



**BHARATHIDASAN UNIVERSITY**  
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**UNIT –III - Approaches to Counseling**

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## **UNIT –III**

# **Approaches to Counseling**

# Exploring Approaches to Counselling

Counselling offers valuable tools and strategies to navigate life's challenges. This presentation explores various approaches to counselling, highlighting their strengths and unique methodologies.



# Directive or Authoritarian Approach (Psychoanalytic)

## Focus on the Unconscious

This approach aims to uncover hidden thoughts and emotions. It emphasizes the impact of past experiences on current behavior.

## Therapist-led Approach

The therapist guides the client through interpretations and interventions. This approach can be quite structured and directive.

# Relevance of Psychoanalysis to Counselling

## 1 Understanding Early Experiences

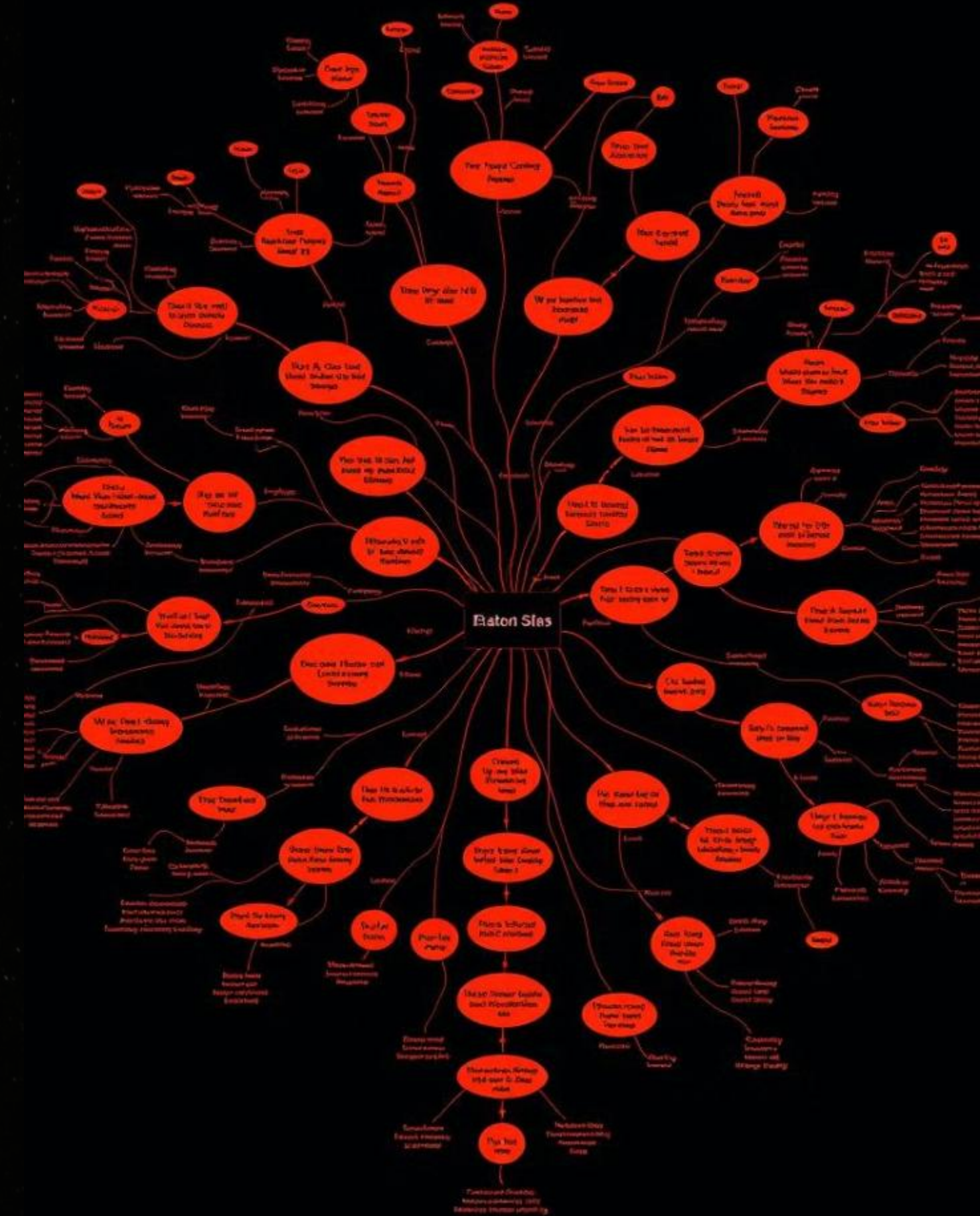
It helps clients understand how childhood experiences may be influencing their current actions and relationships.

