PG III SEMESTER ,PSYCHOLOGY,SESSION- 2018-2020

 COUNSELLING PSYCHOLOGY

 UNIT I

DIFINITION OF COUNSELLIG PSYCHOLOGY:-**Counseling psychology is such branch of Psychology as teaches us how mentally diverted people be brought in right direction. It** is a [psychological](https://en.wikipedia.org/wiki/Psychology) specialty that encompasses [research](https://en.wikipedia.org/wiki/Psychological_research) and applied work in several broad domains: counseling process and outcome; supervision and training; career development and counseling; and prevention and health. Some unifying themes among counseling psychologists include a focus on assets and strengths, person–environment interactions, educational and career development, brief interactions, and a focus on intact personalities.

In recent decades, counseling psychology as a profession has expanded and is now represented in numerous countries around the world. The present international state of the field include the *Handbook of Counseling and Psychotherapy in an International Context*; the *International Handbook of Cross-Cultural Counseling*; and *Counseling Around the World: An International Handbook*. Taken together these volumes trace the global history of the field, explore divergent philosophical assumptions, counseling theories, processes, and trends in different countries, and review a variety of global counselor education programs. Moreover, traditional and indigenous treatment and healing methods that may predate modern counseling methods by hundreds of years remain of significance in many non-Western and Western countries.

PSYCHO-THERAPY:- Psychotherapy is the method through which mental patients are treated,It is a general term for treating mental health problems by talking with a psychiatrist, psychologist or other mental health provider.During psychotherapy, we learn about our condition and our moods, feelings, thoughts and behaviors. Psychotherapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills.There are many types of psychotherapy, each with its own approach. The type of psychotherapy that's right for you depends.

Psychotherapy is often used in combination with medication to treat mental health conditions. In some circumstances medication may be clearly useful and in others psychotherapy may be the best option. For many people combined medication and psychotherapy treatment is better than either alone. Healthy lifestyle improvements, such as good nutrition, regular exercise and adequate sleep, can be important in supporting recovery and overall wellness,

COUNSELLING AS A HELPING RELATIONSHIP:- The helping relationship appears to be a cornerstone on which all effective helping rests. Words such as integral, necessary, and mandatory are used to describe this relationship and its importance in the ultimate effectiveness of the helping process. Even though different theoretical systems and approaches use different words to describe the helping relationship, each address the significance of the relationship in facilitating client change. The following are the definitive characteristics of the helping relationship:

 • A relationship initially structured by the counsellor or therapist but open to cooperative restructuring based on the needs of the client

 • A relationship that begins with the initial meeting and continues through termination

 • A relationship in which all persons involved perceive the existence of trust, caring, concern, and commitment and act accordingly

 • A relationship in which the needs of the client are given priority over the needs of the counsellor or therapist

 • A relationship that provides for the personal growth of all persons involved

 • A relationship that provides the safety needed for self-exploration of all persons involved

• A relationship that promotes the potential of all persons involved The major responsibility in creating this relationship rests initially with the counsellor or therapist; demands for client involvement and commitment increase over time. It is a shared process, and only through shared efforts will the relationship develop and flourish. Development evolves in stages that take the relationship from initiation to closure.

Stages of the Helping Relationship:- The helping relationship is a constant throughout the counselling or psychotherapeutic process. The definitive characteristics indicate that the relationship must be present at the initial meeting between the client and the counsellor or therapist and continue through closure. Accepting the helping relationship as a constant throughout the helping process leads to visualising this process from a developmental perspective. This development can best be viewed in terms of a narrow path whose limits are established by the client’s fear, anxiety, and resistance. Such client reactions should not be seen as lack of commitment to change; rather, they need to be understood in terms of unknown nature of this developing alliance and the fact that this may be the first time the client has experienced this type of interaction. These reactions are often shared by the counsellor or therapist, based on his or her level of experience. The path broadens through the developmentof trust, safety, and understanding as the relationship develops. The once narrow path becomes a boulevard along which two persons move courageously toward their final destination – change. Movement along this broadening path is described by various authors in terms of stages or phases.

 • Stage 1: Relationship development. This stage includes the initial meeting of client and counsellor or therapist, rapport building, information gathering, goal determination, and informing the client about the conditions under which counselling will take place (example, confidentiality, taping, and roles of counsellor or therapist and client).

 • Stage 2: Extended exploration. This stage builds on the foundation established in the first stage. Through selected techniques, theoretical approaches, and strategies, the counsellor or therapist explores in depth the emotional and cognitive dynamics of the client, problem parameters, previously tried solutions, decision-making capabilities, and a re-evaluation of the goals determined in Stage 1.

 • Stage 3: Problem resolution. This stage, which depends on information gained during the previous two stages, is characterised by increased activity for all parties involved. The counsellor or therapist’s activities include facilitating, demonstrating, instructing, and providing a safe environment for the development of change. The client’s activities focus on reevaluation, emotional and cognitive dynamics, trying out new behaviours (both inside and outside of the sessions), and discarding behaviours that do not meet goals.

• Stage 4: Termination and follow-up. This stage is the closing stage of the helping relationship and is cooperatively determined by all persons involved. Methods and procedures for follow-up are determined before the last meeting.

Keep in mind that people do not automatically move through these four stages in a lockstep manner. The relationship may end at any one of the stages based on decisions made by the client, the counsellor or therapist, or both. Nor is it possible to identify the amount of time that “should” be devoted to any particular stage. With certain clients, much more time will need to be devoted to specific stages.

 Viewing the helping relationship as an ongoing process that is composed of developmental stages provides counsellor and therapists with a structural framework within which they can function effectively. Inside this framework fit the core conditions and strategies that serve the goals of movement through the relationship process and enhancement and encouragement of client change. These core conditions and strategies are discussed in the following two sections.