

Programe-M.Ed.,Semester-IV

Course- Guidance and Counselling (OC-17)

UNIT- IV; Counselling

3. 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. This approach in counselling is best characterised by its freedom to the counsellor to use whatever procedures or techniques seem to be the most appropriate to any particular time for any particular client. This counselling is one where one who is willing to utilize any procedures which hold promise even though their theoretical bases differed markedly.

This counselling recognizes that each theory may contain some truth and that so long as a final decision between theories can't be made practical necessity justifiably takes precedence over orthodoxy. The counsellor in this counselling may start with directive technique but switches over to non-directive counselling if the situation requires. He may also start with the non-directive technique and switches over to directive techniques if the situation demands.

So the counsellor in this counselling makes use of directive and non-directive counselling and also of any other type which may be considered useful for the purpose of modifying the ideas and attitudes of the counsellee. Hence it is possible for the counsellor to alternate between directive and non-directive techniques depending upon the requirements of the situation.

It can be said that directive and non-directive counselling are at the opposite ends of the pole of guidance. It is eclectic counselling that bridges the gap between the two and makes adjustment between directive and non-directive techniques.

Features/Characteristics of Eclectic Counselling:

This counselling has the following features or characteristics of it:

- Methods of counselling may change from counsellor to counsellor/counsellor or even with the same client from time to time.
- Flexibility is the key note of this counselling.
- Freedom of choice and expression is open to both, the counsellor and the client.
- The client and the philosophical framework are adjusted to serve the purposes of the relationship.
- Experience of mutual confidence and faith in the relationship are basic.
- Feelings of comfort are essential.

Steps in elective counseling:

- Study of the need and personality characteristics of the client
- Selection of techniques
- Application of techniques
- Evaluation of effectiveness
- Preparation for counselling
- Seeking the opinion of the client and other related

Competence of the Counsellor in Eclectic Counselling:

- Eclectic counselling assumes high level competence and should never be used as a rationalization by the counsellor for indiscriminate use or neglect of particular procedures advocated in other philosophies.

- The competent eclectic counsellor is well acquainted with all other major theories of philosophies in counselling and uses this knowledge in choosing techniques and in the establishment of a positive working relationship with the client.
- A rejection of any philosophical framework is justified by the counsellor if he had a better way to achieve the task in hand.
- The counsellor must be aware of the fact that problems differ from individual to individual. The counsellee or the pupil must be accepted as he is and attempts be made to understand him.
- Each problem must be treated as unique. All pre-conceived notions of dealing with all the counsellee's personal problems in the same way should be discarded. The task of the counsellor is very difficult.
- He has to shift and interpret all the matter that is available about the individual. The worker should take care in working with the pupils to be warm, co-ordinal, friendly, responsive and understanding but at the same time will be impersonal and objective. To be impersonal and objective, however he needs not to be cold, indifferent or not interested.

Limitation of Eclectic Counselling:

- Some people are of the view that this type of counseling is vague and opportunistic.
- Both, directive and non-directive counseling cannot be mixed together.
- In this, the question arises how much freedom should be given to the client? For this, there is no definite rule.