


Guidance and Counselling

Dr. Ms. Neelima G. Jha

Counselling - Concept

- Counselling denotes -Professional Relationship
- Trained Counsellor and Client
- Person to Person.
- Designed to help the client –
- Understand and clarify his view of life.
- May make meaningful choices.

- Earlier term counselling was used as synonymous with guidance.
- As the profession developed – need for special competence on the part of certain guidance workers (counsellor) was felt – in counselling sessions.
- Counselling - that part of guidance programme that assists individual to – self understanding – leading to self realization and acceptance of social responsibility.

- 
- Counselling is a learning process – determined by counsellee and his perception of himself.
 - Learning includes greater depths about – Personality, attitudes, personal goals and values.

Counselling is as old as society itself –

- Done in informal manner at different level- Parents counsel children, Teachers, Doctors, Lawyers provide counselling.
- Life is complex so no limit to problems on which counselling can be offered.
- Counselling – core of guidance programme and most vital part.

Definitions


- Karl Rogers - Counselling is a series of direct contact with the individual which aims to offer him assistance in changing his attitude and behaviour.

According to Merle. M. Ohlsen –

Counselling is an accepting, trusting and safe relationship in which clients learn to discuss openly what worries and upsets them, to define precise behaviour goals, to acquire the essential social skills and to develop the courage and self confidence to implement desired new behaviour.

Analysis of these view points

- Counselling involves two individuals.
- Relationship should be based on mutual respect –
Counsellor (friendly, cooperative) Counsellee
(trust, confidence)
- Aim of counselling – to help to – make a decision,
plan a life career, programme in college and
university, obtain employment.

- 
- It helps counsellee – to acquire independence, develop sense of responsibility, explore and utilise their potentials.
 - It is more than advice giving (progress is based on personal thinking, no solutions suggested)
 - It involves something more than a solution to the immediate problem (bring changes in the individual and enable him)

References: Books

- Barki, B. G. & Mukhopadhyay, B. (1998) Guidance and Counselling – A Manual, Sterling Publishers Pvt. Ltd. New Delhi.
- Chauhan, S. S. (2016) Principles and Techniques of Guidance, Vikas Publishing House Pvt. Ltd. New Delhi.
- Sharma, R. A. (2014) Fundamentals of Guidance & Counselling, R. Lall Book Depot, Meerut.

Internet Sites -

- <https://www.slideshow.net/babithadevu/notes-guidance-counselling>.
- <https://www.yourarticlelibrary.com/education/guidance-in-schools/school-counselling-meaning-principles-and-other-details/63677>.
- <http://archive.mu.ac.in/mywebtest/SYBA%20Study%20Material/edugudcou-III.pdf>.



Thank You