## 3 Developing Self-Awareness

It helps clients become more aware of their own inner world and the factors that shape their thoughts and behaviors.

## 2 Addressing Defense Mechanisms

It provides insights into the unconscious strategies people use to cope with stress, which can be adapted for positive change.



# Humanistic Approach

## Focus on the Individual

This approach emphasizes the client's inherent potential for growth and self-actualization.

## Emphasis on Empathy and Acceptance

The therapist provides a safe and non-judgmental space for clients to explore their feelings and experiences.

## Focus on the Present

This approach focuses on the client's current thoughts, feelings, and experiences, rather than delving into the past.



# Roger's Self-Theory



## Self-Actualization

This theory highlights the inherent drive to reach full potential and personal growth.



## Unconditional Positive Regard

The therapist provides acceptance and support without judgment, fostering trust and self-acceptance.



## Empathy and Congruence

The therapist genuinely understands the client's experiences and communicates authentically.





# Development of Self-Concept

## Early Childhood

Early experiences shape our sense of self, influenced by relationships and interactions.

1

## Adolescence

Exploring identity and values leads to a more defined self-concept. This can be a period of self-discovery and growth.

2

## Adulthood

The self-concept continues to evolve as individuals navigate relationships, careers, and life experiences.

3





# Eclectic Approach

1

## **Combines Multiple Techniques**

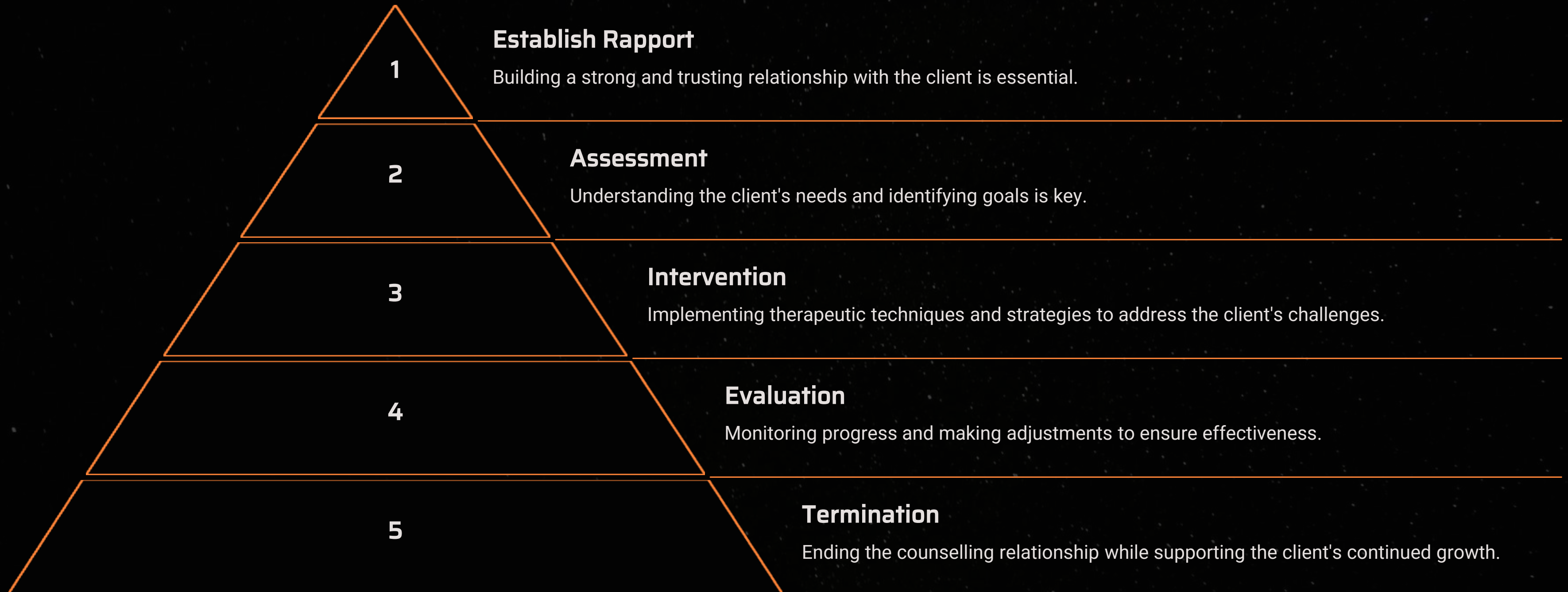
This approach draws from different therapeutic approaches, tailoring interventions to the individual client's needs.

