

St. Mira's College For Girls, Pune
Autonomous - Affiliated to Savitribai Phule Pune University

Psychology special III - TYBA

Counseling - assignment



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Q. SN on any 4 (4 mks)

- 1] First 3 stages of counselling and its importance in the effectiveness of counselling process.
- 2] Role of Counselor in the Person Centred Approach to Therapy.
- 3] Goals of Family Therapy.
- 4] Feminist Model of Counselling / Therapy.
- 5] 3 Ethical Practices of an Effective Counselor.

1] Counseling is a talk therapy wherein the counselor aims at changing attitude and behaviour of the client and focus on overall development. There are 5 stages of counseling which help in systematic process of the sessions.

Stage 1 - RELATIONSHIP BUILDING
The first and foremost stage of counseling is to establish a healthy relationship with the client. This stage is important for the client to feel comfortable in sharing their issues and opening up to them. The client is vulnerable in the therapy room so it should be noted that the therapist is non-judgmental and empathetic.

Stage 2 - PROBLEM DISCLOSURE
The client and therapist dig deeper into the problems and issues. The therapist picks up themes that are kept repeating. This stage helps in planning the next sessions and thus



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Stage 3 - GOAL SETTING

The third stage is setting goals that client ~~are~~ will achieve by the end of the sessions. The goals are set based on the requirement and development of the client. The therapist may begin with smaller goals for each session. Goal setting is important for an overview and progress of the sessions.

2) Role of Counselor in For P.C.T.

→ For the The correct counselor in a Person centered approach should follow the following core components.

- Unconditional Positive Regard - The counselor should have an unconditional positive regard for his client no matter who they are or what they have done. Every client deserves a second chance and should not be judged on their actions.

- Congruence - The counselor should respect and be aware of the client's problems. The counselor should also be genuine with the client about their feelings.

- Empathy - The counselor should always be empathetic and reflect on what the client says. They should be

- Non-judgmental and give their views. (A) Aside from these components, the counselor sets clear boundaries, doesn't make a decision for the client, and be a sounding board, concentrate on what they are really saying and accept negative emotions.



of Family Therapy:
 Family Therapy is the overall development
 and a family dealing with communication
 based on and other family issues. The goals
 of the family therapy are based on general
 scenarios.

Person dealing with schizo & psychotic disorder.
 1) The goal is to educate the
 family about the disorder and also help
 them in teaching ways to deal with
 the disorder. The goal is to make it a
 bit easier for them to avoid family
 conflicts and miscommunication.

2) Cross-generational issue - In many families
 there is a lack of communication or miscom-
 munication due to generational gap. The goal
 is to reduce this gap between the
 members and help them function together.

3) Societal norms - In many families the parents
 may be separated or divorced which can
 have a toll on other family members due
 to the judgements by the society. The goal
 is to help these families function and
 cope with the society.

4) Caste, Cultural norms - There are families facing
 racial racism and caste issues or belong to
 minority which is a difficult issue to
 deal with. The goal is to provide the
 families with help to support each other
 and face the problems together.

These are the few goals based on
 general scenarios of a family.



3) Ethical Practices of Effective Counselor.

→ An effective counselor should not only have their own identity and self-admission but should also follow the ethics. The ethical considerations are:

1) CONFIDENTIALITY - The foremost ethic is to maintain confidentiality. When the client shares something in the therapy room, it is the responsibility of the counselor that the sessions are not breached. Under few cases of self-harm or criminal record or cyber bullying only can the confidentiality be breached.

2) PROFESSIONAL RESPONSIBILITY - The therapist should never lie about their professional life. The counselor should be genuine about their approach to therapy and qualification. The counselor can keep growing by attending seminars and workshop in their profession.

3) COUNSELING RELATIONSHIP - The counselor should ensure a healthy relationship with the client and set boundaries. The therapist should make sure to avoid transference and counter transference with the client.

4) RESEARCH - The counselor should try practicing research as a way to contribute back to the society and also grow and develop along the way. These are few of the ethical considerations for an effective counselor.

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