Why learn counselling skills?

Can we not learn?

What difference will it be?
<table>
<thead>
<tr>
<th>Problem/Year</th>
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<th>2002</th>
<th>Total</th>
<th>Percent</th>
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<td>16</td>
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<td>1490</td>
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Topics

- Counselling and social helping
- Historical Development – world and Malaysia
- Counselling theories
- Philosophy, Principles and Ethics
- Counselling processes
- Counselling skills
- Problem Solving & Decision Making
- Alternatives and referral
- Group Facilitation
- Multicultural Counselling
- Current issues in practices
Where are we as helper?

- Guidance and Counselling using model?
- What model?

Mental health model
- Medical model
- Psychosocial model
**Comparison (Danek, 1987)**

<table>
<thead>
<tr>
<th>MH Counseling</th>
<th>Medical Model</th>
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</thead>
<tbody>
<tr>
<td>Counseling</td>
<td>Medicine</td>
</tr>
<tr>
<td>Human Development</td>
<td>Psycho-pathology</td>
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<td>Problems of living</td>
<td>Mental Illness</td>
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<tr>
<td>Client</td>
<td>Patient</td>
</tr>
<tr>
<td>Client’s ability to cope</td>
<td>Patient is cured</td>
</tr>
<tr>
<td>Develop assets &amp; skills</td>
<td>Eliminate pathology</td>
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Mental health

- is a concept that refers to a human individual's emotional and psychological well-being.
- A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.
World Health Organization definition of mental health

- Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others.
- From a cross-cultural perspective, generally agreed that mental health is broader than a lack of mental disorders.
Modality of social helping

- Psychotherapy
- Counselling
- Guidance
- Advising
Excludes client

TELLING

MANIPULATING

Problem centred

ADVISING

COUNSELLING

Includes client

(STYLES OF HELPING, Board, 1983)
Advising

- These verbs mean to suggest a particular decision or course of action: *advised him to go abroad; will advise her to be prudent; recommended that we wait.*
- The use of *advise* in the sense of "inform, notify" was found acceptable. ([http://www.thefreedictionary.com/advising](http://www.thefreedictionary.com/advising))
Advising

- enables the client to solve problems and make decisions by offering accurate, current and appropriate information. It seeks to widen the client’s choice by informing them of their rights, options and possible action programmes (Russell, Dexter, Bond, 1992)
Advising

- Enable client to solve problem
- Making decision by offering accurate, current and appropriate information
- It seek to widen client’s choice
Guidance

- something that provides direction or advice as to a decision or course of action

http://www.thefreedictionary.com/guidance
Guidance

- to offer a confidential, accountable service which helps the client to develop self awareness? To enable the client to be aware of and have access to accurate, appropriate information on available opportunities in order to make informed choices. The client is offered opportunities to explore relevant concerns and to develop decision making skills. The activity is designed to help the management of transition appropriate to the client’s needs and wishes (Russell, Dexter, Bond, 1992)
Guidance

- To help client develop self awareness
- Be aware and have access to accurate information
- To help client make an informed choice
What Is Guidance?

“Guidance is a process of helping people make important choices that affect their lives, such as choosing a preferred lifestyle” (Gladding, 2000, pg. 4).

Guidance can be seen as such activities as helping a student make decisions about what courses to take or which vocation to pursue. It is a relationship between two unequal persons.
What is counselling?

- Depend on who define it?
- Their theoretical inclination, time when it was conceptualized
- To whom it was targeted? Normal or abnormal people?
Counselling consist of a definite, structured and permissive relationship which allows the client to gain an understanding of himself to a degree which enables him to take positive action in light of his new orientation and insight.
Williamson (1950) - personalism

- A way of facilitating man’s quest for identity, his striving for self-understanding and the expression of his aspirations.
- Counselling is an individualized, personalized and permissive assistance in developing skill and attaining and re-attaining socially enlightened self-understanding and self-direction
- Counselling as educational
Rogers (1952)

- The process by which the structure of the self is relaxed in the safety of the relationship with the therapist, and previously denied experience are perceived and then integrated into an altered self
That interaction with (a) occurs between two individuals called a counselor and client; (b) takes place in a professional setting, and © is initiated and maintained as a means of facilitating changes in the behaviour of a client.
Han & MaClean (1955)

