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# TOPIC

## Procedure of counselling:-

Initial disclosure,  
In depth exploration  
and  
Commitment to action.



PEOPLE



HELP



PROFESSIONAL



SUPPORT

# COUNSELING



PROBLEM  
SOLVING



SKILLS



COMMUNICATION

# INTRODUCTION

- Counselling is a therapeutic relationship between two people, i.e the counselor and the client in order to bring about positive change in the client.
- The counselor supports clients with physical, emotional, and mental health issues, helping them resolve crises, reduce feelings of distress, and improve their sense of wellbeing.
- While personal and theoretical approaches may vary, a professional counselor will typically begin by building a relationship with the client before understanding their situation and their reason for seeking help
- Then they can explore how to move forward and assist the client in changing their thinking, emotional responses, and behavior .
- successful, counseling offers the client the opportunity to change by establishing specific goals, improving their skills, promoting decision making, and improving relationships across life domains .

# COUNSELLING-

- A counselor 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 Details either intending to overcome the same or to explore your thoughts comprehensively.

# COUNSELLING DEFINITION:-

- Williamson “It is a means of helping people to learn how to solve their own problems.”
- Carl Rogers (1965) “It is a definitely structured relationship which allows the client to gain an understanding of himself to a degree which enables him to take positive steps in the light of his new orientation.”
- Jones “ It is an activity in which all facts are gathered and focused on the particular problem of the counselor, who is then given direct and personal help.”
- **UK’s NHS website defines counselling as:**“A talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.”

Read more at: <https://www.skillsyouneed.com/learn/counselling>.



# COUNSELLING PROCESS



# STAGES OF COUNSELLING PROCESS

**Initial  
disclosure**

**In-depth  
exploration**

**Commitment  
to action**

# STAGE ONE:

## (INITIAL DISCLOSURE) RELATIONSHIP BUILDING

- The first step focuses on building a relationship with the client. So in simple words, it is relationship building with the client.
- For this stage to be successful, the Counselor should be able to empathize with the client so that the client is engaged to explore the issues affecting him.
- The Counselor should win over the client with his strategic convincing communication skills.
- Communication skills play a vital role in this initial disclosure stage.

# SKILLS FOR RELATIONSHIP BUILDING WITH THE CLIENT CAN BE SUMMARIZED AS FOLLOWS-

- Start with an introduction.
- Make the client comfortable by making him sit down.
- Address the client with his name.
- If the Counseling is for addressing health issues engage the client in some social conversations to make him/her anxiety free.
- If it is for addressing professional problems let the client talk about his problems affecting him.
- The Client should get a vibe that the Counselor is interested in his talk. Be genuine.

## STAGE TWO:

(IN-DEPTH EXPLORATION)

## PROBLEM ASSESSMENT

- This stage is the stage of assessment of the problem the client is facing either professional or personal interfering with their daily life or professional targets causing despair.
- According to Seligman(19990), “assessment should attempt to recognize the importance and uniqueness of the client.”
- The key is to extract all possible information and knowledge about the client’s grievances or problems and ensure nothing is left out. Any missing link can disastrously affect the whole counseling process.

- The exploration or problem assessment begins with noting down the client's personal data, like name, age, address, marital status, occupation.
- This should be followed by the problems affecting the client's professional or personal life.
- Also making a note of the duration of the problem, his family history, personal history is a must.
- This helps in joining the dots. That is to form a connection between the problems of the client and other information collected and grasped.
- This gives a rough idea of how much counseling might be required and to which particular counselor the client needs to be assigned
- Counselors who do not assess the problems presented by their clients are more likely to formulate wrong conclusions and non-workable counseling strategies and conclusions, resulting in hit and miss counseling.
- The Client may leave with the same set of problems brought to the first session sans any solution.

# STAGE THREE

(COMMITMENT TO ACTION)

## GOAL SETTING

- This stage is the goal-setting stage, wherein the client with the help of the counselor identifies specific ways of problem-solving getting in the way to achieve the target.
- Goals are the results and outcomes the client wants to achieve at the end of the counseling sessions.
- Without the achievement of goals, the whole process of counseling goes down the drain.
- This is a crucial stage of counseling as the goals when stated clearly help both the client and the counselor to recognize progress during the process of counseling sessions

## **SOME OF THE GUIDELINES FOR GOAL SELECTION ARE SUMMARIZED AS FOLLOWS:**

- Goals should relate to the desired end sought by the client.
- Goals should be well defined in explicit and measurable terms.
- Most importantly they should be in the range of the Counselor's knowledge and skills.
- They should be feasible.
- They should also be consistent with the client's mission and policies(if the client is an organization).

# CONCLUSION

Thus the three-stage of counseling process is a planned, progressive movement towards the achievement of a desire. [LiLike coaching, c](#)

Like a coaching, counselling is rooted in the principle that individuals can help themselves, provided that they receive the right kind of support. [ne](#)

Counselor does not tell their clients what to do, or how to do it, but to help them work out for themselves what they are going do, and the best approach to take.



# REFERENCE

- <https://allassignmentsupport.com/blog/3-stages-of-counseling-process/>
- <https://dspmuranchi.according.in>