# COUNSELLING AS A HELPFUL PROCESS

CC-11 (Counselling Psychology) Unit 1; SEM III
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# COUNSELING AS A HELPFUL PROCESS

*COUNSELLING IS A HELPING PROCESS WHERE ONE PERSON EXPLICITLY & PURPOSEFULLY GIVES HER/HIS TIME, ATTENTION AND SKILLS TO ASSIST THE CLIENT TO EXPLORE THEIR SITUATION, IDENTIFY AND ACT UPON SOLUTIONS WITHIN THE LIMITATIONS OF THEIR GIVEN ENVIRONMENT.*

- **Counselling is a process by means of which the helper expresses care and concern towards the person with a problem, and facilitates that person's personal growth and brings about change through self-knowledge.**

- **Counselling is a relationship between a concerned person and a person with a need. This relationship is usually person-to-person, although sometimes it may involve more than two people. It is designed**

➢ **To help people to understand and clarify their views,**
➢ **To learn how to reach their self-determined goals through meaningful, well-informed choices, and through the resolution of emotional or interpersonal problems.**

# Stages of the Helping Model

a). Help clients to tell their stories. In telling the story, clients reveal and discuss their problems and missed opportunities. Some clients are articulate while others may be mute. Some will be reluctant to reveal everything that is bothering them, while others do so easily. The story needs to be told either at the beginning of the helping process, or in bits and pieces. For this to happen, counselor need to develop an effective helpful relationship with clients. They need to assess rather than judge their clients. They need to assess such things as the nature and severity of the problem, other problems that are not discussed, the impact of the clients' environment on problems, the personal and interpersonal resources available to clients.

b)Help clients become aware of, and over-come, their blind spots and develop new perspectives about themselves and their problems. Many people fail to deal with problems, or fail to exploit opportunities, because they do not see them from new perspectives. They lock themselves in self-defeating patterns of thinking and behavior. Using imagination and brainstorming as a means of problem management and opportunity development is one way in which counselor can empower clients. Challenging blind spots is not the same as telling them that what they are doing is wrong. It is helping them to see themselves, others, and the world around them, in amore creative way.

C)Help clients search for leverage. Clients should be helped to identify and work on problems, issues, concerns or opportunities that make a difference. Leverage includes three related activities. First, the cost of the problem has to be considered in terms of the effort and time spent on it. Secondly, if clients, when telling stories, reveal a number of problems at the same time or if the problem is complex, then criteria are needed to determine which concern is to be dealt with first. Lastly, the problem, issue, and concerns, need to be clarified in terms of specific experiences, behavior and affects (feelings, emotions).

d)Help clients develop a range of future possibilities. If a client's state of affairs is problematic and unacceptable, then he/she needs to be helped to imagine, conceptualize, or picture, a new state of affairs, that is more acceptable. Ask future-oriented questions like:' What would this problem look like if I managed it better? "What changes in my present life style would make sense? "What would it look like if it were better?' Clients should be helped to find appropriate and realistic models. Another way could be to review better times or become involved in new experiences. The use of writing fantasy and guided imagery has also proved beneficial for many clients.

**e)Help clients to translate possibilities into viable agendas. The variety of possibilities constitutes the possible desired outcomes of the helping process. The client is helped to choose the possibilities that make the most sense, and turn them into an agenda, i.e. a set of goals that need to be accomplished.**

**f)Help clients identify the kinds of incentives that enable them to commit themselves to the agendas they prepare. Ideally the agendas a client chooses are appealing. If not, then the incentives for commitment need to be discovered. The goals that are set in the agenda need to be accepted and appeal to the client. It is better if they are chosen from among a number of options. The focus should be on those that reduce crisis or pain. Challenging goals should not be avoided. The counselor can help clients see ways of managing the obstacles that stand in the way of goal attainment. Contracts can help clients to commit themselves to choices, and the client needs to be helped to identify strategies for accomplishing goals.**

# Strategies (Getting There)

a).Help clients brainstorm various strategies for implementing their agenda. Clients are helped to ask themselves questions like, 'How can I get where I want to go? 'Strategies tend to be more effective when chosen from among a number of possibilities. A strategy is the action needed to achieve a goal. If the strategy is complex, then it needs to be divided into a number of interrelated outcomes or accomplishments. Each of these sub-goals then has its own set of strategies. This divide and conquer process can lead to the achievement of what once seemed impossible.

One reason why people fail to achieve goals is that they do not explore the different ways by which a goal can be reached. Brainstorming plays a role in producing as many ideas as possible, using one idea leading to others, removing constraints to thinking, and producing more ideas by clarifying items on the list.

b)Help clients choose a set of strategies that best fits their environment and resources. 'Best' here means one strategy, or a combination of strategies, that best fits the clients' needs, preferences, and resources, and that is least likely to be blocked by the factors present in the client's environment. They should be clear and specific, tied to the desired goal, realistic, effective, accepted by the client, and in keeping with his or her values.

c). Help clients formulate a plan, a step-by-step procedure for reaching each goal. A plan has strategies for reaching goals, divides them into workable bits, puts the bits in order, and prepares a time-table. Formulating plans helps clients find useful ways of reaching goals, that is, even better strategies. Plans provide an opportunity to evaluate the realism and adequacy of goals. They tell clients something about their strategies. Clients are also helped to discover obstacles to the reaching of goals.