

BEHAVIOURAL SCIENCES

BS RIT,OTT

1ST SEMESTER

DR DANISH

COUNSELLING

- **Definition:**
- Technique to help people help themselves
- Focuses on therapeutic relationship between counsellor and client
- Aims for deeper understanding, coping, and clarification of problems

Nature of Counselling

- Not an everyday conversation—focused and supportive
- Helps person make constructive changes
- Common in medical settings (e.g., breaking bad news, handling conflicts)

Aims of Counselling (1)

- Establish mutual trust and care
- Allow patients/families to express themselves freely
- Provide reassurance and clarification of doubts

Aims of Counselling (2)

- Achieve deeper understanding of health issues
- Identify choices and discuss pros/cons
- Help person reach best decision for themselves

Counsellor's Role

- Does **not** make decisions for patients
- Supports, guides, and clarifies
- Encourages coping and problem-solving skills

Traits of a Good Counsellor

- **Unconditional positive regard:** non-judgmental, trusting
- **Empathic understanding:** perceiving and validating others' feelings
- **Warmth and consideration:** genuine, respectful, and consistent

Additional Traits

- **Clarity:** keep communication simple and transparent
- **Here and now thinking:** focus on present problems, not the past

Counselling Don'ts

- Don't ask “why” questions (imply interrogation)
- Don't moralize (“should,” “ought”)
- Don't blame or invalidate the patient's feelings
- Don't compare experiences or impose personal views

Misconceptions About Counselling

- Not about giving direct advice
- Not solving people's problems for them
- Doesn't make people "less emotional"
- Doesn't fulfill the counsellor's need to fix others

Thank you

Any question? !?!