

B. Non-Directive Counselling (Permissive Counselling)

The main advocate of non-directive or client-centred or permissive counselling is **Carl R Rogers**. This principle was developed in many years. Hence, various areas got included in such type of counselling, such as, the development of personality, group leadership, education and learning, creativity, interpersonal relations and the nature of an entirely active person. This theory was developed in between 1930 and 1940. This theory believes that the sufficient means of solving a person's problem are present within the person himself. The function of the counsellor is to provide such an environment in which the client is independent to grow so that he may become what he likes to become. This school of thought gives importance to the emotional aspects of vocational and emotional problems and disapproves the diagnosis information as a part of counselling process.

The client-centred counselling revolves around the client. In this, the client is encouraged to lead in conversation and to express his own attitudes, feelings and ideas. The counsellor mostly remains passive. He never interferes the client's ideas, thoughts, feelings, flow of expressions. The counsellor helps the client in completing his conversation basically the counsellor makes his efforts to develop rapport and mutual In this approach, open-ended questions are asked. These questions are loosely structured. In the answers of these questions, the person projects his own personality. The main concern of the counsellor is with the summarization of emotional contents told by the client.

When the client is answering, he should be encouraged to speak in detail through proper methods. The client feels that the counsellor really respects the client's ideas. He gets the impression from the types of

questions which a counsellor takes from the client and the interviewee is taking interest in this client. The counsellor does not ask the questions merely to explore the facts. In the non-directive counselling, every person has the right to be independent as a specialist psychologist.

In such type of counselling, diagnostic instrument are used either infrequently or completely not used. This counselling is a growth experience. In this, he client can act with his own intellect or understanding. In this emotional of affective aspects are more emphasized than the intellectual aspects.

Non-directive counselling is the process of skilfully listening to a client, encouraging him to explain his problems, and helping him to understand those problems and determine the course of action. This counselling focuses completely on the client, thus, it is called "client-centered". **Carl Rogers** followed this different approach as he discovered that 'client' himself knew the answers to his problems. He realized that if he could provide certain conditions to the client in non-judgmental way, creating a relationship that was based on warmth, genuineness and empathy that those conditions by themselves were sufficient to allow the client to get in touch with their own inner resources.

The key objective of non-directive counselling is to help a client uncover and express his true feelings. This counselling approach is based on a theory of personality that views the individual as in a process of becoming, growing, achieving worth and dignity, and seeking to actualize potential (**Meader & Rogers, 1973**). The client-oriented counselling revolves round the client or the counselee. In other words, in the non-directive counselling the focus is on the activities of the counselee. Exponent of this school of counselling was Carl R. Rogers (1951). According to this principle, an individual is adequately endowed with the prowess to solve his own problems. A counselor's duty is only to create a suitable environment so that the counselee by recognizing himself can grow, develop and face the real life situations. According to Rogers, directive counselling is non-psychological and ineffective because the focus of guidance is the individual rather than his problem.

Characteristics of Non-Directive Counselling

The following are the main characteristics of Non-Directive Counselling:

- It is a client-centred counselling.
- It is based on the principle that a person has so much capacity and drive that he can grow and develop so that he may face the situations in reality.
- In this school of thought, the counsellor is passive to the maximum.
- A person is accepted in his originally and he is free to express his any attitude.

- Through this counselling, his psychological adjustment improves.
- Its use reduces psychological tensions.
- In this type of counselling, defensiveness falls down.
- In this type of counselling, there is closeness between the picture of the self drawn by the client and a desirable of ideal picture of his own.
- Client's behaviour is considered more matured emotionally.
- In his research **Axluies** (1947) has shown that the reading improvement speeds up as a result of client-centred play way-methods in the primary schools even if special reading instructions are not given.
- The general aim of the counsellor in client-centred counselling is to bring changes in the functioning of the client and the organization.
- This school of thought is just reverse to that of directive counselling.
- In his counselling, the entire responsibility is of client or the person.

