COUNSELING TECHNIQUES
COUNSELING TECHNIQUES

Counseling involves a relationship between two persons in which one of them (Counselor) attempts to assist the other (Counselee or Client) in so organizing himself to attain a particular form of happiness adjusting to a life situation or in self actualization.

E.W. Williamson - "It is a means of helping people to learn how to solve their own Problems"
Counseling aims to:
- Self knowledge
- Self realization
- Self development

**TYPES OF COUNSELING**

- Directive Counseling
- Non Directive Counseling
- Eclectic Counseling
DIRECTIVE COUNSELING
(Prescriptive Counseling)

This technique of counseling is advocated by E.G. Williamson of the University of Minnesota.

According to the school thought the counselor owns entire responsibility solving clients problem.

In this process the counselor explores the problem and define it, diagnose it and tells about the remedy of the problem.
• Counselor centered- The counselor direct the client to take steps in order to resolve his conflicts.

• The counselor plays an important role- he tries to direct the thinking of counselor by informing, explaining, interpreting and advising.

• It gives more importance to intellectual aspect than emotional aspects.
BASIC ASSUMPTIONS

- Competency in giving advices
- Counseling as an intellectual process
- Counseling objective achieved through problems solving situation
- Clients in capability of solving problems
CHARACTERISTICS OF DIRECTING COUNSELING

- The counselor plays a vital role in the process.
- In this process the focal point is the problem, not a person.
- The method used in this counseling is direct, persuasive, and explanatory.
- Counseling stresses more on the person’s intellectual aspect of his personality.
- The client is subordinate to the counselor at par.
• STEPS OF DIRECTIVE COUNSELING
• E.G. Williamson has given six steps of counseling

Step-1 Analysis

Counselor collects all information about counselee from records and observations.

Step-2 Synthesis

Organize relative significant data collected, Counselor studies the information and find out the area of the problem
Step-3 Diagnosis

Interpretation of data the counselor and counselee both together search the cause of problem and find out strengths and weaknesses of individual.

Step-4 Prognosis

Step-5 Counseling

Setting up of plan of action, Counseling and Guidance

Step-6 Follow up & Evaluation

Counselee comes and tell the counselor about the prognosis and weather satisfied or not.
ADVANTAGES OF DIRECT COUNSELING

- It is less time consuming hence this method can be adopted when an early solution is required.

- In this type of counseling there is more focus on the problem and less on the person.

- This is best method at lower level where the client is not in a position to analyze his own problem.

- The counselor becomes readily available to help the client which makes the client very happy.
DISADVANTAGES OF DIRECT COUNSELING

- The client never becomes independent of the counselor.
- The personal autonomy and integrity of the client is not respected.
- It will not help the individual to develop any attitudes through his own experiences.
- The counselor fails in saving the client to commit the mistakes in future.
LIMITATIONS OF DIRECT COUNSELING

- This process the client is more dependent
- The process does not develop the attitude of problem solving
- There is scarcity of information regarding the people which creates the possibility of direct counseling
NON DIRECTIVE COUNSELING
( PERMISSIVE COUNSELING)

- THE main advocate of non directive counseling is Carl R. Rogers
- It is a client centered process
- The counselor is the pivot of the whole counseling process.
- The main function of the counselor is to create an atmosphere in which the client can work out his problem.
- In this type of counseling, emotional elements rather than intellectual elements are stressed,
The principle of acceptance and tolerance are extremely important in this approach.

*The Basic Assumptions*

- Client is given importance than the counseling direction & investigations.
- Creation of an atmosphere where client can work out their understanding is more important than cultivating self understanding in the client.
- Leads to a voluntary choice of goals and a conscious selection of course of action.
CHARACTERISTICS OF NON DIRECTIVE COUNSELING

- It is a client centered counseling
- It is based on a principle that a person has so much capacity and drive that he can grow and develop so that he may face the situation and reality
- A person is accepted in his originally and he is free to express is any attitude
- In this counseling the entire responsibility is of client
• STEPS OF NON DIRECTIVE COUNSELING

