

## **What is Counselling? Definition, Types & Process**

Being able to imagine and feel emotions with in-depth understanding is what makes human beings different from all other creatures on the planet. We react according to the situations and various scenarios have different ways to treat us. Considering a particular situation, our thoughts or feelings can have an emotional effect on ourselves. It's sad how in the old days, psychological traumas were left unaddressed. It was the invention of new technologies and awareness that taught people to start addressing emotional issues too. Counselling is a talking therapy that encourages people to address the issue they are facing with an eventual goal to overcome the problem.

### **Counselling: Definition and Format**

A counsellor is a professionally trained expert who helps people overcome their issues after a systematic chain of sessions. The types of counselling vary, depending on the needs of the clients.

Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counselling might vary among individuals. But in general, it is the process where you talk about your issues in detail either intending to overcome the same or to explore your thoughts comprehensively.

The role of a counsellor doesn't limit to suggesting you do this or that. Rather they support you to speak about your problems in detail to identify the primary cause behind them. Furthermore, they develop an action plan to help you cope up with the issue or win over it.

### **Definitions of Counselling:**

#### **1. Webster's Dictionary:**

“Counselling means consultation, mutual interchange of opinion, deliberating together.”

#### **2. Ruth Strang:**

“Counselling is a face to face relationship in which growth takes place in the counsellor as well as the counsellee.”

### **3. Harriman:**

“Counselling is the psychotherapeutic relationship in which an individual receives direct help from an adviser or finds an opportunity to release negative feelings and thus clear the way for positive growth in personality.”

### **4. Hamphery 2 Traxler:**

“Counselling is the application of the personal resources of the school or other institution to the solution of the problems that individuals have.”

### **Characteristics of Counselling:**

According to cattle counselling has the following characteristics:

1. Counselling is highly personal process. It has close contact of two persons.
2. It is joint quest of counsellor and counsellee.
3. The counsellor brings change in his feelings and emotions.
4. The counsellor should have full understanding of his task.
5. It has very intense conversation between the two persons – counsellor and counsellee.
6. The interview is the basic technique for counselling process.
7. Counselling deals the problems of abnormal behaviour and emotional problems.
8. counselling releases him from the feeling of inferiority and compulsion.
9. The purpose of counselling is to make counselee cheerful, to gain confidence for social responsibility.
10. Group counselling is an anomaly.

There are different formats through which the counselling sessions can take place, the client is free to choose a format that suits and fits his needs the best. Below are the popular counselling formats that people mostly favour:

- **In-Person:** Face-to-face counselling sessions take place in the counsellor’s chamber where you meet them in person after scheduling an appointment to discuss your problems. It is one of the most popular counselling formats.

- **Group Counselling:** Professionals provide group counselling sessions where you can join to address the issues. Joining such a group will help you find people with similar problems and you will be able to develop a strong network of support as well. However, if you wish to focus on your problem, in-person sessions are better.
  
- **Telephonic Sessions:** A great alternative to in-person counselling sessions are telephonic rounds that can be scheduled from the comfort of your home. Telephonic counselling rounds are best for busy individuals who might find it difficult to get into the chambers. In this flexible process, you can discuss the problems with the counsellor in a secure environment from your room.
  
- **Online Counselling:** If you wish not to meet your counsellor face to face and protect your anonymity, you have the option to email the counsellor. In this process, you have the scope to think well and decide which of the problems you want to discuss with him. The online counselling trend is becoming much more popular these days.