

Counselling Skills Simulation Exercises

Dr.Saroj Arya

Former Associate Professor & HOD

Dept. of Rehabilitation Psychology

**National Institute for the Empowerment of Persons
with Intellectual Disabilities**

Professor Emeritus in Clinical Psychology

Institute of Mental Health

**Sweekar Academy of Rehabilitation Sciences,
Secunderabad**

COUNSELLING

Counselling is a **scientific process** of **assistance** extended by an **expert** in an individual situation to a **needy person**. Counselling involves relationship between two persons in which one of them (**counsellor**) attempts to assist the other (**counselee or client**) in so organising himself as to attain a particular form of happiness, adjusting to a life situation, or in short, self actualisation.

HOW TO CONDUCT COUNSELLING SESSION

ESSENTIAL PRACTICAL TRAINING IN COUNSELLING

I. ASSESSMENT

Case History Taking

Mental Status Examination

II. Appropriate Rapport Building

Qualities of a Counsellor

Counselling Skills

III Counselling Process

IV Therapeutic Counselling sessions

V Ethics in Counselling

Assessment is Integral to Counseling

* Essential steps in counseling:

1. Assessing the client problem(s)
2. Conceptualizing and defining the client problem(s)
3. Selecting and implementing effective treatment(s)
4. Evaluating the counseling

Why is counseling assessment Important?

1. Allows us to make important **decisions** about **clients/patient**.
2. Allows us to **describe & understand** *behavior*
3. Measures personal **attributes**
4. Measures **performance**
5. Saves **time**
6. It's **Scientific**

Types of Assessment Tools

- * Standardized vs. Nonstandardized
- * Individual vs. Group
- * Objective vs. Subjective
- * Verbal vs. Nonverbal
- * Speed vs. Power
- * Cognitive vs. Affective

Practical Issues in Assessment in Counselling

- Client find it difficult to open up
- Duration of Counselling Session
- Handling Difficult Situations
- Dealing with Transference and counter transference

3Rs: Recognize, Remove & Replace Actions

1R | RECOGNIZE THE PROBLEM

My actions are causing problems in my relationships.

2R | REMOVE THE PROBLEM

I choose to stop practicing self-defeating actions.

I choose to see how impractical some actions are.

I choose to face the negative results of poor choices.

3R | REPLACE THE PROBLEM

I learn more effective ways of choosing and relating.

I persistently practice improved ways of choosing.

I support my new behaviors with new beliefs.

COUNSELLING PROCESS

- The counselling process is a planned, structured dialogue between a counsellor and a client.
- It is a cooperative process in which a trained professional helps a person called the client to identify sources of difficulties or concerns that he or she is experiencing.
- Together they develop ways to deal with and overcome these problems so that person has new skills and increased understanding of themselves and others.

Stages in Counseling



Qualities of a Good Counsellor...

G – Good technical knowledge

O – Obtaining appropriate information from the patient

O – Objectively answering questions

D – Demonstrating professionalism

C – Confidentiality maintenance

O – Observant

U – Unbiased

N – Nonjudgmental

S – Sensitive to the needs of the patient

E – Empathetic

L – Listens carefully

L – Lets the patient make decisions

O – Open minded

R – Respects the rights of the patients



STEPS IN COUNSELING PROCESS

- Step 1 Establishing rapport and relationship
- Step 2 Assessing or defining of the presenting problem
- Step 3 Identifying and setting goals
- Step 4 Choosing and initiating interventions
- Step 5 Planning and introducing termination and follow-up

Step 1: Relationship Building

The first step involves building a relationship and focuses on engaging clients to explore issue that directly affect them.

The first interview is important because the client is reading the verbal and nonverbal messages and make inferences about the counselor and the counseling situation.

Is the counselor able to empathize with the client? Does the client view the counselor as genuine?

Some steps for Relationship Building for the Counsellor

- Introduce yourself
- Invite client to sit down
- Ensure client is comfortable
- Address the client by name
- Invite social conversation to reduce anxiety
- Watch for nonverbal behaviour as signs of client's emotional state
- Invite client to describe his or her reason for coming to talk
- Allow client time to respond
- Indicate that you are interested in the person

Step 2: Problem Assessment

While the counselor and the client are in the process of establishing a relationship, a second process is taking place, i.e. problem assessment.

This step involves the collection and classification of information about the client's life situation and reasons for seeking counseling

Step 3: GOAL SETTING



- Like any other activity, counseling must have a focus.
- Goals are the results or outcomes that client wants to achieve at the end of counselling.
- Sometimes, you hear both counselor and client complain that the counseling session is going nowhere.
- This is where goals play an important role in giving direction.
- It involves making a commitment to a set of

Step 4: INTERVENTION

- There are different points of view concerning what a good counselor should do with clients depending on the theoretical positions that the counselor subscribes to.
- For example, the person-centred approach suggests that the counselor gets involved rather than intervenes by placing emphasis on the relationship.
- The behavioural approach attempts to initiate activities that help clients alter their behaviour.

Step 5: EVALUATION, FOLLOW-UP, TERMINATION OR REFERRAL

- For the beginning counselor, it is difficult to think of terminating the counseling process, as they are more concerned with beginning the counseling process.
- However, all counseling aims towards successful termination.
- Terminating the counseling process will have to be conducted with sensitivity with the client knowing that it will have to end.

