

The concept of counselling in our society is old and famous from the ancient times. From old days people are used to seek advice or counsel from wise men, elders, religious heads or teachings in taking decisions regarding their knotty problems. In this type of counselling more attention was given to problem solving. In this decade a major change in the traditional concept of counselling is experienced. Today Psychology has developed into a formal systematic form. In ancient times there were many misconceptions regarding mental disorders. For treating the mental disorders people were contacting astrologers and the persons who exercise evil spirits, instead of medical treatments. Now awareness regarding mental health is increasing so in order to treat mental disorders and for counselling help is being taken by the trained professionals who have knowledge of psychology.

In this chapter we will discuss the meaning and difference between counselling and psychotherapy, steps of counselling, ethics of counselling process of psychotherapy and its approaches and psychotherapy. An Indian perspective.

## Definition - Meaning of counselling :

In English we use the word 'COUNSELLING'. The word counselling is used in many ways. For example counselling is a process in a profession or expertise etc. with reference to the developed concept of counselling the definition of counselling are as under :

"Counselling is the series of contacts aimed at helping the person for changing his attitudes and behaviour."

- *Carl Rogers*

"Counselling is the happy relationship between professionally trained expert counselor and help seeker who seeks help for his personal affair."

- *Peitrofesa, Hoffman and Spelte*

In Counselling two or more than two persons personally come into contact. Interaction between them takes place and due to that special relationship gets established. This relationship becomes unique meaningful and compassionate. Most of the definitions indicate that as a result of counselling change or improvement in the behaviour can be seen. According to Lewise (1970) three elements can be seen in the definition of psychology :

**(a) Counselee :** A person who comes with psychological problems and seeks help for the solution of that problems is known as counselee or client.

**(b) Counselor :** For the solution of the psychological problems and for helping them a person with required qualifications and skills and professionally trained is known as a counselor.

**(c) Interpersonal Interaction :** The interaction between the counselor and counselee, as a result of which there are changes in the behaviour is known a interpersonal interaction. Here relationship between them becomes important.

In this way counselling helps in playing constructive role in his/her social environment. It motivates the individual to develop his inner abilities.

## Steps of Counselling :

There are no fixed steps of counselling. It is a dynamic and changeable process. In order to understand the process of counselling, Brammer and Shortrom (1982) has given the steps of counselling which are as under :

### (1) To know the purpose of the counselee for coming :

The aim of the first step of counselling is to make counselee capable of describing his problem.

### (2) Establishing effective relationship :

The total counselling process depends on the trustworthy relationship between counselor and counselee. The success of this step depends on the ability to establish rapport.

### **(3) Coordination and decision of goals :**

In this step clarification, limitations and goals of counselling process are included. This type of coordination gives map of the counselling route.

### **(4) Clarification of the problems :**

In this step the clarification regarding the problems is explained. Here the problem is clearly explained to the counselee.

### **(5) Deal with the problems and goals :**

By clarifying the nature of the problem, make required changes in the goal and deciding the plan for proceeding further becomes the main function of this process.

### **(6) To make a work plan :**

Before ending the counselling process under the observation of counselor new planning and new behaviour patterns should be tried. According to Abraham Maslow this type of experiences are self healing.

### **(7) Assessment of results and end of the counselling process :**

Counselor provides his support till the counselee needs, but when counselee is ready to move ahead on his own the counselor ends the counselling process. The decision to end the counselling process depends on the evaluation of the progress towards the goals of counselling. So, all the steps of counselling are inter related.

Characteristics and skills of an effective counselling:

The characteristics of effective counselling shown by Petterson are as under :

- (1) Counselling from counselee's side is related to voluntary change in the behaviour.
- (2) The aim of the counselling is to create an environment which can simplify the voluntary change.
- (3) Counselling is an active listening process. But counselling is not only listening process.
- (4) As compared to others, counselor is better able to understand the counselee.
- (5) Counselling is conducted in the peaceful environment and the conversation is kept confidential.
- (6) The counselee is having psychological problem and counselor is having skill to solve that problems.