- Defining the problem
- Counselee given freedom to express his feeling
- Identify Counselee feelings
- Developing Counselee insight
- Termination of Counseling
<table>
<thead>
<tr>
<th>Directive</th>
<th>Non Directive</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Economical</td>
<td>1. Time Consuming</td>
</tr>
<tr>
<td>2. Emphasis on the problem</td>
<td>2. Emphasis on individual</td>
</tr>
<tr>
<td>3. Emphasis on the intellectual</td>
<td>3. Emphasis on emotional aspects</td>
</tr>
<tr>
<td>aspects</td>
<td></td>
</tr>
<tr>
<td>4. Methodology is direct and</td>
<td>4. Methodology is indirect</td>
</tr>
<tr>
<td>persuasive</td>
<td></td>
</tr>
<tr>
<td>5. Solves immediate problems</td>
<td>5. Deal with self analysis and new problems of</td>
</tr>
<tr>
<td>6. Uses psychological data</td>
<td>adjustment</td>
</tr>
<tr>
<td></td>
<td>6. may not use psychological assessment</td>
</tr>
<tr>
<td>Number</td>
<td>Description</td>
</tr>
<tr>
<td>--------</td>
<td>-------------</td>
</tr>
<tr>
<td>7.</td>
<td>Counselor plays active role</td>
</tr>
<tr>
<td>8.</td>
<td>Direct counseling sometimes done by supporting staff</td>
</tr>
<tr>
<td>9.</td>
<td>Help is offered by counselor to take decisions</td>
</tr>
<tr>
<td>10.</td>
<td>It is more information giving rapport formation is not that significant</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.</td>
<td>Counselor plays passive role</td>
</tr>
<tr>
<td>8.</td>
<td>A highly professional understanding of relationship skills required</td>
</tr>
<tr>
<td>9.</td>
<td>Client taken his own decisions</td>
</tr>
<tr>
<td>10.</td>
<td>It is to develop staff insight and move towards solving the personal problems rapport formation is essential</td>
</tr>
</tbody>
</table>
ADVANTAGES OF NON DIRECTIVE COUNSELING

- The problem solving ability is developed in the client through this process
- This method helps in releasing tension
- It helps in creating better rapport between counselor and counselee
- This type of counseling leaves its impressions for a longer period
LIMITATIONS OF NON DIRECTIVE COUNSELING

- It is a time-consuming process.
- Once the client starts the conversation, he does not easily speak.
- The client cannot completely depend on his intellectual abilities.
- Sometimes due to the counselor’s passiveness, the client hesitates in expressing feelings.
ECLECTIC COUNSELING

- The chief advocate of eclectic counseling is F.C. Throne. Eclectic counseling is a counseling which is neither counselor –centered nor client centered, but a combination of both.

- The counselor can alternate between the two counseling methods in the same session.

- Counselor is neither too active nor too passive.

- The Counselor is flexible in the use of techniques and has definite goal in mind.

- Counselor is provided opportunities to find solution to his problem.
CHARACTERISTICS OF ECLECTIC COUNSELING

- Keeping in mind the need of the client it is decided whether directive method or non-directive method should be used.

- Making an opportunity available to the client is intended so that he may find himself the solution to the problem.
LIMITATIONS OF ECLECTIC COUNSELING

- The type of counseling is vague and opportunistic.
- Both directive and non-directive counseling are not to be mixed together.
- In this process, it is not mentioned how much freedom should be given to the client.
STEPS OF ECLECTIC COUNSELING

Step-1   Establishing Rapport
Step-2   Diagnosis the Problem
Step-3   Analyze the case
Step-4   Preparing a tentative plan for modifying behavior
Step-5   Counseling
Step-6   Follow-up
Advantages

• Practical approach
• It is more flexible approach
• It is more objectives & coordination approach

Limitations

• The role of counselor and the counselee are not predetermined
• It requires more skilled counselor to handle the dynamic features of this counseling approach
OTHER TYPES OF COUNSELING

(A) Based on Length of the counseling sessions
   Short term Counseling
   Long Term counseling

(B) Based on number of counselee involved
   Individual counseling
   Group Counseling
(C) Other Types of Counseling
Student Counseling
Educational counseling
Vocational Counseling
Carrier Counseling
Placement Counseling
(D) Counseling for health-related Purposes

Psychotherapeutic Counseling

Crisis Counseling

Health Counseling

Genetic Counseling

(E) Counseling for Personal/Social Purposes

Personal Counseling

Marriage Counseling

Motivational Counseling

Developmental Counseling