

Program - M.Ed.

Semester- IV

Course- Guidance and Counselling

COURSE Code - OC-17

UNIT- IV Counselling

Meaning of Counselling-

The term counselling in guidance literature conveys a meaning much more than its literary meaning and its scope is much broader than mere giving advice. The major concern of counselling service is to help the individual to achieve self-direction, self-knowledge and self-realization. Before citing the definitions given by different specialists on this area it is essential on our part to know the meaning of counselling service in general perspective.

“Counselling is a face-to-face meeting for interpersonal relationship of the counsellor and the counsellee in which the counsellor who happens to be person with special training and competency offers suggestions, opinion and advice to the counsellee to assist him (the counsellee) to understand himself and to develop his potentialities and resources so that he may function as an independent and self-reliant person, capable of making his own decisions and solving his own problems. In other words, it can be stated as a consultancy service and through mutual exchange the counsellor can motivate the counsellee in bringing about changes in attitudes and in development of skills and competency and make right choices.

Definitions of Counseling:

“Consultation, mutual interchange of opinion, deliberating together.” —The Websters

“Counselling implies a relationship between two individuals in which one gives a certain kind of assistance to the other. —Myer

“Counselling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour.” —Carl Rogers

“The term counselling covers all types of two personal situations in which one person, the client is helped to adjust more effectively to himself and his environment.” —Robinson

“Counselling is the application of the personal resources of the school or other institution to the solution of the problems of the individual.” —Traxler

CHARACTERISTICS OF COUNSELLING:

According to the British Association for Counselling and Psychotherapy (BACP) 2002, the definition of Counselling emphasizes many characteristics of counselling such as:

- Counselling takes place in the confidential environment
- Counselling is a two way process.
- Counselling is the private relationship
- There is a mutual relationship between the two individuals.
- Mutual respect between the two
- Counselling is a professional relationship i.e. one of the two must be trained to assist the other
- Counselling does not involve giving advice
- Counselling is non-hierarchical relationship

Organisation of Counselling Services in School:

The counselling service is to be organised as per the following criteria for making counselling service a grand success in the school:

- A qualified counsellor should be appointed.
- The counsellor should be given a separate room so that it will provide adequate privacy to him.
- The room should have sufficient equipment's.
- The room should have adequate furniture.
- The counsellor should take advantage of every opportunity or facility offered by the school like bulletin board, the assembly period etc., to publicize the counselling service and to explain its nature and purpose.
- The room should be made as attractive as possible.
- The counsellor should make himself easily available to the pupils as and when necessary.
- The counsellor should be very receptive and humane in nature.
- The principal or headmaster should take a keen interest in the counselling service of the school.
- The counsellor should arrange talks illustrated by films and film strips for pupils, teachers, parents and other community groups.

Principles of Counselling

- Principle of Acceptance
- Principle of Respect for an Individual
- Principle of thinking with an Individual
- Principle of Permissiveness
- Principle of Learning
- Principle of Consistency