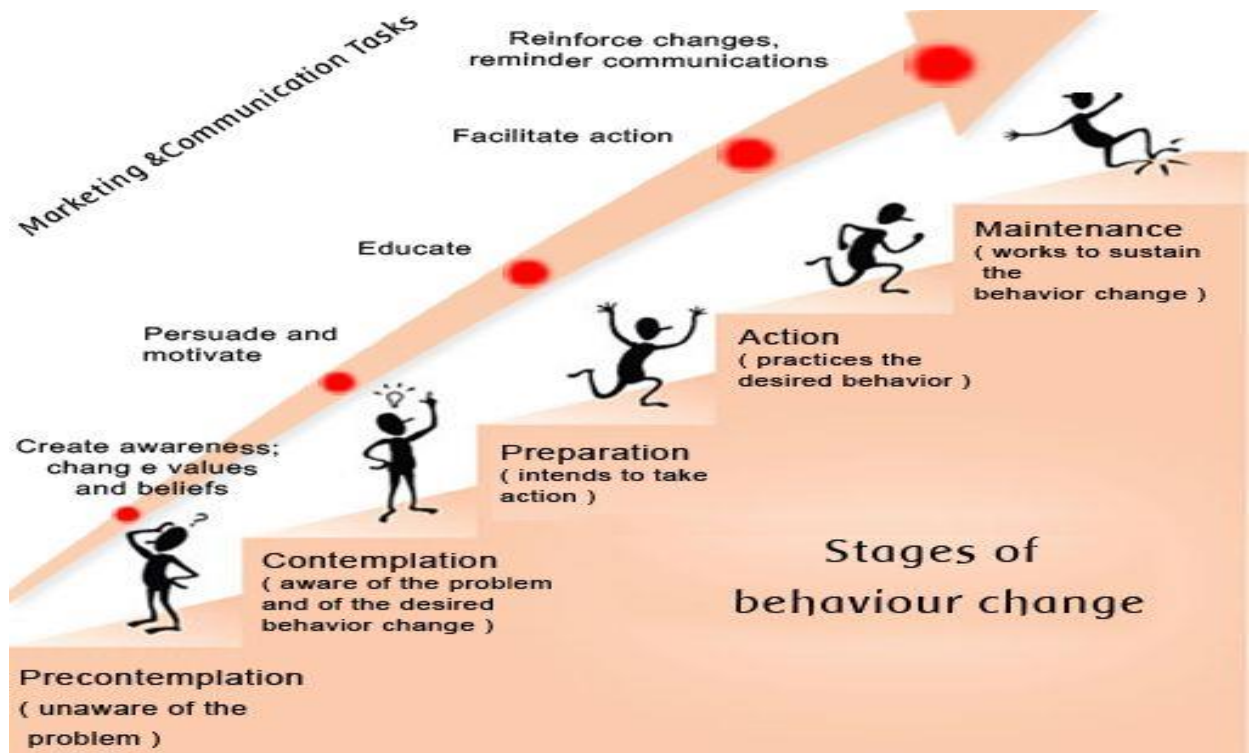
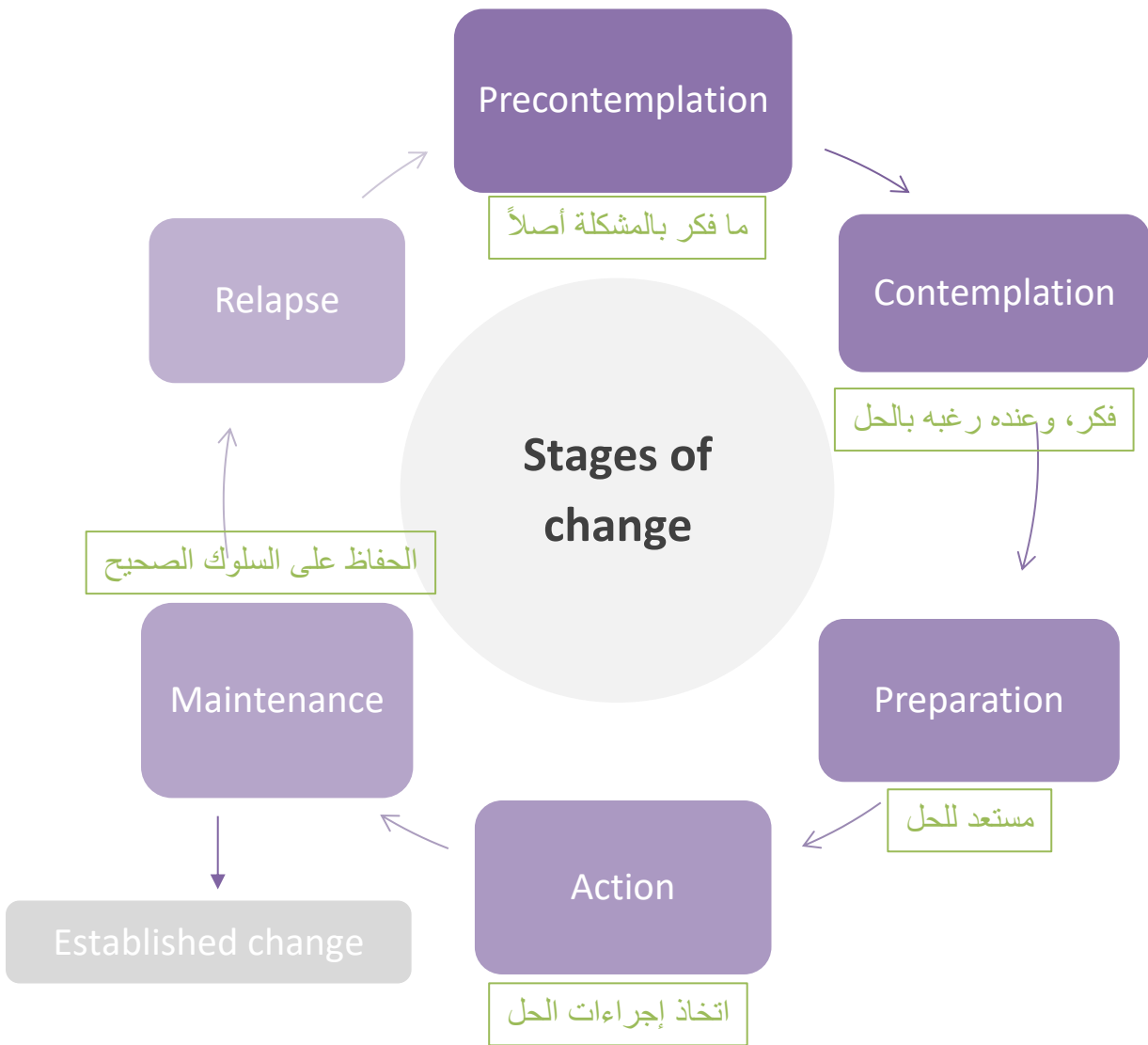
- “Counselling is a **structured** (not social) **conversation** (dialogue and interaction) aimed at **facilitating** (rather than descriptive) a client’s quality of life in the face of adversity”.
- **counselling** can be done with Everyone, but a professional counsel should be done with an educated provider.
- **Psychotherapy** can only be done with a specialized provider.



