

# THE COUNSELLING PROCESS

MEISCHA CHOLERA

ANTARMAN  
Centre for Psychosocial wellbeing



❖ In counselling having a process helps in achieving a goal of helping someone, hence :

**Any activity involving change can be described as being a 'process'.**



**What happens in counselling is not static, there is a sequence of events that takes place that lead to change.**



# AIMS OF COUNSELLING

- ✓ Insight
- ✓ Relating with others
- ✓ Self-awareness
- ✓ Self-acceptance
- ✓ Self-actualization
- ✓ Enlightenment
- ✓ Problem-solving
- ✓ Psychological education
- ✓ Acquisition of social skills
- ✓ Empowerment
- ✓ Restitution
- ✓ Generativity and social action
- ✓ Cognitive change
- ✓ Behaviour change



# PROCESS OF COUNSELLING

**Step 1 : Establishing A Relationship**

**Step 2 : Exploration**

**Step 3 : Deciding Plan Of Action**

**Step 4 : Monitoring**



# ESTABLISHING RELATIONSHIP



- ❖ Rapport building and relationship will facilitate building of trust and warmth during the process of counselling.
- ❖ making confidentiality of the discussions loud and clear.
- ❖ Asking questions that lead to some helpful information.
- ❖ Being understanding towards the client.
- ❖ Letting the client believe that you are a trust worthy person to bond with.



# EXPLORATION

This stage requires the counsellor to become more interested and involved in what the other person is saying.

ATTENDING

LISTENING/OBSERVING

FACING THE SILENCE

ELICITING INFORMATION

CLARIFYING

PARAPHRASING

ASSESSING THE RISK

The main job is to be patient, and to create an atmosphere that makes it safe for the client to say out loud what he thinks and feels.



# DECIDING plan of action

- Do not advice or decide directly for the other person.
  - Pen down the various assumptions or problems that exist and need immediate attention.
  - Come up with the worst and the best possible outcome in each options.
  - making a plan of how will the client handle these outcomes/people if any of the assumptions come to reality.
  - Help them Creating opportunities for themselves than believing a dead end to problems.
  - Help them realise that they know what is best for them and make them say it out loud.
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- Make sure the client is not forced or pressurised by your recommendation or suggestions. The want to change has to be collaborative decision.



# MONITORING THE TRANSITION

- ✓ A counsellor /helper's job is to help client apply what they are realizing and learning to as many contexts of life as possible.
- ✓ It is important to monitor the results of the input.
- ✓ Constant reassurance of success and motivation of the positive outcome.
- ✓ Giving feed back when it is needed as it may act as a booster in counselling.





THANK YOU

