



**BHARATHIDASAN UNIVERSITY**  
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**UNIT –I - Emergence and Growth of Guidance and Counseling**

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# **Emergence and Growth of Guidance and Counseling**

# Emergence and Growth of Guidance and Counseling

This presentation explores the history and evolution of guidance and counseling as a vital field dedicated to personal growth and well-being. We will journey through the key factors shaping this discipline, from its roots to its contemporary relevance.

# Concept of Counseling: Definition, Scope, and Types

## Definition

Counseling is a collaborative process, helping individuals explore personal issues, achieve goals, and enhance well-being. It involves a trained professional who guides individuals towards self-awareness, decision-making, and positive change.

## Types of Counseling

Counseling encompasses diverse areas, addressing various needs. Some common types include: - Individual Counseling - Family Counseling - Career Counseling - Substance Abuse Counseling

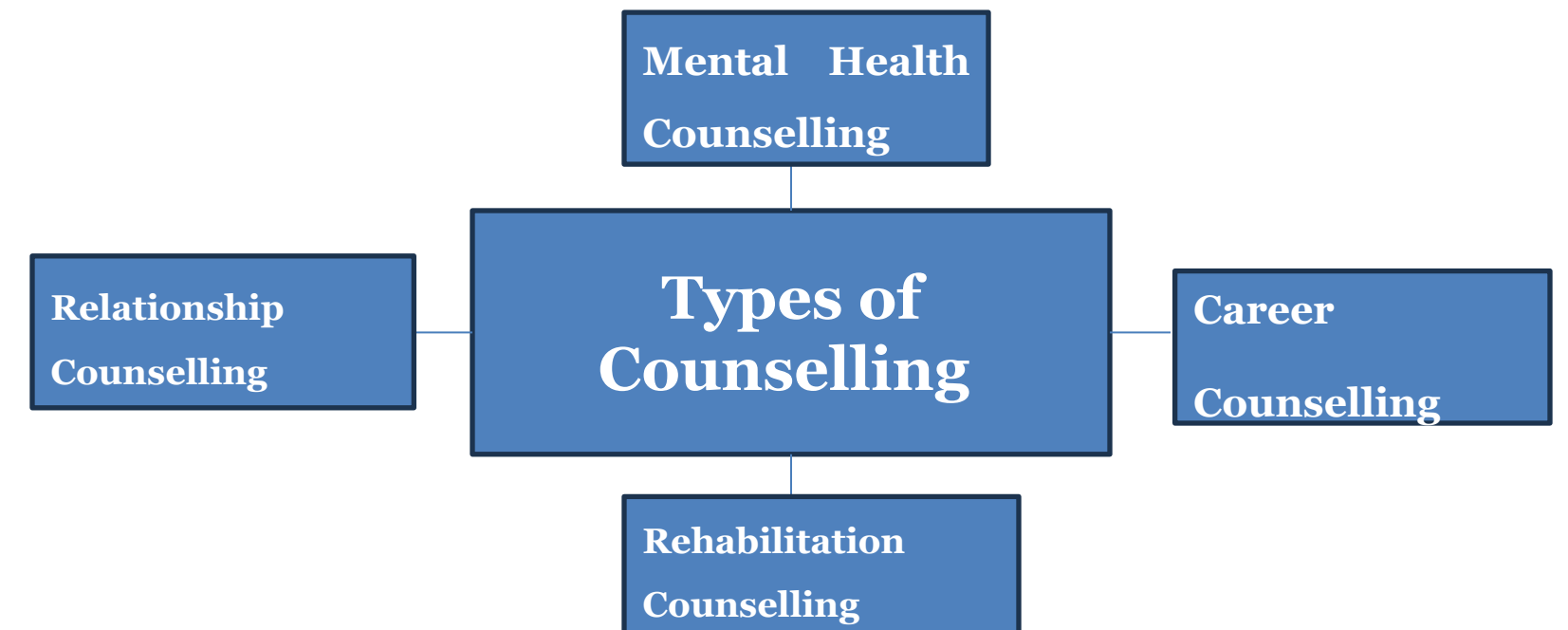
# Types of Counselling :

## Mental Health Counselling

- A mental health counselor is responsible for providing the people with support who are going through any emotional distress like fear of something, anxiety, depression, or frustration.
- There are different causes when people need mental health counselling that may include, extensive grief, supreme anger issues, addiction to something, family issues, eating disorders, and so on. After talking to the clients about the problems, mental health counselors try and provide them ways to overcome this situation and nurture their well-being.

