

PROCESS AND STAGES OF COUNSELLING

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INTRODUCTION

Counseling is therapeutic procedure in which a counsellor adopts a supportive non-judgmental role of enabling a client to deal more effectively with psychological or emotional problems and gives advice on practical solutions.

So many events made man to feel negatively that brings enormous pressure on their lives created by him-self or by others like violence, sexual violence, sexual discrimination, sexual abuse, abusive language etc, it creates disturbance in normal life.

Some people are able to cope with it while others do not. A long process of healing is required to bring back normality in the lives of people, Who have been exposed to such negative life events. One of the healing techniques is called counseling.

Counseling is helpful in so many ways like psychotherapist, strengthening relationships, solving problems, developing positive attitude, helpful in personality development, make change in life, make the person a good decision makers etc.

COUNSELLING GOALS

The counsellor has the goal of understanding the behavior motivations and feelings of the counsellee. He has the different goals at different levels of functioning. The immediate goal is to obtain relief for the client and the long range goal is to make him a fully-functioning person.

The long-range goals are those that reflect the counsellors philosophy of life and could be stated as:

To help the counsellee become self-actualizing.

- To help the counsellee attain self-realization.
- To help the counsellee become a fully-functioning person.

COUNSELLING STAGES

STAGE-1

- There is an unwillingness to communicate about the self, communication, if any is only
- About externals, such as experiences which have no deep significance for himself.
- Feelings and meaningful personal experience are neither recognized nor accepted.
- Client's personal constructs are extremely rigid.
- The client does not recognize or perceive any problems.
- Individuals at this stage do not recognize the need for counseling and do not come
- Voluntarily for help.

STAGE-2

- In this stage the client begins to express his feelings about non-self objects. The client may speak about other things which are remote in relation to his self.
- Problems, if perceived are looked upon as externals to the self.
- There is no sense of personal responsibility in problems.
- Feeling may exhibited or expressed as unrelated to himself and are not owned.
- Client's personal constructions are rigid. Feelings may be shown but are not recognized or owned. Clients may be given therapy at this stage.

STAGE-3:

- The client feels free to express his feelings. The process started in the previous stage Continuous more feeling. Another significant improvement is that the client talks about the self as an object. Past feelings and personnel feelings which are usually negative are expressed.
- Personal constructs, though rigid, are recognized.
- Differentiation of feelings and meanings is better and less general.
- The client is able to see his personal choices as in effective but not in their proper respective.

STAGE-4

- The client describes more intense feelings experienced in the past and does not refer to the feelings in the present.
- The client is able to overcome his defenses occasionally and express his feelings as experienced in the present.
- The client does not show open acceptance of feelings though occasionally this is exhibited.
- The client is able to express his feelings as experienced in the present and is less bound by the past self structure and is less remote.
- Acceptance, understanding and empathy enable the client to move more smoothly in the direction of therapy.
- The client shows feelings of self-responsibility in problems but there is a tendency to often serve.

STAGE-5

- Feelings are expressed freely.
- Feelings are very close to being fully experienced though fear, distrust and lack of clarity are still present.
- Responsibility for problems is accepted.
- Self feelings are increasingly owned and accepted.
- There is an increase in free dialogue with in the self and improvement in reducing blockage of internal communication.

STAGE-6

- The client who previously inhibiting a feeling is able to experience the same with immediately and without any difficulty.
- Feelings are freely experienced and expressed
- Self as an object tends to disappear.

STAGE-7

- New feelings are experienced with immediately and richness of detail.
- Changing feelings are accepted and owned.
- There is a feeling of trust in the total organism process.
- All the elements of his experiences are now available to awareness and there is experiencing of real and effective choice in new ways of being.
- The counsellee becomes a fully-functioning person, by which is meant that each individual has an innate tendency towards actualizing himself, which is, realizing his inherent capacities and potentialities.

COUNSELLING PROCESS

Process in counselling is defined as series of stages gone through by the counsellor to help the client understand and to solve a problem. The process of arriving at a solution may take some sessions before the designed goal is achieved.

Authors such as Nwoje (1987), Peterson and Nisenholz (1991) and Okum B.F (1982) explained what counselling entails. Counselling process according to Okum B.F has four phases i.e. Interview phase, working phase, Termination phase and Follow-up phase.

1. Interview stage/phase

Any counselling process, be it individual or group, starts with the interview stage. This stage could also be referred to as the familiarization, orientation or introductory stage. This stage is very important because for you as a counsellor to start well determines the success of other stages and the entire counselling relationship.

The counsellor makes deliberate efforts to get acquainted with the client by establishing rapport. This is done by asking the client to sit down, so that he or she would be emotionally relaxed in the counsellors office. The counsellors inquire about the clients personal details. The counsellor further assures the client that whatever is discussed will be kept confidential. The client may or may not present his problem during this stage, the counsellor needs to display in his behaviour all the qualities of an effective counsellor by being patient to listen carefully, show empathy, show unconditional positive regards that is treating his clients with respect, warmth irrespective of his age, sex, race, colour, religion and socio-economic status. This is very important as counsellors are not expected to be segregation or discriminative.

2. Working stage/phase

This is the second stage of the counselling process. If the client has not disclosed his/her mission in the first stage counsellor has to use questioning techniques to make the client open up. Questions such as: Are you ok? Can I help you? What is the matter? What has brought you to my office? The client now responds. The counsellor having listened to the client will suggest different techniques depending on the nature of the problem uses techniques such as responding, exploring, restatement, interpretation, confrontation, unconditional positive regards, empathy, silence and catharsis to diagnose the problems.

If the counsellor needs to contact an 'outsider' who may be responsible for the problems faced by the client, the permission and consent of the client must be sought. The counsellor also takes the client through the methods to be used in solving the problem.

3. Termination stage/phase

This stage is the third stage in the counselling process. Termination means bringing an end to the counselling relationship between counsellor and client. Different reasons have been given by many authors on why counselling relationships may end or terminate.

- a) Counselling goals achieved.
- b) Un-cooperative attitude from the client.
- c) Client may decide not to continue.
- d) Referral to an expert / specialist.
- e) Practicum/ internships may end before the counseling goals are achieved.
- f) Death of counsellor or client.

4) Follows-up stage/phase

The follow-up aims at finding out whether the client is carrying out the decisions arrived at before you ended the session and what problems are being experienced.

CONCLUSION

The main emphasis of this topic is that the human behavior must be understood in its total context because there is an interactive effect among various units. Counsellors must concern with the family organization and understand how it is related to the problem, rather than with any one individual. The function of the counsellor is to help people to think for themselves and discover their conflicts, feelings and potentials so that they can learn and try to solve their own problems by themselves. Therefore, it is needless to say that counsellors have a very significant role to play in helping families cope with their problems. Counsellor play a crucial role by understanding the various stages of growth of the family and its needs by applying counselling techniques and skills enables the client to solve the problems and thus strengthen the institution of family.

REFERENCES

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