Basic Assumptions of Non-Directive Counselling

The following are the basic assumptions of Non-Directive Counselling:

1. **Belief in the dignity of man:** Rogers believes in the dignity of the man. He considers the person capable of taking decisions and he accepts his right to do so.
2. **Tendency towards actualization:** In the earlier writings of Rogers, it was emphasized that the person's or client's growth and developmental capacity is that person's characteristic on which the methods of counselling and psychotherapy depend. Even after so many years, his opinion got strength that a person's inherent tendency includes growth, adjustment, socialization, freedom etc. This directional tendency was termed as 'Actualizing Tendency' those days.
3. **Man is Trustworthy:** Rogers considers the person basically good and reliable. He also known that the person behaves in an unreliable manner too. A person is born with some urges which must be controlled if healthy personality development is desired.
4. **Man is Wiser than his Intellect:** When sonic organization is functioning independently and effectively, then the 'awareness' is a very small part or component of the entire process. When the organization feels some difficulty in its system of functioning, this awareness becomes more sharpened and focused.

Snyder has also mentioned the following assumptions of non-directive counselling:

- The client has right to select the goals of his life.
- If the client is given an opportunity, he will select these goals which may possibly provide him great happiness.
- In the counselling situation, one should reach very quickly at a point from where the client may be able to start functioning independently.
- Emotional disturbance inhibits a person's proper adjustment initially.

Steps in Non-Directive Counselling

Carl Rogers has given the following steps of this non-directive counselling:

Step 1: Defining the Problematic Situation: First of all the counsellor should define the problematic situation.

Step 2: Free Expression of Feelings: After the first steps, the client is made aware of the fact that he can express his feelings freely and the counsellor approves this behaviour.

Step 3: Classification of Positive and Negative Feelings: After the free expression of feelings by the client, the counsellor identifies his negative and positive feelings and he classifies them.

Step 4: Development of Insight: The counsellor goes on thinking regarding the client's new feelings along with the development of client's insight and he goes on classifying all those new feelings.

Step 5: Termination of Counselling Situation: The counsellor looks for a point where he can terminate the counselling situation after all the above steps. According to this school of thought, either the client or the counsellor can suggest for such termination of counselling situation.

Counselling Process

The data and time for counselling is decided with the consent of the counselee. The counsellor may start the session with a few preliminary introductory remarks about the counselee such as his out of school activities, interests, hobbies etc. This is intended to set the counselling going in a smooth manner and provide a setting for counsellor. The second phase is the establishment of rapport by the counsellor with the counselee. The counsellor's responsibility to create an atmosphere that helps the counselee to free himself from the mental blocks that elude a satisfactory solution to his problems. The counsellor helps him to express his feelings freely. When the counselee has a clear understanding of all aspects of the problem and its actual causes, the counsellor assists him in working out solutions in the form of readjustment plans. The counsellor does not provide any readymade solutions, but he sees that the solution is arrived at by the counselee himself. When the counsellor is satisfied

with the outcome of the discussion, he encourages the counselee to use the readjustment effectively and terminates the counselling session.

Advantages of Non-Directive Counselling

- It develops the problem solving ability.
- Unwanted testes can be avoided.
- Removes the emotional blokes, help individual to bring out repressed thoughts and reduces tension.
- It leaves its impression for a longer time.
- The development of the problem-solving ability in the client through this school of thought is definite.
- Being client-centred school of thought, other unwanted activities and tests can be avoided.
- This type of counselling leaves its impressions for a longer period.

Limitations of Non-Directive Counselling

- It is time consuming. Many sessions may be required to convince the student to utilise his inner resources for solving his problems.
- This counselling is not so deep like psycho-analysis.
- This counselling has a drawback of lack of permission for flexibility to the counsellor.
- The client-centred theory suffers the basic defect that it does not care how the behaviour is affected by the stimulus-situation and the nature of the environment.
- Many counselling situations do not arise successfully in this client-centred counselling.
- It is a time-consuming process. Once the client starts his conversation, he does not cease to speak. This makes the other's turn for seeking counselling impossible.
- The client cannot depend on his resources, decisions and intellect.
- All the problems cannot be solved orally or verbally or by talks only.
- It is not possible in all the schools because the counsellor has to attend many pupils.
- Sometimes, due to the counsellor's passiveness, the client hesitates in expressing his feelings.