2

## **Flexibility and Adaptability**

The therapist can utilize a range of techniques to address different challenges and support growth.

# The Counselling Process



# Counselling Process

When a person seeks counselling, he or she suffers from something serious be it mental issues, emotional problems, or family problems. The process isn't rushed but rather involves a systematic evaluation that includes a detailed process.

The counselling process involves a step-by-step approach and the counselor conducts it in a way to make sure that his client is comfortable with the process. Lets have a look at the five crucial stages of a counselling process.

## **1: Building a Warm Relationship**

When you are hitting up a counselor to discuss your problems, you ought to suffer from any serious issue concerning academics, relationships, career, or anything else. The first thing your expert does is to make yourself comfortable around him/her. He focuses on developing a warm relation and mutual trust first to make sure you do not hesitate while speaking about the problems you are facing.

## **2: Analysis**

Now comes the second part, which is assessment. In this stage, the professional encourages you to speak in detail about your problems to grab the roots of the problem. He observes every minute detail from how you are speaking to your reactions to certain questions that might come from his end. Once he assesses the problem, the goal is fixed.

### **3: Setting the Goal**

After a thorough evaluation of your problems, now comes the significant section of goal setting. Considering the issues you are facing the counselor sets a goal. That can be either you overcoming the problem or reconciling with it.

### **4: Plan of Action**

The counselor plans an action for you to practice to see the results. Suppose someone has public speaking fear, The expert might ask him to practice speaking in front of the mirror. This is just an instance. Once you go through the plan for the desired tenure, he assesses your improvement. If things seem normal, you are at the final stage! If not, he might design something different.

### **5: Overcoming the Problem**

As I mentioned in the previous point after you follow the plan of action the consequent results are taken into consideration. If things seem to go in the right direction and you start feeling relaxed, yes! You have achieved your goal.

# Counselling Skills

Being a professional counselor requires some core skills to be able to handle client queries and drive the best results for them.

The vital skills that a professional counselor must have are as follows:

- **Effective Listening:** A counselor must be a patient listener who not only listens to the clients queries but can handle them intricately. Without hearing the issues minutely, it is impossible to get ahead with the next counselling steps. Therefore, the counselor has to be someone with good listening skills who gives full attention to the client and their details.
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- **A Good Communicator:** A counselor is someone who listens to his clients, analyses the problems, and develops a plan of action to achieve a target. It is indeed critical to be a very good communicator to help the person feel comfortable around him and make sure the client is not hesitating while speaking in front of him about his problems. Developing a good relationship is very important.
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- **Analysis:** A successful counselor is someone who is not only a good listener but a good analyzer too, who uses his skills and expertise to reach the root of the problem and analyze it. Without analysis, the entire process is in vain as no goals can be set and the client will not be able to undergo any plan of action.

# Importance of Counselling in India

1

## **Mental Health Awareness**

Counselling promotes mental health awareness and helps break down stigma associated with seeking help.

2

## **Addressing Social Issues**

It helps individuals cope with challenges like family conflicts, unemployment, and societal pressures.

3

## **Personal Growth**

Counselling provides tools and strategies for personal growth and development, enhancing overall well-being.

# Challenges and Opportunities in Counselling

1

## Access to Services

Limited access to affordable and qualified counsellors, especially in rural areas, is a significant challenge.

2

## Stigma and Shame

Mental health stigma remains a major barrier to seeking help. There is a need to increase awareness and understanding.

3

## Technological Advancements

Online counselling provides greater access and convenience, offering new opportunities for growth.

