Asas Penasihatan dan kaunseling
Minggu kedua

Overview of week 1

History

Significant Contribution
Overview of week 1

Your friends who just registered for this class ask “So you have lecture last week on social helping, describe to me the modality in social helping and differentiate them?”

Note: Your answer will reflect your instructor!
The birth of a counselling profession
“.........the development of professional counseling, like the activity itself, was and is a process.”

Samuel T. Gladding
History

- Where counselling first started in the world?
- What terminology used?
- When it was introduced in Malaysia?
- What was available before that?
- What are the pulling factors?
The birth ....

- Non-scientific intervention of illness were profound before 16\textsuperscript{th} century witchcraft, shaman, black magic, etc
- 17\textsuperscript{th} century – the growth of science, the heliocentric theory, the sun not earth is the centre of universe
- Late 19\textsuperscript{th} century, physicians used non-medical techniques such as hypnosis to treat mental illnesses
■ Freud – ‘talking cure’ – psychoanalysis. Hypnosis did not satisfactorily treat his patients.

■ Patients free associate ideas and share their dreams, then counselor interprets

■ Give birth to psychiatry
Cont’d

- Early 20th century, vocational guidance, together with mental health movement and the study of individual differences, with the development of psychometry.
- Developed from a nonmedical, nonpsychoanalytic point of view.
- Underwent two world wars.
EARLY BEGINNINGS

- Barbaric/medieval methods of treatment used--believed persons who were mentally ill were possessed by demons or were sinful.

- People were placed in asylums, jails, and prisons and were subjected to blood-letting, starvation, blistering, purging, surprise baths, and whippings.
1800s-Early 1900

- Increased choice of vocations
- Industrial Revolution & Technological Advances ➔ Job Specialization
- Civil War/End of Slavery
- Large Cities
Dorothea Dix worked for adequate treatment of persons who are mentally ill.

Freud, Meyer and Sullivan began to examine causes of mental illness.
Strong influence

- Vocational guidance, 1898
- Mental hygiene movement
- Parson – choosing a vocation (1908)
- Vocational Guidance Association, 1952
- American Personnel and Guidance Association
- American Association for Counselling and Development
Parson’s Vision of Counseling

- Vocational choice was a developmental process
- Three components of vocational choice
  - Knowledge of work world
  - Educational attainment
  - Fit between work and personal values, personal attributes, aspirations, and interests
Before WW1

- Service focused on: Group Therapy, Career Development, Psychometry
1900-1910s Continued

- Mental hygiene movement began -- Clifford Beers' autobiography (1908)
- William Healy—1st community psychiatric clinic (1908)
- WWI—Development of psychological instruments (e.g., Army Alpha & Beta IQ tests) & testing/appraisal of individuals.
- Counselors used standardized instruments in military, educational, clinical and business settings.
After WW1

- Employment Guidance
- Vocational Guidance
- Testing
- Non-directive ‘counselling’
1930s

- Depression demonstrated need for career counseling to assist adults as well as youth to identify, develop, and learn to market new vocational skills.
Evolution of School Counseling

- Vocational theories of the 1930s and 1940s
  - Charles Axlerod
  - Anne Roe
  - Donald Super
1940s Continued

- Trend toward working with psychological problems of “normal” people.

- Emphasis on the human condition influenced traditional scientific emphasis in US psychology—contributed to work of May, Maslow, and Rogers.

- Carl Rogers: One of two major influences of the emerging counseling profession
- **1923**: Freud published the “Ego and the Id”
- **1938**: B.F. Skinner’s publication of *Behavior of Organisms*
- **1942**: Carl Rogers’ publication of *Counseling and Psychotherapy*
Guidance ➔ Counseling

- Person-Centered Theory
- Rogers brought a psychologically oriented counseling theory to guidance movement.
- Grounded counseling profession in the broad disciplines of both education and psychology.
WORLD WAR II

- Psychologists and counselors aided in selection & training of specialists for military and industry.
- Personnel needed on front lines and in aid stations to help soldiers deal with “battle neuroses.”
- Army Separation-Classification and Counseling Program (1944) established in response to emotional and vocational needs of returning soldiers.
After WW2

- Group work
- Vocational Guidance
- Various theories emerged
  Such as Humanistic/Existential
WORLD WAR II Continued

- National Mental Health Act (1946) authorized funds for research, demonstration, training, and assistance to states in use of effective methods of prevention, diagnosis, and treatment of persons with mental health disorders.
Your task

- When the Malaysian Mental Health Act was introduced?
- What are the main focus?
In Malaysia

- Educational needs of schools students
- Changes in educational systems
- Career Development
- Societal change
- To keep up with global changes
1960s . . . .

- Ministry of Education policy adopted in 1963 - all schools, at the secondary level, should have their ‘guidance teacher’

- 1963 – Guidance Services in school – *Perkhidmatan Panduan Pelajaran dan Kerjaya* (Educational Guidance and Career services)

- 1969 – 275 teachers were trained
Evident

- Development of Guidance and Counselling in 1963, has always been associated with guidance and is closely related to the history of educational practice and problems in schools (Abdul Halim and Sharifah, 1993).
1970s

- Counselling services in universities
- 1970 – UM
- 1973 – UKM
- 1976 – USM
- 1980 – UKM introduced Diploma Psikologi
- UPM?
From Guidance to Counselling

- “Perakuan 79” (Endorsement 79) by the Jawatankuasa Kabinet Mengkaji Dasar Pelajaran (Cabinet Committee on Evaluation of Educational Policy) in 1978 to give more emphasis to counselling activities in schools
1980s

- In 1980, the Unit Panduan Pelajaran dan Kerjaya (Career and Educational Guidance Unit) was changed to the Unit Bimbingan dan Kaunseling (Counselling and Guidance Unit).
1990s

- 1990, the Bank Negara Malaysia (Central Bank Malaysia)
- 1992 – Bahagian Perkhidmatan Kaunseling dan Psikologi, JPA
- 1996 – Full time counsellor in school
- 1998 – Counsellor Act
Whose model?

- Lloyd (1987), the United States has become a model for Malaysia to develop its own counselling and guidance services.
Malaysia model?

- Based on guidance
- Not so ‘mental health’
- Differentiation of Counselling and Psychiatry
- Reactive - Not proactive
- Why?
- Gap – this is where you come in!
Counselling goals

- Amir (1994) suggested that the function of counselling in Malaysia involves 3Ms, i.e. enrichment (*Memupuk*), remedial or treatment (*Memulih*) and prevention (*Mencegah*).
At present

- Counselling is offered and practiced everywhere
- The need of trained counsellors is great
- Counselling in private sectors
- Advising and Guidance is much more needed and appreciated in our context
- Online Counselling
- Compulsory Counselling
Why

- Majority do not seek counseling
- Conflict of values
- Cultural Differences
- Support system
- Misinformed
Your task

One of your friend ask “If counseling is a profession that help people to help themselves, what is the principles behind it”. Explain to your friend the principles of counselling. Cite your reference. Submit a one page paper (Week 4) 2%