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# COUNSELLING & PSYCHOTHERAPY

P.G Sem-3

Counselling Psychology

# COUNSELLING

- Counselling is a learning-oriented process, which occurs usually in an interactive relationship, with the aim of helping a person learn more about the self, and to use such understanding to enable the person to become an effective member of society.

# COUNSELLING 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.

# PSYCHOTHERAPY

- The term psychotherapy is derived from Ancient Greek word Psyche means "breath; spirit; soul" and *therapeia* means "healing; medical treatment".
- The [Oxford English Dictionary](#) defines "The treatment of disorders of the mind or personality by psychological methods...".

# PSYCHOTHERAPY CONT..

- A process which attempts to help the patient relieve symptoms, resolve problems or seek personal growth through a structured relation (i.e. specified goals and methods) with a trained professional therapist.
- The therapist may be a psychiatrist, a psychologist, a nurse, etc....

# PSYCHOTHERAPY CONT...

- In psychotherapy, psychologists apply scientifically validated procedures to help people develop healthier, more effective habits. There are several approaches to psychotherapy – including cognitive – behavioral, interpersonal and other kinds of talk therapy – that help individuals work through their problems.

# PSYCHOTHERAPY & COUNSELLING

- The terms "counselor" and "psychotherapist" are often used interchangeably and have many similarities, but there are some important differences as well.
- In general, counseling is recommended for specific issues and situations, such as addiction or grief, and takes place over weeks to several months.
- Psychotherapy, in contrast, tends to explore past issues that might be contributing to present day problems.



# SIMILARITIES

- There are many similarities between counseling and psychotherapy, and even with the distinction, counseling often includes some psychotherapy and psychotherapy often includes some counseling.
- **SIMILARITIES INCLUDE:**
- Development of a healing, safe, and therapeutic relationship between a therapist and an individual
- Effectiveness for a wide range of people, both adults and children

# DIFFERENCES

- There are some key differences :-
- 1. Counselling focus on present problems and situations, while psychotherapy focus on recurrent problems.
- 2. In counselling focus on specific situations or behaviours, in psychotherapy overall patterns and big picture oriented.

# DIFFERENCES CONT..

- 3. Counselling is short term therapy, while psychotherapy is long term therapy, either continuous or intermittent over many years.
- 4. Counselling includes talk therapy, psychotherapy may includes testing ( such as personality, intelligence) , talk therapy, other therapies such as cognitive behavioral therapy.

# DIFFERENCES CONT..

- 5. Counselling is secondary process, while psychotherapy is primary process.
- 6. In counselling guidance, support, and education to help people identify and find their own solutions to current problems, in psychotherapy in- depth focus on internal thoughts or feelings leading to personal growth.

