

Counselling Process

When a person seeks counselling, he or she suffers from something serious be it mental issues, emotional problems, or family problems. The process isn't rushed but rather involves a systematic evaluation that includes a detailed process.

The counselling process involves a step-by-step approach and the counsellor conducts it in a way to make sure that his client is comfortable with the process. Let's have a look at the five crucial stages of a counselling process.

1: Building a Warm Relationship

When you are hitting up a counsellor to discuss your problems, you ought to suffer from any serious issue concerning academics, relationships, career, or anything else. The first thing your expert does is to make yourself comfortable around him/her. He focuses on developing a warm relation and mutual trust first to make sure you do not hesitate while speaking about the problems you are facing.

2: Analysis

Now comes the second part, which is assessment. In this stage, the professional encourages you to speak in detail about your problems to grab the roots of the problem. He observes every minute detail from how you are speaking to your reactions to certain questions that might come from his end. Once he assesses the problem, the goal is fixed.

3: Setting the Goal

After a thorough evaluation of your problems, now comes the significant section of goal setting. Considering the issues you are facing the counsellor sets a goal. That can be either you overcoming the problem or reconciling with it.

4: Plan of Action

The counsellor plans an action for you to practice to see the results. Suppose someone has public speaking fear, the expert might ask him to practice speaking in front of the mirror. This is just an instance. Once you go through the plan for

the desired tenure, he assesses your improvement. If things seem normal, you are at the final stage! If not, he might design something different.

5: Overcoming the Problem

As I mentioned in the previous point after you follow the plan of action the consequent results are taken into consideration. If things seem to go in the right direction and you start feeling relaxed, yes! You have achieved your goal.