

A close-up photograph of a hand holding a white marker, positioned as if about to write on a whiteboard. The background is a dark, slightly blurred whiteboard surface. The text is overlaid in the center of the image.

Dr. Ramendra Kumar Singh
Assistant Professor
P.G.Deptt. Of Psychology
Maharaja College, Arrah

Definitions of Counselling



● P.G. Sem – 3

● Counselling
Psychology

Counselling

- Counselling is a scientific process of assistance extended by an expert in an individual situation to a needy person.
- Counselling involves relationship between two persons in which one of them (**counsellor**) attempts to assist the other (**counselee or client**) in so organising himself as to attain a particular form of happiness, adjusting to a life situation, or in short, self actualisation.

Definitions....

- *According to the American Counseling Association,* counseling is defined as, "a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."

Definitions Cont...

- According to *Ruth Strang*, “Counselling is a face to face relationship in which growth takes place in the counsellor as well as the counsellee.”
- *Webster's Dictionary*, “Counselling means consultation, mutual interchange of opinion, deliberating together.”

Cont...

- *English and English* (1958) Counselling is “a relationship in which one person endeavors to help another to understand and solve his adjustment problems. The area of adjustment is often indicated: educational counselling, vocational counselling, social counselling, etc.”- Counselling is a two way process .

Cont..

- *Rogers* (1961) defines the helping relationship as one “in which at least one of the parties has the intent of promoting the growth, the development, maturity, improved functioning, and improved coping with life of the other”

Cont...

- **According** to *Governing Council of the American Counselling Association (ACA)* (1997) “Counselling is the application of mental health, psychological or human development principles, through cognitive, affective, behavioral or systemic interventions, strategies that address wellness, personal growth, or career development, as well as pathology.”

Cont....

- **The definition includes these attributes:**

Counselling deals with wellness, personal growth, career, and pathological concerns.

Counselling is a process that maybe developmental or intervening. Counsellors focus on their clients' goals.

Counselling is theory based.

Cont..

- Thus we can say that , it is a personal and dynamic relationship between two individuals in which the more experienced person helps the less experienced person to find self determined solution for his problem.