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The contents of this book are based on the latest research and practice in the field of counselling. The book is designed to provide a comprehensive overview of the field and to serve as a resource for students and practitioners alike.

LESSON 1**INTRODUCTION TO COUNSELLING****1.0. Objectives**

1. To understand what is meant by psychological counselling
2. To understand what are the purpose and goals of counselling
3. To understand what are the qualities of an effective counsellor

Structure

- 1.1 Introduction
- 1.2 Characteristics of Counselling
- 1.3 Purpose and types of Counselling
- 1.4 Goals of Counselling
- 1.5 Qualities of an effective counsellor
- 1.6 Summary
- 1.7 Technical Terms
- 1.8 Model Questions
- 1.9 Reference Books

1.1. Introduction

The concepts of counselling and guidance have existed since the beginning of human society. People have always helped each other to survive physically and in times of emotional distress. In modern society, after the establishment of psychology as an independent science, counselling is considered a professional service and process of helping individuals to understand themselves and to overcome various problems in living that they face.

Yet, counselling is difficult to define. It is not a single activity but is an aspect of several professions. For example, legal counselling, financial counselling are part of the professional activities of lawyers, chartered accountants and so on. Furthermore, in recent times, the term 'counselling' is commonly used in college and university admissions.

We need to be clear however about what we mean by psychological counselling. We also need to distinguish between helping that is woven into the fabric of everyday human relating and professional helping. Helping is a broad concept that does not necessarily imply a counselling relationship or even a professional one. There are some basic differences at least in degree between a professional helping relationship and a 'friendship' relationship. Everyday interpersonal relationships involve helping that is often mutual. Friends could help each other but in a counselling relationship, the roles are clear-cut – one is the counsellor providing help while the other is the client receiving help. The counsellor might find satisfaction in helping, but he or she is not being helped by the client, nor is he or she ordinarily establishing a friendship.

The process of helping in a counselling relationship is a unique one in which the counsellor facilitates growth in the client. In this context, helping means assisting the clients to reach goals that are