

Progr- M.Ed., Semester- IV

Course- Guidance and Counselling (OC-17)

UNIT- IV; 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. In this process, the client comes to the counsellor with a problem. The counsellor establishes rapport with the client based on mutual trust, acceptance and understanding. This theory believes that the sufficient means of solving a person's problems are present within the person himself. The function of the counsellor is to provide such an environment in which the client is independent to grow so that he may become what he likes to become. The client provides all information about his problems. The counsellor assists him to analyze and synthesize, diagnose his difficulties, predict the future development of his problems, take a decision about the solution of his problems; and analyze the strengths and consequences of his solutions before taking a final decision. The client is given full freedom to talk about his problems and work out a solution.

In this counseling, client is encouraged to lead in conversation and to express his own attitudes feeling and ideas. The counsellor mostly remains passive. He never interferes the client's ideas, thoughts, feeling, flow of expressions. Basically, the counsellor makes his efforts to develop rapport and mutual feeling of confidence in both the parties.

In this approach, open- ended questions are asked. These questions are loosely structured. In the answers of these questions, the person projects his own personality. The main concern of the counsellor is with the summarization of emotional contents told by the client. When the client is answering, he should be encouraged to speak in detail through proper methods. The client feels that the counselor really respects the client ideas.

Features of Non- Directive Counselling:

It has the following features:

- It is client- centredcounselling.
- In this type of counselling, defensiveness falls down.
- A person is accepted in his originality and he is free to express his any attitude.
- Through this counselling his psychological adjustment improves.
- Client's behaviour is considered more matured emotionally.
- It is based on the principle that a person has so much capacity and drive that he can grow and develop so that he may face the situations in reality.
- In this the counsellor is passive to the maximum.

Steps in Non-Directive Counselling:

Carl R. Rogers has given the following steps of this counselling process:

- **Defining the Problematic Situation**-The pupil or individual comes for help as the counsellee. The counsellor defines the situation by indicating that he doesn't have the answer but he is able to provide a place and an atmosphere in which the client or pupil can think of the answers or solutions to his problems.

- **Free Expression of Feeling-** The counsellor is friendly, interested and encourages free expression of feeling regarding the problem of the individual.
- **Classification of Positive and Negative Feeling-** The counsellor accepts and recognizes the positive as well as the negative feelings.
- **Development of Insight-** The counsellor goes on thinking regarding the client's new feelings along with the development of client's insight and he goes on classifying all those new feeling.
- **Termination of Counselling Situation-** The counsellor looks for a point where he can terminate the counselling situation after all the steps. According to this school of thought, either the client or the counsellor can suggest for such termination of counselling situation.

Advantages of Non-Directive counselling:

- The development of the problem- solving ability in the client through this school of thought is definite.
- Being client-centred school of thought, other unwanted activities and tests can be avoided.
- This type of counselling leaves its impressions for a longer period.
- Its use reduces psychological tensions.

Limitations of Non-Directive counselling:

- This counselling has a drawback of lack of permission for flexibility to the counsellor.
- This counselling is not so deep like psycho-analysis.
- It is a time consuming process.
- It is not possible in all the schools because the counsellor has to attend many pupils.
- Many counselling situations do not arise successfully in this client-centred counselling.
- This client-centred theory suffers the basic defect that it does not care how the behaviour is affected by the stimulus-situation and the nature of the environment.
- Sometimes, due to the counsellor's passiveness, the client hesitates in expressing his feeling.

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