## Career Counselling

- A little different from the traditional counselling processes, [career counselling](#) means providing aspirants with career guidance and showing them the right path towards a bright career according to their areas of interest and skills.
- The career counselling curriculum is designed to guide people in selecting, changing, or leaving a career and can be availed at any stage of life. A career counselling expert assesses your aptitude, personality, and interests to suggest you the best career option.



## **Rehabilitation Counselling**

- The rehabilitation counselling process helps people with disabilities fulfill their goals and lead an independent life with complete participation in the community.
- This is a systematic method to help people with emotional, physical, cognitive, and mental disabilities accomplish their life goals and live a cherishable life.
- The rehabilitation counselors support the concerned people to overcome psychological disabilities.

## **Relationship Counselling**

- Also known as couples therapy, people seek such counselling when something serious affects their love life.
- People choose to go for relationship counselling for various reasons including the desire to have a stronger relationship with the partner or spouse, issues emerging from disagreement, unhealthy abuses, something hectic that affected their lives, etc.
- A relationship therapist helps the couple to overcome the problems they are facing and enter into a long-term commitment.

# Factors Contributing to the Emergence of Counseling

**1 Industrial Revolution**  
As societies shifted toward industrialization, new challenges emerged, such as mental health issues related to work, stress, and social adjustments. These concerns spurred the need for guidance and support.

**2 World Wars**  
The trauma and aftermath of war highlighted the importance of emotional and psychological support for soldiers and their families. Counseling played a crucial role in their recovery and rehabilitation.

**3 Social Movements**  
Social movements advocating for mental health awareness, equality, and inclusivity helped shape the field by emphasizing the need for accessible support and services.

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# Moral and Philosophical Issues in Counseling

## Confidentiality

The ethical principle of confidentiality is paramount in counseling. It builds trust and allows clients to share sensitive information without fear of judgment or disclosure. It ensures a safe space for open and honest communication.

## Informed Consent

Clients must be informed about the nature of counseling, its potential benefits and limitations, and their rights before engaging in the process. Informed consent empowers clients to make autonomous decisions about their care.

## Dual Relationships

Counsellors must avoid dual relationships, such as personal or professional connections outside the therapeutic setting, which can compromise objectivity and professional boundaries.







# Economic Changes and Challenges Impacting Counseling

1

## Recessions and Economic Downturns

During economic instability, people may experience financial stress and unemployment, which can lead to mental health concerns. This emphasizes the need for affordable and accessible counseling services.

2

## Globalization and Workforce Shifts

Changes in the workforce, driven by globalization and automation, can create anxieties about job security and career transitions. Counseling can provide support and guidance during these adjustments.

3

## Healthcare Costs and Insurance Coverage

Limited insurance coverage and rising healthcare costs can create barriers to accessing counseling services, highlighting the need for affordable care and expanding access to mental health resources.



# Social Theories Influencing the Development of Counseling



## Behaviorism

Behaviorism emphasizes the role of learning and environmental factors in shaping behavior. It utilizes techniques like reinforcement and conditioning to address behavioral issues.



## Humanism

Humanism focuses on the inherent worth and potential of individuals. It emphasizes empathy, self-acceptance, and personal growth through counseling.



