



# PSYCH 303

INTRO TO COUNSELING  
NEGROS ORIENTAL STATE UNIVERSITY

BS PSYCH III  
1<sup>st</sup> SEMESTER  
2023-2024  
MIDTERMS

## INTRO TO COUNSELING DEFINING COUNSELING

- PROFESSIONAL COUNSELING** - the process of building relationships with individuals that empower them to accomplish mental health and wellness, education, and career goals, according to American Counseling Association External link (ACA).
  - a collaborative relationship between the counselor and their client

### PROFESSIONAL COUNSELING can take the form of:

- Individual counseling** - most common type of counseling that focuses on the growth and mental health of an individual
- Couples or marriage counseling** - focuses on assisting couples in overcoming conflict and working towards a stronger relationship
- Family counseling** - involves the different familial dynamics and how they affect the family structure
- Group counseling** - the use of group interaction to facilitate growth

### COUNSELING

- is a process of talking about and working through your personal problems with a counselor
  - counselor** - helps you to address your problems in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness
  - examples of counseling 23:**
    - ✓ gerontological counseling
    - ✓ rehabilitation counseling
    - ✓ addiction counseling
    - ✓ career counseling

### What does counseling strictly observe?

- important part of counseling is **confidentiality**, which means that the information discussed in session will be accessible only by you and your counselor, with a few exceptions

### What Issues Does Counseling Address?

- People come to counseling when their attempts to deal with their concerns are no longer effective.  
**Counseling can be helpful areas such as:**
  - Addiction and abuse of alcohol and other drugs
  - Adjustment issues, including adjustment to college life
  - Anger management
  - Anxiety
  - Communication
  - Depression
  - Eating disorders
  - Gender identity and sexual orientation
  - Grief
  - Relationship difficulties, including roommates, significant others, and professors
  - Relationship violence and physical abuse
  - Sexual assault
  - Stress management
  - Thoughts of suicide or preoccupation with death
  - Trauma

## GUIDANCE

- GUIDANCE** - help and advice about how to do something or about how to deal with problems connected with your work, education, or personal relationships
- FRANK PARSONS** (1854-1908) - often considered as father of guidance
- FOCUS OF GUIDANCE** by JONES (1951)
  - "The focus of guidance is the individual not his problem, its purpose is to provide the growth of the individual in self-direction providing opportunity for self-realization and self-direction is the key-note of guidance."

### GUIDANCE as a CONCEPT and as a PROCESS

- Arbuckle et al. ( 1944)** - Guidance is a concept as well as a process. As a concept, guidance is concerned with the optimal development of the individual

## THERAPY

- THERAPY** refers to a variety of treatments that aims to help a person identify and change troubling emotions, thoughts, and behaviors
- First developed in the 19th century by the Persian physician the psychological thinker, Rhazes, who was at one time the chief physician of the Baghdad bimaristan
- SIGMUND FREUD** (1856-1939) - famous pioneer in the field of psychotherapy
- CARL ROGERS** (1902-1987) - Father of psychotherapy research
- PSYCHOTHERAPY** - a typically interpersonal treatment based on psychological principles

### COMPARISON CHART between GUIDANCE & COUNSELING

BASIS FOR COMPARISON	GUIDANCE	COUNSELING
<b>MEANING</b>	refers to an advice or a relevant piece of information provided by a superior, to resolve a problem or overcome from difficulty	refers to a professional advice given by a counselor to an individual to help him in overcoming from personal or psychological problems
<b>NATURE</b>	Preventive	remedial and curative
<b>APPROACH</b>	comprehensive & extroverted	in-depth and introverted
<b>WHAT IT DOES</b>	assists the person in choosing the best alternative	tends to change the perspective, to help him/her get the solution by himself/herself
<b>DEALS WITH</b>	education & career related issues	personal & socio-psychological issues
<b>PROVIDED BY</b>	any person superior or expert	possesses high level of skill & prof. training
<b>PRIVACY MODE</b>	open & less private one to one or one to many	confidential one to one
<b>DECISION</b>	by the guide	by the client

# Shr Theories Psycho Intent Interv Couns

**Scott C. Dulebohn**



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