In short effective counselling helps the individual to learn about himself/herself, about his environment and about his role-behaviour. Patterson and Essenberg describes certain skills regarding effective counselling, like skill to cope up with the problem, the knowledge of special values of the counselee, ability to understand the behaviour of the individual without changing values recognizing the self defense behaviour patterns and ability to produce trust in the mind of counselee etc. becomes important. Here the role of the counselor becomes important.

So effective counselling is the result of scientific training, experience and special skills of a counselor.

### **Ethics of counselling :**

Every profession has its code of conduct. Ethics refer to the ethical norms, values of the profession. Ethics of counselling is the guiding rules directing the relationship between counselor and counselee. The code of conduct suggested by American Personal and Guidance Association (APGA) are as under :

### **1 Relationship between the counselor and counselee :**

- Counselor should respect the values of the counselee.
- Counselor should keep the personal matters of the counselee confidential.
- Interpretation of the test results should be done in such a way that it can make the counselee active in solving their problems constructively.

### **2 Relationship of the counselor with their occupation :**

- Counselor should maintain the higher standard of counselling.
- Counselor should expect ethical behaviour from his co-workers.
- Counselor should be genuine in his relationship with counselee.

### **3 Relationship of the counselor with other reference organizations :**

- It may happen that the counselor recommends the client to consult another consultant, sometimes to Psychiatrist also.

### **4 Relationship of the counselor with his own self :**

- Counselor should not counsel at the cost of his/her personal life.

In India the code of conduct for the counselors are given by 'National Vocational and Educational Guidance Association' (NVEGA) in 1980.

## **Psychotherapy :**

In human life mental and physical health is very important. For the physical problems, we take the treatment from the doctors. For the treatment of the mental disorders and for guidance the role of Psychiatrist, Psychotherapist and Clinical Psychologist becomes important. Here we will talk about Psychotherapy.

### **1. Definition of Psychotherapy :**

In psychotherapy professional relationship is established between the trained psychotherapist and the counselee who is having problems clinician develops the resulting and acceptable behaviour patterns through which the problems of the patient or client get solved. As a result of which the mental health of the patient is improving. The various definitions of mental health are as under :

● Psychotherapy is the treatment of mental disorders by using psychological methods. - *James Dreyer*

● Psychotherapy is a process of solving problems or illness by using psychological methods. The problems solved by psychotherapy are usually emotional or psychological. - *Lehner & Cube*

So in Psychotherapy patient learn to change one's feelings and attitudes and also learn valid evaluation of the life events and experiences with the help of a trained expert therapist.

### **2. Difference between counselling and psychotherapy :**

A close relationship can be seen between psychotherapy and counselling. Both the words are sometimes used as a synonym. Sometimes these words are used for showing different processes. Some experts have shown the difference between counselling and psychotherapy.

Bloch (1966), Peitrofesa Hoffman and Spelte (1984) by showing the difference between psychotherapy and counselling states that the aims of psychotherapy are therapeutic where as the aims of counselling are developmental and educational.



According to Brammer and Shostrom the difference between psychotherapy and counselling is as under :

<b>Psychotherapy</b>	<b>Counselling</b>
1) It gives support and is helpful in the life crisis of the patient.	1) It gives acknowledgement to the usual life problems of the counselee.
2) It put more stress on the past experiences and trauma.	2) It gives more importance to the present life problems.
3) It gives importance to the subconscious and conscious mental operations.	3) It touches the conscious mental processes.
4) Here analytical view is adopted for the problems .	4) Here problem solving view point is used.
5) It is related to the treatment of severe type of emotional problems and neurosis.	5) It is related to the solution of the mild emotional problems.
6) Usually the process of psychotherapy lasts for the longer period of time.	6) Counselling process is for the short period of time.