- A process which takes place in a one to one relationship between an individual troubled by problems with which he cannot cope and a professional worker whose training and experience have qualified him to help others reach solution to various types of personal difficulties.
Benjamin (1969)

- ...enabling acts so that those who are helped recognize, feel, know, decide, and choose whether to change ... facilitate and enable others to live more harmoniously and insightfully
Blocher (1966)

- Helping an individual become aware of himself and the ways in which he is reacting to the behavioural influences of his environment. It further helps him to establish some personal meaning for his behaviour and to develop and clarify a set of goals and values for the future.
Bordin (1968)

- Psychological counselling
- Why psychological? Any other term?
Board (1983) highlighted counselling from the dimension of helping styles.

As a helping process and is one of the major styles in addition to telling, advising and manipulating.
A short term, interpersonal, theory based process of helping persons who are psychologically healthy to resolve developmental and situational problems

- Interpersonal
- Psychologically stable?
- Developmental and situational problem?
Your task?

- Definition of counselling used in Malaysia
- What document you refer?
- Year?
What Is Counseling?

- According to the American Counseling Association, counseling is:

  “the application of mental health, psychological or human development principles, through cognitive, affective, behavioral or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology.”
Psychotherapy

A process of helping individuals with serious psychological problems, usually over a long period of time

(Gladding, 2000)

Difficult to distinguish and application in context.
What Is Psychotherapy?

- Traditionally focuses on serious problems associated with intrapsychic, internal, and personal issues and conflicts. It deals with the “recovery of adequacy” (Casey, 1996)

- The focus of psychotherapy tends towards:
  - Past more then present
  - Insight more than change
  - Detachment of the therapist
  - Therapist as the expert
What Is Psychotherapy?

The distinction between “psychotherapy” and “counseling” has been blurring more and more recently. The major traditional differences between counseling and psychotherapy revolve around:

- Length of time in therapy—psychotherapy tends to last longer—20-40 sessions, counseling tends to be short-term (6-8 sessions).

- Counseling tends to happen in outpatient settings. Psychotherapy tends to take place in both outpatient and inpatient settings.
Guidance, Counseling, Psychotherapy Continuum

Guidance → Counselling → Psychotherapy

Short term → Long term
Modifying behaviour → Personality Reconst.
Surface Issues → Deep seated issues
Here and Now → There and then
Prevention → Restorative
Conscious → Unconscious

Source: Neukrug (2003), The world of the counsellor
What counselling is not?

- Being a friend
- Caring in a parental way
- Treating and healing (like doctor!)
- Instructing or Teaching
- Advising
- Guidance
- Use microskills only
Counseling’s cousins (Feltham, 2000)

- Advising and influencing
- Friendship and befriending
- Co-counselling
- Counselling skills
- Teaching and coaching
- Self help
- Psychotherapy
- Guidance
Using counselling skills and being a counselor

- Counselling skills can be used by anyone
- Can anyone becomes a counsellor
- Are you a counsellor?
- Can you use counseling skills?
- So where is advising?
Some concepts

- Facilitating
- Improvement
- Growth
- Modify
- Enrich
- Attitudes
- Motives
- Responses
- functioning
Conclusion (Egan, The Skilled helper, 1998)

- Goal of helping is toward problem’s management and opportunity development
- Helping client become more effective at managing their life
CONCLUSION

Common features:

- Personal commitment to help client/patient
- Active involvement
- Some degree of authority
- Inspire faith or hope
- Help release emotions, rethink problems
- Listen empathically
- Process, not the end result
Conclusion

- Advising
- Guidance
- Counselling
- Psychotherapy
Conclusion

- Helping is an educational process
- Helping involve process of learning
- Helping can be done in many ways
- Four major helping modality are advising, guidance, counselling and psychotherapy
CONCLUSION

- Counseling is helping people to help themselves
- Advise is telling with good intention
- Guidance is helping ‘side by side’
- Psychotherapy is higher level of help
- Explicit agreement exist in counseling and psychotherapy