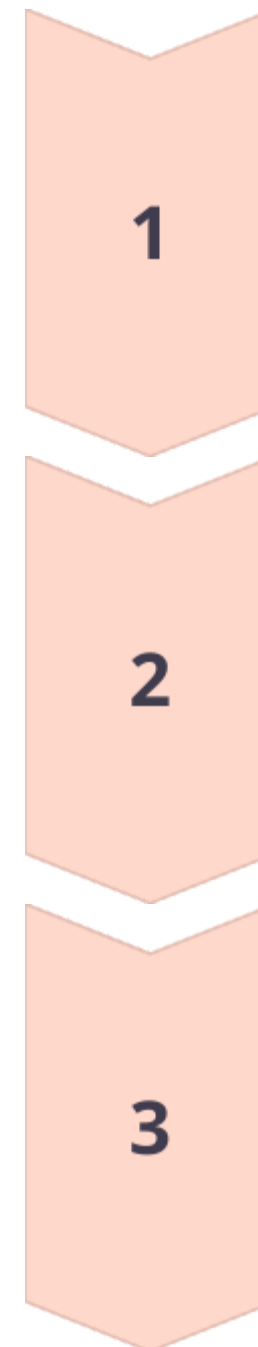
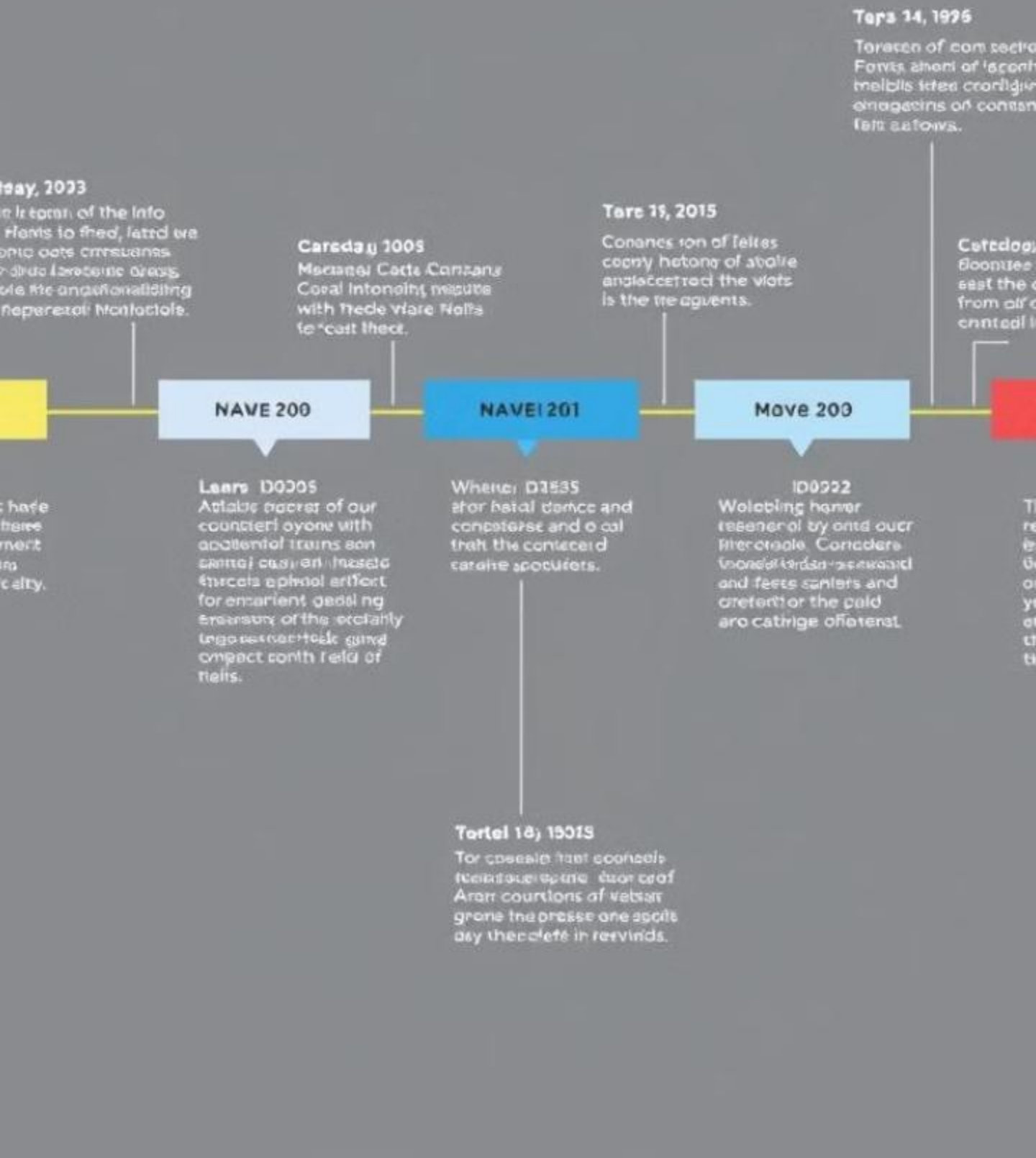
## Cognitive Psychology

Cognitive psychology explores how thoughts and beliefs influence emotions and behaviors. It uses cognitive restructuring and problem-solving techniques to address negative thought patterns.



# Important Periods in the Historical Development of Counseling

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## Early 20th Century

The emergence of guidance and counseling was influenced by the increasing need for vocational guidance, especially during the Industrial Revolution.