### **3. Process of Psychotherapy :**

The main goal of psychotherapy is to make the patient more creative self-aware and re-establish him in the social environment. The process of psychotherapy is divided into three parts :

#### **(I) The Initial Phase :**

In this phase first the therapeutic alliance is established which is known as rapport. Patient and psychotherapist both together undergo a contract to carry out therapeutic measures, decide their goals and objectives and also the limitations. This phase is important in many ways.

#### **(II) The Middle Phase :**

The middle phase is the real stage of undertaking processes of actual therapy. Some problems are created by his/her faulty learning. So the person has to relearn the new adjustive patterns, so that there occurs a positive change in the counselee. For that the therapist assures him about his/her unbiased attitude and confidentiality.

#### **(III) The Phase of Termination :**

After reaching the goals decided by the mutual consent of patient and therapist has to bring an end to his relationship. However the relationship is terminated formally but a follow up action is required to see that the counselee does not experience problems or difficulties during the tryout of newly learned adaptive patterns.

So compare to other therapies psychotherapy needs special abilities and skills.

### **4. Approaches to Psychotherapy :**

Many viewpoints have been given regarding psychotherapy. These viewpoints are described by various theories and approaches. Now we will discuss some of the approaches of psychotherapy :

#### **(I) Psychoanalytical Approach :**

Sigmund Freud initiated psychoanalysis in 1880. It is the oldest among the methods used today. Psychoanalytic approach has played a theoretical role in the field of psychotherapy.

According to psychoanalytical approach the genesis of psychological problems lies in childhood experiences. The psychic traumas and experiences in undesirable situations in childhood stimulate emotionally impulsive states. These impulses are repressed and then they go to the unconscious mind. Clients spend a lot of psychic energy, to keep these impulses in repression and hence are left with little energy to live effectively.

The main steps of psychoanalysis includes catharsis, resistance and transference. In catharsis the patient feels relieved after expressing his all emotions in front of the therapist. During therapy suddenly stopping while expressing his emotions, forgetting and becoming sick etc. expresses the resistance of the unconscious mind of the patient. In transference, the client experiences the emotion of love, hate, anger, jealousy etc. towards the therapist and express them. Above all the methods like free association and dream interpreting are also used.

#### **(a) Free Association Method :**

In the use of free association techniques first the patient is put in a very relaxed situation and then he is asked to say whatever comes to his mind without thinking how shameful, painful, irrelevant or personal his/her ideas may be. The therapist puts together the patient's verbalizations into a meaningful pattern and explains the patient the meaning of his ideas from the unconscious. By understanding the repressed feeling the emotional tension built up in the patient reduces.

#### **b) Dream Interpretation Method :**

In the dream interpretation method the therapist gives a psychological interpretation of the dreams of the patients. Freud believes that during sleep the ego of the person is weak and not alert. So unsatisfied repressed desires struggle and strive to come out of the unconscious, which find expression through dreams, find expression in a symbolic form, which can be made meaningful through proper interpretation. Thus the repressed emotion, impulses and ideas in the patient brought to the conscious level.

The psychodynamic technique of Freud is a special contribution in the field of psychotherapy. But it has some limitations also. The therapist should be well experienced and mentally healthy. After Freud, Neo-Freudians also gave their contribution in the field of psychoanalysis by making changes in the original technique. Those who follow the thinking pattern of Freud are known as 'Psychoanalyst'.

### **(II) Behaviour Therapy Approach :**

Behaviour therapy is also known as behaviour modification. J.B. Watson in 1920 in U.S. employed the principle of conditioning for the treatment of psychological disorders. After that behaviour therapy approach came into operation. Lindsley and Skinner coined the term behaviour therapy around 1950. According to behaviour therapy many of the psychological disorders are due to faulty learning. Therefore, the modification of this faulty learning requires relearning or new learning. Volpe employed the behaviour therapy technique for the treatment of phobia and anxiety related disorders.

The behaviour therapy includes various techniques called systematic desensitization, Bio-feedback, Impulsive therapy, Assertive training, Token economy, Modelling, Aversion therapy etc.