Types of Counselling

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graph TD; MH((Mental health)) --- PD((Personal development)); MH --- TE((Traumatic experiences)); MH --- LB((Loss and bereavement)); MH --- MS((Managing stress)); MH --- RI((Relationship issues)); MH --- I((Illness)); MH --- RE((Regulating emotions)); MH --- LC((Life changes)); MH --- CB((Controlling Behaviour));
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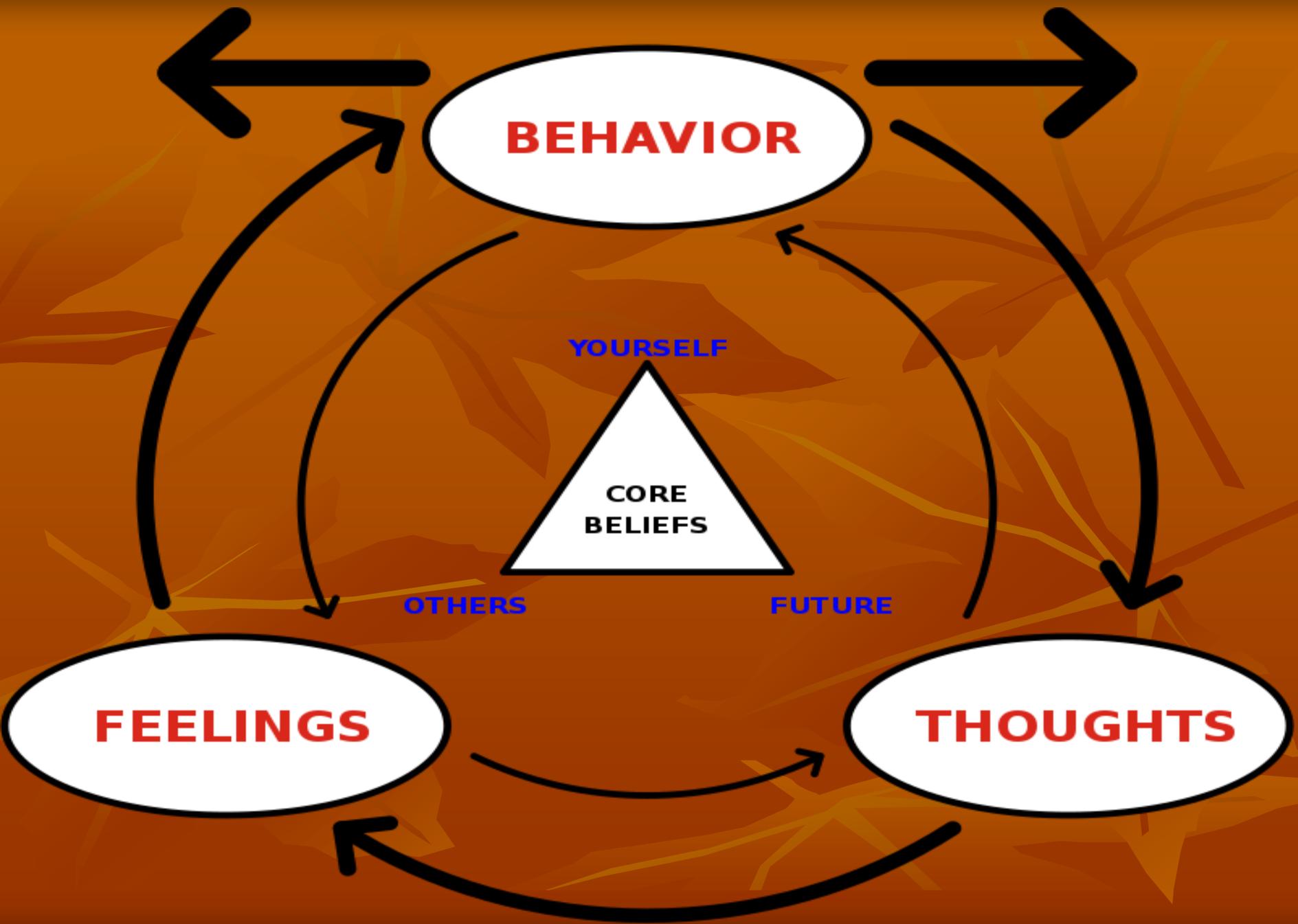
**Regulating
emotions**

Illness

**Self-esteem and
confidence**

Techniques of Counselling

- **Directive Technique**
- **Non-Directive Technique**
- **Eclectic Technique**



NON-DIRECTIVE COUNSELLING

- ▶ This school of thought is just reverse to that of directive counseling.
- ▶ It is a **client-centred** process.
- ▶ In this, the counselee is the pivot of the whole counselling process.
- ▶ The main function of the counsellor is to create an atmosphere in which the client can work out his problem.

3. Eclectic Counselling

- The chief advocate of this type of counselling is '**Thorne**'.
- Eclectic counselling is a type of counselling which is neither counsellor-centred nor client centred; but a combination of both.
- Here the counsellor is neither too active as in directive counselling nor too passive as in non-directive counselling, but follows a middle course.



Gratitude

