

# Counselling: The concept

*Dr. Anuradha Rai*

Associate Professor

B.Ed. Department

Harish Chandra P. G. College

Varanasi.

# What is Counselling ....

- **English and English (1958)** Counselling is “a relationship in which one person endeavors to help another to understand and solve his adjustment problems. The area of adjustment is often indicated: educational counselling, vocational counselling, social counselling, etc.”-
- **Shertzer and Stone (1971)** have described the helping relationship as “the endeavor, by interaction with another person to contribute in a facilitating positive way to his improvement”.

# Governing Council of the American Counselling Association(ACA) 1997

- “Counseling is the application of mental health, psychological or human development principles, through cognitive, affective, behavioral or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology.”

# परामर्श

- ❖ किसी व्यक्ति की व्यक्तिगत समस्याओं एवं कठिनाइयों को दूर करने के लिये दी जाने वाली सहायता, सलाह और मार्गदर्शन, परामर्श (Counselling) अथवा उपबोधन कहलाता है। परामर्श देने वाले व्यक्ति को परामर्शदाता (काउन्सलर) कहते हैं।
- ❖ निर्देशन (गाइडेंस) के अन्तर्गत परामर्श एक आयोजित विशिष्ट सेवा है। यह एक सहायैगी प्रक्रिया है। इसमें परामर्शदाता साक्षात्कार एवं प्रेक्षण के माध्यम से सेवार्थी के निकट जाता है उसे उसकी शक्ति व सीमाओं के बारे में उसे सही बोध कराता है।



# परामर्श की परिभाषा

- **कार्ल रोजर्स** ने परामर्श को आत्मबोध की प्रक्रिया में सहायक बताते हुये लिखा है कि- 'परामर्श एक निर्धारित रूप से स्वीकृत ऐसा सम्बन्ध है जो परामर्श प्राथी को, स्वयं को समझने में पर्याप्त सहायता देता है जिससे वह अपने नवीन जीवन के प्रकाशन हेतु निर्णय ले सकें।
- **हैरमिन** के अनुसार- परामर्श मनोपचारात्मक सम्बन्ध है जिसमें एक प्राथी एक सलाहकार से प्रत्यक्ष सहायता प्राप्त करता है या नकारात्मक भावनाओं को कम करने का अवसर और व्यक्तित्व में सकारात्मक वृद्धि के लिये मार्ग प्रशस्त होता है।
- **मायर्स** ने लिखा है- परामर्श से अभिप्राय दो व्यक्तियों के बीच सम्बन्ध है जिसमें एक व्यक्ति दूसरे व्यक्ति को एक विशेष प्रकार की सहायता करता है।
- **विलि एवं एण्ड** ने कहा कि परामर्श पारस्परिक रूप से सीखने की प्रक्रिया है। इसमें दो व्यक्ति सम्मिलित होते हैं सहायता प्राप्त करने वाला और दूसरा प्रशिक्षित व्यक्ति जो प्रथम व्यक्ति की सहायता इस प्रकार करता है कि उसका अधिकतम विकास हो सकें।

# परामर्श की परिभाषा .....

- **काम्बस** ने परामर्श को पूरी तरह से परामर्श प्रार्थी केन्द्रित माना है।
- **ब्रीवर** ने परामर्श को बातचीत करना, विचार-विमर्ष करना तथा मित्रतापूर्वक वार्तालाप करना बताया है।
- **जोन्स** के अनुसार परामर्श प्रक्रिया में समस्त तत्वों को एकत्रित किया जाता है जिसमें छात्रों के समस्त अनभवों का अध्ययन किया जाता है। छात्रों की योग्यताओं को एक विशेष परिस्थिति के अनुसार देखा जाता है।
- **स्ट्रैंग** के अनुसार - "परामर्श प्रक्रिया एक सम्मिलित प्रयास है छात्र की जिम्मेदारी अपने आपको जिम्मेदारी समझने की चेष्टा करना तथा उस मार्ग का पता लगाना है जिस पर उसे आना है तथा जैसे ही समस्या उत्पन्न हो उसके समाधान हेतु आत्मविश्वास जगाना है।"

# Counselling is not:

- Giving advice.
- Being judgemental.
- Attempting to sort out the problems of the client.
- Expecting or encouraging a client to behave as the counsellor would behave if confronted with a similar problem in their own life.
- Getting emotionally involved with the client.
- Looking at a client's problems from your own perspective, based on your own value system.



# Counselling is:

- The **process** that occurs when a client and counsellor set aside time to explore difficulties which may include the stressful or emotional feelings of the client.
- The **act of helping the client** to see things more clearly, possibly from a different view-point. This can enable the client to focus on feelings, experiences or behavior, with a goal of facilitating positive change.
- A **relationship** of trust. Confidentiality is paramount to successful counselling. Professional counsellors will usually explain their policy on confidentiality. They may, however, be required by law to disclose information if they believe that there is a risk to life.



# Continues.....

- Counseling deals with wellness, personal growth, career, and pathological concerns.
- Counselors work in areas that involve **relationships** (Casey, 1996). These areas include intra- and interpersonal concerns related to finding meaning and adjustment in such settings as schools, families, and careers.
- Counseling is conducted with persons who are considered to be functioning well and those who are having more serious problems
- Clients seen by counselors have **developmental** or **situational** concerns that require help in regard to adjustment or remediation. Their problems often require short-term intervention,
- Professional counselling is **confidential** and **non-judgmental**.

# Difference in guidance and counselling

## **DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING**

<b>GUIDANCE</b>	<b>COUNSELLING</b>
Guidance is broader & comprehensive	Counselling is in-depth & narrow
Guidance is more external, helps a person understand alternative solutions available to him & makes him understand his personality & choose the right solution.	Counselling helps people understand themselves & is an inward analysis. Alternative solutions are proposed to help understand the problem at hand.
Guidance is mainly preventive & developmental	Counselling is remedial as well as preventive & developmental



## **DIFFERENCE BETWEEN GUIDANCE AND COUNSELLING**

<b>GUIDANCE</b>	<b>COUNSELLING</b>
Intellectual attitudes are the raw material of guidance	Emotional rather than pure intellectual attitude are raw material of the counselling process.
Decision making is operable at an intellectual level in guidance	Counselling operates at an emotional level
Guidance is generally education & career related & may also be for personal problems	Counselling is mostly offered for personal & social issues.



# Finish

