A woman in a white lab coat is pointing at a laptop screen. A man in a dark blue shirt is looking at the screen. The background is a blurred office or classroom setting. The text is overlaid in white, sans-serif font.

Guidance & Counselling
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Types of Guidance

Personal

Health

Educational

Professional

Vocational

Group

Individual

Spiritual



Guidance

- Mc. Donald
- The objective of guidance is to assist students and teachers in making available desirable qualification and skills rather than achieving goals of educational programmes
- It is to know a person's
- Ability, interest, capacity that helps him to solve problems faced by him.
- It is a process of dynamic interpersonal relationship that influences person's attitude and follow up behaviour.



Why is it important

- *To develop interest

- *To develop skills

- *To develop values

- *To have goals

- *To choose a proper career



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Importance
of guidance
counselling
in schools
and colleges

Importance of Goals for secondary education

To know

Personality

Help to take decision
Interests, aptitude/Positive

negative sides

Attitude

Dreams, goals, opportunities

Counselling

Is the sharing of thoughts, reciprocal logic and guidance between groups or two .

According to J.E Smith, Counselling is the process in counselor and has
A broad discussion related to counsellee's interest, planning and adjustment.

In current trend guidance counselling helps students to choose bright careers by identifying their strengths and weaknesses so that they can choose proper careers and do justice to it.

Health Counselling, Student Counselling, Job Counselling, Career Counselling is becoming important these days. Epidemic Counselling – Corona and Diseases are also done.

Types of Counselling

- Directive
- Non Directive
- Eclectic

Shostorm**Counselling is a self -adjustive process which helps the client become more self -directive and self -responsible.

Techniques of Counselling

Directive Counselling E.G. Williamson chief exponent

- Counsellor plays more active role
- Interview attention is focussed upon a particular problem and its Solution

Client makes decision but counsellor helps him to take it,

.Counsellor tries to direct his thinking by informing, explaining and interpreting.

Steps are

Analysis, Synthesis, Diagnostics, Prognosis, Counselling, Follow up

Counsellor is main .It is also called prescriptive counselling.

Non Directive Counselling Carl Rogers

- Client is the pivot of counselling process.
- Goal is independance and integrity of client rather than solution of the problem.
- Counselle is given full freedom to talk about his problems
- Find a solution it is also called permissive counselling.
- Counsellor listens, empathesizes, client accepts his positive, negative sides, recognises strong points emotionally and develops insight and decides and percieves and takes positive steps and need for help diminishes and solves his own problem.

Eclectic Counselling -Thorne

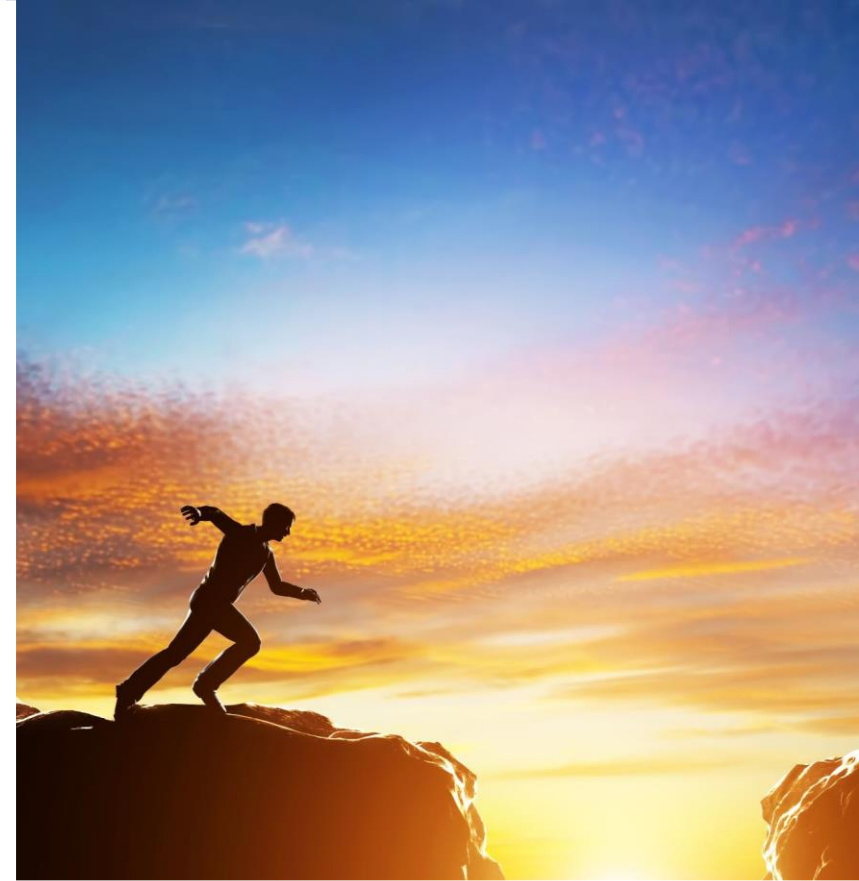
- It is a combination of the above two counselling.
- Methods of counselling may change from counselee to counselee or with the same client from time to time
- Flexibility is key note.
- Freedom of choice & expression is open to both.
- Client and philosophical frame work are adjusted to serve purpose of relationship
- Faith and mutual confidence are the basic.
- Feelings of comfort is essential. Competency of counselor is important.

Counselling Approaches

- Psychodynamic Freud id ego super ego
Interpersonal Markowitz&/weissman 2004 clients disorder needs medical help, environmental stressors , helps in psychiatric disorders like depression
- Humanistic Counselling Carl Rogers client reaches their full potential
- Existential Therapy questions human existence, everchanging Nietzsche, Camus Socrates, Dryden
- Cognitive-Behavioural CBT thoughts behaviour dictates persons feelings
- Mindfulness based Counselling thoughts matter in the moment without judgement Kabat –Zinn 2005 Buddhist tradition
- Rational Emotive therapy Albert Ellis mid 1900 Clients belief about situation
- Reality therapy Adlers social context of adults behaviour. Control of their lives.

Approaches

- Reality therapy –actions-decisions-vision Peterson 2000
- Constructionist Therapy gender,race, social class is shaped by cultural influences,human interpretations Sutherland Strong 2010.It is concerned with imbalances and language Munro,Knox,Lowe 2008.
- Systematic Therapy Patterns across system influence behaviours and psychological issues.Carlson &Lambie 2012.
- Narrative Therapy-Individual's becoming experts in life creating own stories.Morgan 2000.
- Creative Therapy-music therapy-reducing stress Shirani Bidabadi & Mehryar.Art therapy Sandmire, Gorham,Rankin et al 2012.



Thanks