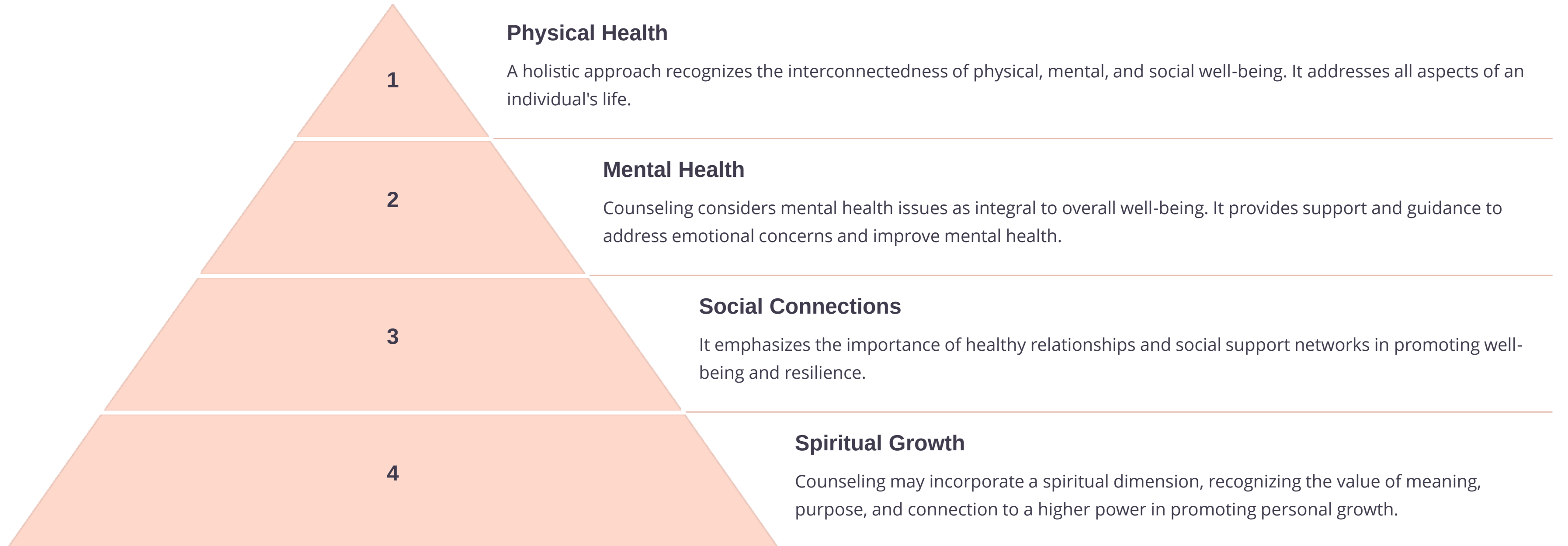
## Mid-20th Century

Counseling expanded beyond vocational guidance to address personal and social issues. The development of various theoretical approaches like psychoanalysis and humanistic therapy marked this period.

## Late 20th Century and Beyond

Modern counseling incorporates diverse approaches and integrates technology, recognizing the importance of cultural diversity and addressing mental health issues in a holistic manner.

# The Potential of an Individual: Holistic Approach to Counseling



# Career guidance

Career guidance is the process of helping individuals make informed decisions about their education, training, and career paths. It involves assessing individual interests, skills, values, and goals to identify suitable career options and develop strategies for achieving them.

## Here are some key aspects of career guidance:

- 1. Self-Assessment:** This involves exploring your interests, values, skills, personality traits, and learning style. Tools like career assessments and personality tests can be helpful in this process.
- 2. Career Exploration:** Researching different career options, including job descriptions, educational requirements, salary ranges, and job market trends.
- 3. Goal Setting:** Defining short-term and long-term career goals, and developing action plans to achieve them.
- 4. Skill Development:** Identifying and developing the skills and knowledge necessary for your chosen career path, through education, training, and experience.
- 5. Job Search Strategies:** Learning effective job search techniques, such as networking, resume writing, and interviewing.
- 6. Decision Making:** Making informed decisions about education and career choices, considering factors like personal goals, financial constraints, and job market demands.
- 7. Career Development:** Continuously developing your skills and knowledge throughout your career to stay competitive and advance in your field.

## Who can benefit from career guidance?

Career guidance can benefit individuals at all stages of their lives, including:

- **Students:** To explore career options and make informed decisions about their education and training.
- **Job seekers:** To identify job opportunities, develop job search strategies, and improve their employability.
- **Working professionals:** To explore career advancement opportunities, develop new skills, and manage career transitions.



# Career Guidance: Importance and Strategies

1

## Self-Assessment

Understanding one's strengths, interests, values, and skills is crucial for making informed career decisions.

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2

## Career Exploration

Researching different career paths, networking with professionals in relevant fields, and exploring internships or shadowing opportunities can help individuals identify potential career options.

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3

## Career Planning

Setting career goals, developing a plan to achieve them, and taking steps toward continued education or skill development are essential for career progression.

# Conclusion and Future Directions of Counseling

Counseling has evolved significantly, becoming increasingly diverse and adaptable to address the complex needs of individuals and societies. As we move forward, counseling must embrace innovation, technology, and cultural sensitivity to continue its vital work in promoting personal growth, well-being, and societal progress.