The explanation of the some of the therapies in short is given under :

#### **(a) Systematic Desensitization :**

This technique is associated with the relaxation state. Here the therapy is given by keeping in mind that a person cannot be both relaxed and anxious at the same time. The mode of treatment includes the stages like interview, training in relaxation, construction of anxiety hierarchies and desensitization.

#### **(b) Flooding :**

It is a powerful technique. In the treatment by flooding technique the patient is placed in a real life anxiety, producing situation and made to experience it. e.g., a person having a phobia of darkness is really



taken to the dark place and made to directly experience their fear. There is a need for taking care in the use of this technique.

**(c) Assertive Training :**

This training is helpful to make persons mind strong and to increase his self-confidence. A patient is given training to assert and express all forms of his emotions except his problematic worry and anxiety. A very timid or recessive type of person is trained and encouraged to be assertive and pushing.

**(d) Token Economy :**

In this method tokens like a card, a disc or a metal piece are used instead of money, and given to the patients performing certain types of desirable activities. The tokens thus gathered by the patients can be exchanged for the desired objects or activities. In children also this method is used for making the desirable activity firm.

In this way by using the appropriate techniques the behaviour of the patient is modified.

**(III) Cognitive Approach :**

This method was developed by Aaron Beck. This method or therapy is widely used for the treatment of depression. This therapeutic method helps the patient to recognise his negative thoughts, errors in thoughts and reasoning and misjudgements in interpretation. The therapist helps the patient to try out the new interpretations and find out new ways of thinking in the daily life. Beck's method has been successfully applied to panic disorders and anxiety disorders.

**(a) Cognitive Therapies :**

Albert Ellis and Aaron Beck are the pioneers in the use of this therapeutic technique. In last two decades there is a significant increase in the use of cognitive therapy due to their efficiency especially in the treatment of depression and anxiety. Here the term cognition refers functions like attention, judgement, learning, thinking, remembering and consciousness used in comprehending the world of our experience.

**(b) Rational Emotive Therapy :**

Ellis's Rational Emotive Therapy is one of the most widely used therapies which attempt to change the patient's basic maladaptive thought processes. Many people hold unrealistic beliefs and perfectionist values. These people invite failures, get disappointed and always live in misery and self-pity. These people fail in activity goals because of their faulty thought processes. Ellis's therapeutic method attempts to restructure the patient's self-evaluation and belief system and then ultimately change his thought processes.

In this way cognitive therapy has its own importance in the psychotherapy.

**(IV) Rogers' Client Centred Approach :**

Carl Rogers while working as a therapist developed client centred approach. In his book 'Counseling and Psychotherapy' in 1942, he presented this new approach, in which importance is being given to the quality of relationship between counsellor and counsellee. Rogers sees the therapist as a creator of comfortable environment, which helps the counsellee to proceed towards his self-development. This approach presents the positive and optimistic thought regarding human nature.

According to Carl Rogers aim of every individual is to be fully functioning and remain active. In Rogers' opinion higher is the coherence between individual's self-concept and his experiences, better will be his mental health.

Rogers' client centred therapy puts more stress on the relationship between counselor and counsellee. Here the skills of counsellor become more important than the counselling technique. The basic assumption of this approach is that if proper conditions for the development are established then the client will become

capable of gaining insight and will take positive and constructive steps towards the solution of their problems. In Rogers' approach following conditions are required for the treatment.

- (a) The direct psychological contact is necessary between the therapists and client.
- (b) The counselling becomes more successful when the client is at the lowest level of his anxiety.
- (c) In the relation between the counsellor and counselee, the counsellor should be frank and consistent with reference to words and feelings.
- (d) Here we should accept counselee as an individual and show respect to him/her.
- (e) Therapist tries to understand the client's feelings by imaging himself in the patient's situation and then proceed for the therapy.
- (f) The therapist tries to justify his understandings by asking the client and try to understand him.

In short, in this therapeutical process, when a client. consider himself ineffective in solving his problems, he gets ready for the treatment. He feels relaxed on the onset of the therapy. His thoughts are reconstructed. The client develops positive self-image, understand the reality and becomes able to face the real experiences independently.

