Principles of Counselling

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Objectives

At the end of the lecture learners will be able to:

• Define and give types of counselling

• Goals and methods of Counselling

• Counselling Services and skills

• Principles of counselling

• Counselling Intervention for some public health challenges
Definition and types of counselling

• Counselling is a helping relationship between a professional counsellor, who is trained to assist a client who need help.

• It involves interpersonal communication in which the counsellor assist the client to make an informed decision.

• Health counselling involves an action-oriented process to reduce health risks or change lifestyle in order to obtain better health.

• It combines physical and psychological health.

• The relationship between the health counsellor and the client is a partnership (Lewis, 1993).
Differences between counselling and patient education

• Counseling can encompass advising, educating, and simply listening and reflecting back on what has been heard while Patient education is the provision of information on a specific topic to a patient.

• Counselling is not a process of giving advice, but it is a process of helping your patient who is genuinely in need.

• It aims to help an individual to help himself to overcome his problem.
Goals of Counselling are to...

• alter maladjusted behaviors.

• assist clients to move in the direction of fulfilling their potentials.

• Increase clients’ capacity to take rational control over feelings and actions;

• enable clients ability to adapt or cope in a new environment or expectation
Types of counselling

• Counselling can be classified using 3 main categories

(a) Number in attendance/mode of delivery (Individual/group)

(b) theoretical Approaches adopted by the counsellor (directive/non-directive)

(c) disciplines (career counselling, marital counselling, health counselling, pastoral counselling etc)
Personal Characteristics of a Counsellor

• These are traits that are in-borne or natural to the counsellor
• Approachable
• Accommodating
• Bold
• Caring
• Dutiful
• Friendly
• Intelligent
Professional Characteristics

• These are traits that are acquired from training

• Genuineness

• Unconditional positive regard

• Non-Possessive Warmth

• Confidentiality

• Empathy
Basic counselling Skills

• Listening Skills:

• A counselor should always listen carefully and not question the patient too frequently.
• Allow him to ventilate through your listening.
Attending Skills

• A counselor's proper attention should be given to the patient to show interest and concern (Attending skills could be verbal and non-verbal).

• In attending to clients, a counsellor needs to be conscious of eye contact and body language.

• Eye Contact: looking into one another’s eye without creating embarrassment or discomfort.

• Body language: It has many components which include distance between the two people, posture, facial expression, tone of voice and appearance.

• Note these two components are culture sensitive.
Expressive Skills

• These are skills that are used to help clients in self exploration.

• They are skills for probing and receiving response from the client.

• It involves focusing in depth on particular aspects of the situation.

• They include open and closed ended questions, tense, use of the word ‘I’ and ‘You’
Counselling Process

• **Mode of Entry for Counselling**
  1. Self Invitation
  2. Referral
  3. Counsellor invitation

• **How to receive client into the counselling room**
  - Welcome the client
  - Make the client comfortable and the mode of entry will determine how to continue
Principles of Counselling

1. Principle of acceptance—accept the patient with his physical, psychological, social, economical and cultural conditions.

2. Principle of communication—communication should be verbal as well as non-verbal and should be skilful.

3. Principle of empathy—instead of showing sympathy put yourself in patients shoes and then give reflections accordingly (Empathy is ability to identify with a person.)

4. Principle of non-judge—mental attitude-do not criticize or comment negatively regarding patient’s complaints.
5. Principle of confidentiality—always keep the patient’s name, and the problem strictly secrete and assure the patient about the same.

6. Principle of individuality—treat each and every patient as unique and respect his problem as well.

7. Principles of non-emotional involvement—not getting emotionally involved with the patient and avoid getting carried away with his feelings.
Application of Counselling to public health practices

• Counselling intervention for drug abuse

• Counselling intervention for sexual problems

• Counselling for poor interpersonal relationship problems

• Counselling Intervention for mentally challenged

• Counselling Intervention for pregnant adolescent
Counselling intervention for Drug Abuse

• Physical and mental examination of the adolescent to identify early warning signs of drug abuse

• The adolescent should be counselled on the dangers of drug abuse and the consequences.
Counselling intervention for Drug Abuse Cont’d

• The client should be taught strategies of avoiding peer pressure and motivation to abuse drugs

• There should be exposure to other individuals who have overcome their own drug or substance dependence

• Referral to psychiatrist or specialist hospital should be undertaken if drug abuse is frequent and there is evidence of mental health problems or there is danger to the physical or mental health of the patient.
Counselling intervention for sexual problems

• Sexual problems include:

• disturbances in the normal processes of the sexual response such as: incest, bestialism, paraphilias, pedophilia, exhibitionism, fetishism, transvestic fetishism, sexual sadism, and voyeurism

• Sexual violence and rape
Counselling Interventions for sexual abuse
Cont’d

• Clients facing sexual and relationship problems can be referred to doctors if such problems are medical or visit specialist centres

• Victims of rape are to be treated with love and care. They need counselling to overcome the trauma of sexual violence and move on with their life

• Support and follow up services should also be offered
Poor interpersonal relationship problems

• the first line of intervention should be assessment in order to determine the cause of poor interpersonal relationship

• Counselling should focus on understanding self in terms of personality and what makes the client ‘wild’ in order to avoid such

• Furthermore clients should be counselled to respect others opinion even when it differs from theirs
Counselling interventions for poor relationships

• Clients are to be counselled on cultivating good communication skills (listening and attending skills), listen openly without putting on defenses

• making sure they understand what the other person is saying

• make a repeat of what was understood and overcome communication barriers
Counselling Intervention for Mentally Challenged

- Some of the challenges faced by mentally challenged adolescents include low self-esteem, sexual abuse and molestation, deep feelings of rejection and shame because of the way others treat them.

- Counselling steps:
  - the warning signs should be looked out for.
  - Counsellor must be patient, understanding and must be prepared to give emotional support and encouragement.
  - The counsellor should be prepared also to make referrals to psychiatrist and special centers when necessary.
Counselling Intervention for Pregnant Adolescent

• Encouragement and treatment for sexually transmitted infections and HIV/AIDS as needed

• Counselling about keeping the baby, terminating, giving up for adoption,

• If keeping the pregnancy to term, referral to ante-natal care should be made

• Details of single motherhood

• Additional unwanted pregnancies

• Child behavioral problems

• Continued poverty and welfare dependency

• to educate such adolescents on abstinence and contraceptives to enable them make better decisions in future
Difficult Moment in Counselling

• When a client refuses to talk

• When a client continually weep and refuses to be comforted

• When a client falls in love with the counsellor

• When confidentiality can be breached

• When a client transfers aggression to the counsellor
Terminating Counselling Relationship

• When the goal has been reached or the purpose of the relationship is achieved

• When the client refuses to cooperate

• When the counsellor feels the case is difficult

• When the client is well adjusted
Ethics issues in Counselling

• It is of utmost importance that a counselor pays strict attention to ethics in counseling
• Ethics refer to good and bad practices in counseling
  ✓ The Rights of the Client
  ✓ Right of informed consent
  ✓ Rights of minors
  ✓ Right of referral
  ✓ Duty to warn and protect
References

• Dr.(Mrs.) ‘Bukola Ojo; Department of Educational Foundations and counselling, Faculty of Education, Obafemi Awolowo University, Ile-Ife.