

## SCOPE OF COUNSELLING:

The scope of counselling is very wide. It is needed wherever there are unsolved problems. Individuals may have problems in the areas of education, vocation, social relations, emotional adjustments, personality integration, recreation and health - mental and physical.

Counselling covers personal adjustment problems, identifying the gifted, the backward and help them to achieve the maximum in their life.

Counselling encompasses various subspecialties like college or school counselling, ~~marriage~~ marriage and family counselling, religious counselling and career counselling etc. Moreover, counselling activities are guided by ethical and legal standards and go through distinct stages from initiation to termination. With the increasing complexity of our society and changed conditions of work and educational environment, etc. the scope and area of counselling is also becoming broad. Some of the major concerns of counselling are as follows: —

### (i) Educational counselling:

It was first coined by Truman Kelley in 1914. Educational counselling is a process of rendering services to pupils who need

Mal-adjusted mental state.

(iv) Psychotherapeutic Counselling: According to W.V.

Snyder, "Psychotherapeutic counselling is the face to face relationship in which a psychologically trained individual is consciously attempting by verbal means to assist another person or persons to modify emotional attitude that are socially mal-adjusted and in which the subject is relatively aware of the personality re-organization through which he is going."

Psychotherapeutic counselling is very useful and important in eliminating social mal-adjustment.

(v) Clinical counselling: The term clinical counselling

was used by H.B. Pepinski. According to him the objectives of clinical counselling are diagnosis and treatment of minor functional maladjustments. Clinical counselling is concerned with the mal-adjustments related to a person's normal functioning.

(vi) Marriage counselling: In marriage counselling,

suggestions are made for the proper selection of life-partners and the person is helped to the maximum. Married clients are helped to solve their married life problems. There can be various reasons of married life problems, such as, industrialization, urbanization, etc.

## MEANING OF COUNSELLING:

Counselling may be described as a scientific process of assistance extended by an expert to a needy person. It is a relationship between a competent counsellor and the counsellee/client seeking help in gaining greater self-understanding, improved decision making and behaviour changing skills for problem resolution and development of growth.

Counselling is a process that helps an individual to choose a certain path or sort out certain issues affecting life. Here, a person shares his or her problems or thought with someone who is capable of and able to understand the other person and counsel him or her to solve the problems or the issues. The counsellor gives the individual the opportunity to explore, discover and classify. Counselling is a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behaviour. It implies a relationship between two individuals in which one helps the other to help himself.

Counselling is a meaningful process, based on mutual relationship between the counsellor and the counsellee. The mutual consent of the two individuals involved is authentic and reliable. Counselling is conducted in an atmosphere of trust and understanding and through

## Communication and interaction.

According to Webster's Dictionary, "counselling is consultation, mutual interchange of opinions, deliberating together."

According to Myer, "counselling implies a relationship between two individuals in which one gives a certain kind of assistance to the other."

A/c to Carl Rogers, "counselling is direct contact with the individual which aims to offer him assistance to changing his attitudes and behaviour."

From the above discussions, we can say that counselling is a two way process. There is a mutual relationship between the two individuals, it helps an individual to gain self understanding, self-acceptance and self-realization. It helps an individual to become happier, more creative and better adjusted. Thus, counselling constitutes activities like informing, advising and counselling.

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assistance in making decisions about certain important aspect of their education such as choice of courses and studies, decision on interest and ability, choice of college and high school. Educational counselling increases pupil's knowledge of educational opportunities, in short, it helps a person in problems related to education.

### (ii) Vocational counselling: Vocational counselling

is that process in which a person is helped in selecting a proper vocation and preparing for that. The main purpose of the counsellor is to facilitate the counsellees in their career development process. Vocational counselling helps students become aware of the many occupations available for exploration. It helps in interpreting an occupational interest inventory to a student.

### (iii) Personality counselling or Psychological counselling:

The solution of personal and emotional problems comes under personality counselling or psychological counselling, i.e., scarcity of friends, isolation, inferiority complexes etc. It is very essential to attend to these problems otherwise this affects the school education of the pupils. The lack of such counselling may create disturbed, unhappy and

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(vii) Placement counselling: Placement counselling

means to help the client in selecting the vocation according to his aptitudes, attitudes, abilities & i.e., helping the client in his appointment, in the occupation for which he possesses abilities and from which he gets job satisfaction.

(viii) Individual counselling: Individual counselling

includes problems relating to adolescent identity, concerns, teen - parent relationships, peer relationships, anxiety, anger management, depression, stress management etc. Children's concerns with the family, sibling relationship, school experiences, peer relationship ~~are~~ also come under the scope of individual counselling