This approach has put great impact on the counselling profession. This approach has developed new sight in the field of counselling.

So, all these approaches have important contribution in the field of counselling.

### **Therapy – An Indian Perspective :**

When you have a look at ancient Indian literature, you will come across varieties of practices used for treating psychological disorders. There is mention of a number of therapeutic practices in Atharvveda, Charak Samhita, Yoga Sutra, Budhist and Jain literature. Today in the world many of these techniques are used for treatment of psychological disorders and maintaining physical as well as mental health. It's detail explanation is as under :

**(1) Yoga :** In Shrimad Bhagvad Gita, Yoga has been defined as 'a balance unbiased approach : Samatvam'. Yoga means restraining the various urges of the mind from being active. The term Yoga is derived from the verb 'Yuja' which means 'to join'. Yoga means to yoke, means uniting the individual spirit with the universal spirit.

Maharshi Patanjali has very systematically explained Yoga in his famous treatise Yogasutra. He has mentioned eight aspects of Yoga which are in a chronological order thought which the overall development of human personality is attained. They are known as steps of Yoga.

Samadhi	Rajyoga
Dhyana	
Dharana	
Pratyahar	
Pranayama	Huthyog
Asana	
Niyam	
Yam	

**Figure 7.1 Steps of Yoga**

**(I) Yam :** "Yam means not to indulge in negative behaviour." It includes Ahimsa or nonviolence, Satya-truthfulness, Asteya- not stealing, Brahmacharya-celibacy and Aparigraha-not to possess. Ahimsa means not

to unnecessarily harm other living being in deeds, thoughts and language. Satya means not to tell a lie. Asteya means not stealing the things or physically taking something from someone else. Brahmacharya means not to have sexual life. Aparigraha means not to possess or accumulate things beyond one's actual needs.

**(II) Niyam :** "Niyam means observance of positive aspects in behaviour." It includes Shaucha, Santosh, Tapa, Swadhyaya and Ishwara Pranidhana. Shauch means purity of the internal as well as external body. Santosh means contentment with whatever one has. Tapa means train the body so that it becomes efficient to do particular tasks. Swadhyaya means to form habits of regular study of spiritual scripts. Ishwar Pranidhan means surrendering our self to the almighty.

**(III) Asana :** "Asana are special designs of postures that stabilise mind and body." It helps to maintain physical and mental health. Asanas are to be performed under observation of trained person and should be done comfortably.

**(IV) Pranayama :** 'Pranayama means regulation of inhalation and exhalation of breath.' Through this Pranayama control is gained over autonomic nervous system and over the mental functions. There are many types of Pranayama which should be performed under an expert's observation.

**(V) Pratyahara :** Pratyahara means withdrawal attention from or inhibiting attention to internal and external stimuli with the practice of Pratyahara one gets the help to reduce and control the learned or conditioned responses.

**(VI) Dharana :** "Dharana is the steadiness of mind. In this stage the practitioner keeps his mind empty of thoughts for a considerably long period and still continues to practice concentrating on one point or object."

**(VII) Dhyana :** "Dhyana means concentration on one object or stimulus. As a result of continuous deep concentration arises a feeling of unity of mind with the object of concentration."

**(VIII) Samadhi :** "Samadhi means a state where the subject and the object become inseparable." There are no problems and the person feels complete unity an identity with the almighty.

Today several miniature technique which may enjoying one, two or many steps of the yoga have been developed for treatment of mental, physical and psychological disorders.

## **(2) Transcendental Meditation :**

Dhyana is the seventh step of Yoga. It is practiced widely worldwide as an independent therapy for maintaining the mental health.

Meditation is a state which is a trained habit of mind to concentrate on the outer as well as inner stimuli and the practitioner has a continuous, constant flow of energy towards the object in him. Meditation leads the person to his natural being and produce real awareness regarding self.