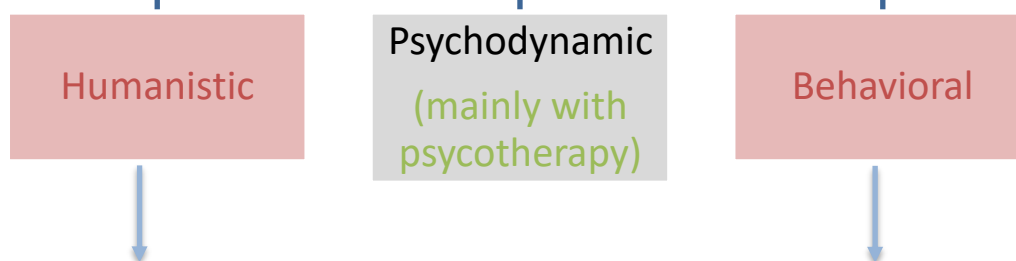
Aims of counselling

Aims mainly towards **HELP**.





Different approaches/ theories



- Recognize the uniqueness of every individual.
- Everyone has a capacity to grow emotionally and psychologically towards personal fulfillment.
- Make distinction between life events **vs** response to life events (كل شخص تصير له مواقف لكن تختلف طريقة تعاملهم معها من شخص لآخر).
- Help people to **explore** their own thoughts and work on their solutions.
- Encourages **self-awareness** and **self-realization**.

- Environment determines behavior. (بيئتك تحدد تصرفاتك سواء الجيدة أو السيئة)
- Responses to a given situation is due to behavior that has been reinforced as a child.
- **Is based on the belief that behavior is learned** and can be changed.
- The initial concern in therapy is to help the client **analyze behavior, define problems, and select goals**.

Phases of counselling

1- Defining the relationship

- Introduce yourself/establish rapport. (Create a good and comfortable environment).
- Defining the objectives and roles. (لازم توضح للمريض إنك ما تعطي حلول، أنت فقط توجه)
- The setting and seating.
- Allow the client/ patient to negotiate.
- Observation skills: verbal and nonverbal cues. (Gained with experience)
- Sensitivity and response to emotions. (Sensitivity can be a good thing such as respecting the person in front of you, or a bad thing like getting sad and upset over any slight thing).

2- Gathering information

- Obtain information about the client/patient.
- Attempted intervention.
- Allow patient/client to talk freely and express himself.
- Use facilitative questions (open-ended).
- Understand the patient's world.

3- Understand the problem

- The formal phase.
- Explain your understanding of the problem.
- Sharing information/ understanding.

4- Making intervention and action

- Help the patient/ client to answer the questions:
- What do I do to solve the problem?
- How do I make it happen?
- Counselor is supportive/ agent of change, but non-directive.

Styles of counselling		
Directive	Non-directive	Eclectic (selective)/ combination
<ul style="list-style-type: none"> • Counselor-centered • The counselor directs the patient/client. • Allow the counselor to control the situation all the way through. • Not a good style of counselling. 	<ul style="list-style-type: none"> • Patient/ client-centered. • Allow client/ patient to tell his story in his own way. • The role of the counselor is to Create an atmosphere in which the patient can express himself more freely. (Make the patient feel comfortable). • Stress on emotional element and development of insight. 	<ul style="list-style-type: none"> • Alternating between patient-centered and counselor-centered styles. • Client-specific (Tailored according to situation and client). تغيير أسلوبك حسب المريض اللي قدامك وشخصيته • Needs experience.

Values in counselling

- Respect (should be mutual).
- Acceptance.
- Respect rights; privacy and confidentiality.
- Respect uniqueness of each client.
- Honesty
- **Refrain from judgement?** (Mostly yes, but sometimes you can use it when you're certain it will hit the target).



Table 2. Five A's: A Brief Intervention for Addressing Health Risk Behavior

Five A's	Physician intervention
Ask	"How often do you drink alcohol?" "How much do you smoke?" "How often do you exercise?" Administer self-report questionnaire.
Advise	"As your doctor, I strongly recommend that you quit smoking/quit drinking/initiate regular exercise. It is one of the most important things you can do for your health." Briefly describe patient-relevant risks of continuing the behavior and the benefits of changing. Provide written educational material to reinforce your message. Do not admonish the patient.
Assess	"Are you ready to quit drinking/quit smoking/initiate exercise in the next 30 days? I can help you with this change."
Assist	"Quitting smoking/drinking can be a real challenge. Pharmacotherapy/community resources/spousal support may help." Develop a clearly stated action plan; write it down and make a copy for the patient and for the patient's chart.
Arrange	"I'd like to see you again in two weeks. A nurse will call you next week to see how the plan is going."

Information from references 13 and 14.

QUESTIONS

QUESTIONS (1)

- Which of the following can only be done with a specialized provider?

A) Guidance

B) Counselling

C) Psychotherapy

QUESTIONS (2)

- Which of the following approaches makes a distinction between life events and the response to them?

A) Humanistic

B) Behavioral

C) Psychodynamic

QUESTIONS (3)

- Which of the following styles of counselling is counselor centered?

A) Directive

B) Non-directive

C) Eclectic (selective)

QUESTIONS (4)

- TRUE OR FALSE, a counselor should always refrain from judgement?

A) TRUE

B) FALSE

ANSWERS

C, A, A, B