**PG III SEMESTER ,PSYCHOLOGY,SESSION- 2018-2020**

 **COUNSELLING PSYCHOLOGY**

 **UNIT I ctd 2**

**A solution to human problem: Counselling, Expectation and Goal**

**Problem-solving is the process of overcoming difficulties or obstacles encountered in the attainment of a goal or objective.It can be considered as the act of defining a problem, determining the cause of the problem, identifying, prioritising, and selecting alternatives for a solution, and implementing a solution .**

**Analytical problem solving, then, is a means of viewing and ultimately resolving the problem from a systematic, logical perspective. An analytical approach is the use of an appropriate process to break a problem down into the smaller pieces necessary to solve it. Each piece becomes a smaller and easier problem to solve. A process is a repeatable series of steps to achieve a goal; to work, it must fit the problem and be used correctly .**

**Creative problem solving is the mental process of searching for a new and novel solution to a problem. Ruth Noller, from the Creative Education Foundation (2016), is more specific about the process, referring to it as a “proven method for approaching a problem or a challenge in an imaginative and innovative way”. Breaking the phrase into its constituent parts, she goes further:**

* **“Creative” involves “elements of newness, innovation, and novelty”;**
* **“Problem” refers to “any situation that presents a challenge, offers an opportunity, or represents a troubling concern”**
* **“Solving” is about “devising ways to answer, to meet, or to satisfy a situation by changing self or situation.**

**EXPECTATION AND GOAL**

**The goal of the counseling process is to understand the behavior, thoughts and feelings of client.**

**There are two types of goal (for the counseling process)**

**1)      Immediate / short term goal**

**This kind of process helps the client to relieve himself from the feeling of anxiety**

**2)      Long term goal**

**This kind of process helps the client to become a fully functioning person not having difficulty in his life for regular relations. We can say he is achieving “The Ultimate goal of life”.**

**è Resolution of the problem**

**è Improving personal effectiveness**

**è Counseling to change or modify ones behavior**

**è Decision making as goal of counseling**

 **The main objective of counseling is to bring about a voluntary change in the client. For this purpose the counselor provides facilities to help achieve the desired change or make the suitable choice. The goal of counseling is to help individuals overcome their immediate problems and also to equip them to meet future problems. Counseling, to be meaningful has to be specific for each client since it involves his unique problems and expectations. The goals of counseling may be described as immediate, long-range, and process goals. A statement of goals is not only important but also necessary, for it provides a sense of direction and purpose. Additionally it is necessary for a meaningful evaluation of the usefulness of it. The counselor has the goal of understanding the behavior, motivations, and feelings of the counselee. The counselor has the goals are not limited to understanding his clients. He has 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’. Both the immediate and long- term goals are secured through what are known as mediate or process goals. Specific counseling goals are unique to each client and involve a consideration of the client’s expectations as well as the environmental aspects. Apart from the specific goals, there are two categories of goals which are common to most counseling situations. These are identified as long-range and process goals. The latter have great significance. They shape the counselee and counselors’ interrelations and behavior. The process goals comprise facilitating procedures for enhancing the effectiveness of counseling. School of Distance Education Basics of Counselling Psychology Page 6 The general public tends to view counseling as a remedial function and emphasizes immediate goals, such as problem resolution, tension reduction, and the like. Counselee may refer to the resolution of a particular conflict or problem situation. However, the goals of counseling are appropriately concerned with such fundamental and basic aspects such as self-understanding and self- actualization. These help provide the counselee with self-direction and self- motivation. Counseling in its spirit and essence is generative. It aims at assisting the individual to develop such that he becomes psychologically mature and is capable of realizing his potentialities optimally. Counseling has no magical solutions. The only meaningful, sensible and realistic view of counseling is that it is not and cannot be everything to everybody. It is concerned with helping individuals find realistic and workable solutions to their problems by helping them gain an insight into themselves so that they are able to utilize their own potentialities and opportunities and thus become self-sufficient, self-directed and self-actualized.**