

## 1.4.2 Types of Counselling

Counselling can be of two types: Individual and Group.

### A. Individual Counselling

Individual counselling is a one-on-one discussion between the counsellor and the client. The two form an alliance, relationship or bond that enables trust and personal growth. Individual Counselling is aimed at helping you to cope with addiction, mental health, trauma and with stresses that can cause anxiety and depression, it's about helping you to heal from the negative things that have happen in everyday life, such as losses, separation and divorce, family conflict, violence or abuse. Individual Counselling can assist in coping with stressful life situations, work/school problems, grief, and emotional distress or relationship difficulties. Our professional, caring, supportive Master's Level Therapist and addiction counsellors can help.

Individual counselling is a personal opportunity to receive support and experience growth during challenging times in life. Individual counselling can help one deal with many personal topics in life such as anger, depression, anxiety, substance abuse, marriage and relationship challenges, parenting problems, school difficulties, career changes, etc.

Individual counselling (sometimes called psychotherapy, talk therapy, or treatment) is a process through which clients work one-on-one with a trained mental health clinician in a safe, caring, and confidential environment. Counselling allows individuals to explore their feelings, beliefs, and behaviours, work through challenging or influential memories, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change.

Individual counselling is counselling focused on the individual's immediate or near future concerns. Individual counselling may encompass career counselling and planning, grief after a loved one dies or dealing with problems at a job before they become big. Individual counselling is a one-on-one discussion between the counsellor and the client, who is the person seeking treatment. The two form an alliance, relationship or bond that enables trust and personal growth.

Individual counselling involves a client to talk about their feelings, thoughts, and behaviours and things that are troubling them. For e.g. If a person is getting negative thoughts about himself that he is of no use and he has no meaning in life or feeling of low self-esteem, then in that case therapist helps them to come out of that negative pattern of thoughts. They might spend time talking about their relationships with others, the things they are good at and the things they would like to be different.

The counsellor or therapist works with them to set goals or identify the things they would like to accomplish together. They will help the client to develop different strategies which may help to reach the goals. In some cases, this could mean helping the client to change patterns of thinking, learning new skills, changing behaviours, or shifting the way they feel and express emotions. For e.g. the client may be asked to listen to songs and go for walk when they get any negative thoughts. This helps them to divert their minds and keeps such thoughts away. They may also be told to write down their thoughts and feelings whenever the client feels stressed or vulnerable. The counsellor or therapist might also give the client homework so that he/she can practice some of the things they are learning outside of the counselling sessions.

The number of counselling sessions depends on the severity of the problem. The problems could be any emotional difficulties such as depression, anxiety, harassment, grief, trauma, low self-esteem, guilt, interpersonal problems, stress reactions, and problems in living. The bottom line is that they are feeling conflicted internally and are in emotional pain. They know they are in stress or problem but still unable to figure out the actual reason for that. They feel helpless for not been able to come out of the situation, which makes them more vulnerable. Although often they attribute their pain to external factors, what they may not realise is that the deeper source of their pain lies in the defences formed in childhood. The very defences that help children to survive childhood pain become the problem in adult life by restricting individuals' pursuit of goals and close attachment.

The goal of counselling is to resolve such emotional difficulties and to make one a healthier self and to be less conflicted internally. It makes them reflect on their inner self to know who they are and what they actually goal in life. It helps them to have a clear vision of their own self.

Individual counselling can be done through interviews. Interview is one of the main techniques employed in assisting the individual to understand him. It is the fundamental operation in the counselling process. According to Bingham and Moore Interview is 'Conversation with purpose'. Irrespective of the nature of the interview, facts about the involved individual are gathered, inferred and sometimes judged and verified during the counselling process. In addition to the obvious picture of the students' traits as obtained through structured tools in the form of data blanks, questionnaire, rating scales, a proficient counsellor can enrich the data collected by having casual conversations with teachers concerned and parents.

### **B. Group Counselling**

Group counselling is counselling with multiple individuals facing a similar concern. The strength in group counselling is that if you have 3, 5 or 10 people together all facing the same or similar issues, then they can work together. Group counselling is common for those suffer from addiction and mental health disorders. The individuals in the group act as a source of insight and support while reinforcing the idea that each individual is not the only one experiencing these problems. It is sometimes successful with individuals who have not responded well to individual counselling. Sometimes it is felt that a homogeneous group consisting of students of the same age or sex or students who seem to have similar problems is the most helpful, while other counsellors find that wider talents of a heterogeneous group for a better counselling situation.

It is a technique where a group of persons is counselled by applying group interaction method with the purpose of arriving at a solution to the problem common to the group. All the group members were provided with an opportunity to discuss their problem together, in a free atmosphere. Knowledge of reality, self-knowledge and self-realization can be achieved through group interaction process. These help to modify certain faulty social learning and to relearn certain attitudes and dispositions which are essential for healthy adjustment.

The counsellor initiates the session with the students chosen on the basis of common problem. Everyone in the group gives his opinion and shows respect for others viewpoint and the group finally take a decision which is acceptable to all. The limitation here is the size of the group. It should be small otherwise the interaction among the members will result in confusion instead of solution.

Group counselling as all the three dimensions of individual counselling, viz., remedial, preventive and developmental. In education emphasis is given on preventive and developmental aspects. The primary goal of group counselling is to create an interpersonal climate which helps each individual to develop an insight into himself. It is a process in which free communication among individual members is encouraged and maintained, leading to an understanding and evaluation of each other's point of view. Feelings of common direction and purpose develop as group cohesiveness increases.

### Process of Group Counselling

1. **Initial Exploratory Stage:** Members are encouraged to share their ideas and feelings frankly and freely. Members will accept the feedback from the counsellor in a healthy way.
2. **Transition Stage:** Members are confronted with the need to explore move deeply, to self-disclose more intensively and to interact more actively with others if they are to progress. When resistance arises, counsellors should encourage group members to work through conflicts and move towards more authentic self-explorations.
3. **Working Stage:** Members now feel more close to each other and more aware of others problems. They are more willing and more supportive and cooperative to take risks in sharing feelings and thoughts and to give constructive feedback to each other.
4. **Consolidation and Termination:** This is an integral stage of the process of group counselling and not simply the 'stopping'. It provides adequate time for handling psychological and emotional

upsets associated with weaning, to review the experiences of the individual members and work out how each can build on the changes once the termination is over.

### Techniques of Group Counselling

There are various techniques used for group counselling.

1. **Informal discussions:** Discussions done under a skilful leader with desirable objectives result in conclusions helpful to the whole group.
2. **Group reports:** Students with similar specific problems are divided into groups, the solution arrived at is discussed in the larger group.
3. **Lectures:** Lectures delivered by experts on specific problems is used to impart group guidance.
4. **Dramatics:** Guidance is given in an interesting way by dramatisation.
5. **Question Box:** Shy students get a solution for their problems when similar problem is discussed in a group.
6. **Case Conference:** It is an experience in social thinking where the problem faced by the majority of the group is stated concretely by way of a case.

### Advantages of Group Counselling

- It is both economical and efficient.
- It aids the normal student.
- It helps in having more contacts with students.
- It offers students the opportunity to discuss common problems.
- It helps improve students' attitudes and behaviour.
- It focuses collective judgement on problems that are common to the group.
- It provides an admirable opportunity to the guidance workers to observe each individual as he reacts in a group situation.
- It helps in the development of wholesome and helpful awareness of unrecognised needs and problems of the students.