

UNIT- IV, Counselling

TYPES OF COUNSELLING

There are three type of counselling-

1. Directive Counselling
2. Non-Directive Counselling
3. Eclectic Counselling

1. Directive Counselling:

In this counselling the counsellor plays an active role as it is regarded as a means of helping people how to learn to solve their own problems. This type of counselling is otherwise known as counsellor-centred counselling. Because in this counselling the counsellor does everything himself i.e. analysis, synthesis, diagnosis, prognosis, prescription and follow-up.

Features of Directive Counselling: It has the following features:

- During the interview attention is focused upon a particular problem and possibilities for its solution.
- During the interview the counsellor plays a more active role than the client or pupil.
- The pupil or client makes the decision, but the counsellor does all that he can to get the counsellee or client makes a decision in keeping with his diagnosis.
- The counsellor tries to direct the thinking of the counsellee or client by informing, explaining, interpreting and advising him.

Steps in Directive Counselling:

The following steps are followed in this type of counselling:

(i) Analysis:

In this step data is collected from a variety of sources for an adequate understanding of the pupil.

(ii) Synthesis:

This step implies organizing and summarizing the data to find out the assets, liabilities, adjustments and mal-adjustments of the pupil.

(iii) Diagnosis:

Formulating conclusions regarding the nature and causes of the problems expressed by the pupils is the major concern of this step.

(iv) Prognosis:

This step implies predicting the future development of the problem of client or pupil.

(v) Counselling:

This step indicates taking steps by the counsellor with the pupil to bring about adjustment in life.

(vi) Follow-up:

This step implies helping and determining the effectiveness of the counselling provided to the pupil or client.

Role of the counsellor in Directive Counselling:

The counsellor plays the vital role in this counselling process. He is the pivot of the process and the leader of the situation. The counsellor does most of the talking problems and individual is not the focus. The counsellee in fact, works under the counsellor and not with him. The counsellor tries to direct the thinking of the counsellee or client by informing, explaining, interpreting and sometimes advising also.

The counsellor collects all possible information about the pupils or counselees and analyses them for an adequate understanding. He summarizes and organises the data so as to understand the abilities and limitations, adjustment and mal-adjustment of the pupils. He formulates conclusions about the nature and causes of his problems. He predicts the future development of his problems. He prescribes what the pupil should do to solve his problems and follows the consequences or effects of his prescription. Directive counselling is also called the prescriptive counselling because the counsellor prescribes the solutions or the course of action for the pupils.

Advantages of Directive counselling:

- . It saves a lot of time.
- .There is more focus on the problem and less on the person.
- .The counselor can look the client directly.
- .Counselling focuses more on the intellectual aspect of the person than his emotional aspect of the personality.

Limitations of Directive counselling:

- .The client is more dependent.
- .The counselor fails in saving the client to commit the mistakes in future.
- .There is scarcity of information regarding the pupil which creates the possibility of wrong counselling.

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