Maharshi Mahesh Yogi has spread the concept of Transcendental Meditation in the whole world. European and American laboratories conducted a series of research on Maharshi Mahesh Yogi's Transcendental Meditation. Results reveal that TM's regular practice leads to the benefits like improvement in physiological and mental function, reduces stress increase in the mental health and happiness and self-actualisation. In this types of meditation chanting of mantra makes the mind calm.

In modern days many methods of meditation have been spread worldwide. The recent researches conducted on meditation reveals that meditation increases physical and mental well-being, which in turn increases that effectiveness of the individual.

## **Exercises**

### **Section – A**

**Answer the following questions by choosing the answers given below :**

- 1) Which other word is used for counselling?  
(a) Guidance (b) Counselling (c) Help (d) Interview



- 2) How many steps of counselling are shown by Brammer and Shostrom?  
(a) 5                      (b) 6                      (c) 7                      (d) 9
- 3) Who has given the characteristics of effective counselling?  
(a) Patterson                      (b) Morgan                      (c) J.B. Watson                      (d) Freud
- 4) The Ethics given by the 'APGA' has how many sections?  
(a) 3                      (b) 5                      (c) 4                      (d) 7
- 5) 'NVEGA' recommended the code of conduct in which year?  
(a) 1980                      (b) 1942                      (c) 1960                      (d) 1976
- 6) Who has given the definition "Psychotherapist is the treatment of mental disorders by using the psychological methods" ?  
(a) Terman                      (b) James Draver                      (c) Freud                      (d) Lehner & Cabe
- 7) Whose name is associated with psychoanalytic approach ?  
(a) Rogers                      (b) Freud                      (c) Terman                      (d) Ellis
- 8) Who has given the free association method?  
(a) Rogers                      (b) Freud                      (c) Bloch                      (d) Ellis
- 9) Meditation includes how many steps?  
(a) Seven                      (b) Six                      (c) Eight                      (d) Eleven
- 10) Which type of meditation was propagated by Maharshi Mahesh Yogi?  
(a) Vipasyana                      (b) Transcendental                      (c) Mindefell                      (d) Leshya

### **Section – B**

**Answer the following questions in one line :**

- 1) Minimum how many people come into contact for counselling?
- 2) Which three common factors can be seen in the definition of psychology?
- 3) Which is the first step of counselling process?
- 4) What is the full form of 'APGA'?
- 5) Name the phases of process of psychotherapy.
- 6) By whom the behavioural approach is given the name behaviour therapy?
- 7) In token economy which type of tokens are being given?
- 8) Who gave the method of cognitive therapy?
- 9) Who developed rational emotive therapy?
- 10) By which name Rogers' approach is known?

### **Section – C**

**Answer the following questions in short (30 words) :**

- 1) Give any one definition of counselling.
- 2) Whom can we call counselee?
- 3) Give any one definition of psychotherapy.
- 4) Describe any one method of psychoanalytic approach.
- 5) Name the methods used in the behaviour therapy.
- 6) What is flooding technique?
- 7) Specify the meaning of Yoga.
- 8) Name the eight aspects or steps of Yoga and explain 'Yam' is short.
- 9) Specify the meaning of Pratyahar.
- 10) Describe the advantages of meditation.

### **Section – D**

**Answer the following questions point wise. (50 words) :**

- 1) Specify the meaning of counselling.
- 2) Give the meaning of counsellor and counselee.
- 3) Describe the references of the counsellor regarding his job.
- 4) Write three differences between psychotherapy and counselling.
- 5) What is the initial phase of psychotherapy?
- 6) Describe 'Dream Interpretation'.
- 7) Explain systematic desensitization.
- 8) Explain cognitive therapy.
- 9) Give the meaning of 'Niyam' and specify things included in it.
- 10) Write a note on 'Pranayama'.

### **Section – E**

**Answer the following questions in detail. (about 80 words) :**

- 1) Define counselling and specify the steps of counselling.
- 2) Explain the code of conduct for counselling.
- 3) Write a note on the Rogers' approach.
- 4) Write a note on 'Transcendental meditation'.

