

Learning Module for Counseling

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Abstract

This article provides a training module that emphasizes on specific counseling behaviors to facilitate a client centered focus and to enhance the emotional–affective clinical environment. This learning module would influence counselors' decisions on providing information confidently. The module will help individuals to become self sufficient, self-dependent, self-directed and to adjust themselves efficiently to the day to day challenges in life.

Introduction

Counseling is a method that helps the client to use a problem-solving process to recognize and manage stress and that facilitates interpersonal relationships among client, family and health care team.

Counseling involves a mutual exchange of ideas and opinions that provides the basis for mutual problem solving. It involves support, teaching techniques to foster the expression of feelings or thoughts and approaches to help the family cope with stress. Counseling enables family freely discuss their feelings and anxieties beyond the discriminations of culture, gender perspectives and social status, allowing them norms necessary for maintaining to the world and to society.

The counseling helps individuals become self sufficient, self-dependent, self-directed and to adjust themselves efficiently to the day to day challenges in life. Individuals are provided assistance to enhance their personal, social,

emotional and intellectual development. Therefore, the counselor's services are preventive, developmental and therapeutic in nature; In order to assist the clients the counselor must understand their needs, motives, perceptions, defenses, etc: In this sense, counseling could be defined as a therapeutic experience for otherwise reasonably healthy persons faced with problems.

According to Rogers (1951), effective counseling consists of a definitely structured permissive relationship that allows the client to gain an understanding of him to a degree, which enables him to take positive steps in the light of his new orientation.

Need of Counseling

Counseling help the client to accept actual or impending changes those are resulting from stress. It involves psychological, emotional, intellectual and spiritual support. It provides an opportunity for emotional release and to discuss the ways of coping with problems. Also it develops to a sense of control for better management of stress.

Purposes

Counseling make to the best possible adjustment to the disorder in an affected family member and/or the risk of recurrence of that disorder. It comprehend to the medical facts, including the diagnosis, probable course of the disorder, and the available management;

- To understand the alternatives for dealing with the risk of occurrence;

- To choose the course of action, this seems to them appropriate in view of their risk, their family goals, and their ethical and religious standards, to act in accordance with that decision.

Types of Counseling

- **Situational Short-term counseling;** Counseling may be situational short-term counseling which occurs when a patient's faces an event or situation that causes disruption (to make it difficult for) in life.
- **Development crisis/ long-term counseling;** It extend over a prolonged period or a development crisis can occur when a person is going through a development stage or passage e.g. menopause.
- **Motivation counseling** involves discussing feelings and incentives with the patient e.g. do not have inner drive or motivation to cooperate in their own health care.

Elements of Counseling

- Rapport must be established with the counselee.
- Counseling is the communication between the counselor and the counselee. Tone of voice, facial expressions, gestures and postures of both the counselor and the counselee play an important role.
- Counselor should have a thorough background of the counseling process and the counselee.
- Counseling proceeds and progresses through various stage.
- The counseling interview must be properly planned and structures.

Principles of Counseling

While dealing counseling is to the required of

an individual's problem. It emphasizes thinking with the individual and avoid dictatorial attitude. Maintains relationship of trust and confidence with the client, then put the client's need first. Everyone participating in the counseling process must feel comfortable, the clients' family members and significant influencing personnel must be included in counseling process. Skills of warmth, friendliness, openness and empathy are ingredients of successful counseling process. Counselor has to listen attentively, answer question objectively; reinforce important information. Let the client make voluntary informed decision and maintain dignity of individual as individual.

Good Counseling Skills

- **Make the mother and family feel welcome.**

Greet them in a friendly and respectful way and praise them for coming to get health care. If the mother or baby will be examined or have a procedure, explain what will happen .Give privacy during examination counseling or a procedure and give reassurance and comfort if needed. Ask only one question at a time and try not to start question with why, sometimes 'why' sounds as if you are finding fault.

- **Use effective question.**

Use open and closed question ask only for a yes or no answer and cut off discussion .Give clear, useful and correct information than help mother and family make their choices based on clear information, their own situation and their needs. After you counsel a mother or family, they need to decide themselves what they will do: people carry out their own decision best. This is way good counselors do not make decision. What you recommend may not be possible in their situation.

- **Help mother and family member the counseling**

Keep instruction short and simple and give most important information first then show as you speak. Repeat the information as a summary. After that ask the mother and family to repeat what you explained. This helps them remember you can gently correct missing or correct information.

- **Praise mother and family**

Giving praise encourage the mother and her family for what they trying to do.

- **Discuss needed follow-up**

Follow up is a critical step to ensure that improvement being made and to continue support to family.

Basic Steps in Counseling:

- Purpose of counseling
- Tools of counseling
- Rendering of relevant information
- Encouragement (rapport)
- Planning
- Involvement of the client
- Analyzing
- Interpreting
- Clarifying
- Approving
- Evaluation
- Reinforcing

The counseling Process

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| Stage 1 | Meeting the clients / patient / family |
| Stage-2 | Discussion of “surface” issues |
| Stage-3 | Revelation of “Deeper” issues. |
| Stage-4 | Own ships of feelings and emotional release. |
| Stage-5 | Generation of insight the clients life situation is viewed by them in a different light. |
| Stage-6 | Problem solving / future planning |
| Stage-7 | Action |
| Stage-8 | Termination of the counseling relationship |

The “ABHIBADAN” Approach of counseling

- Step 1: “A” refers to “*Abhibadan*”, that is to greet
- Step 2: “*Bhi*” refers to “*Bhinna na thani sodhupuch garne*” i.e. asking without discrimination.
- Step 3: “*Ba*” refers to “*Baadha hataune*” i.e. to deal with problems and concerns
- Steps 4: “*D*” refers to “*Dutta chitta bhai sahyog garne*” i.e. help whole heartedly
- Steps 5: “*N*” refers to “*Namasker gardai punnah auna anurodh garne*” i.e. Bye goodbye and request to come again.

Ethical Principles to be considered for Counselor

Counselor should be responsible to his/her counselee. He/ her;

- Has to appraise the counselee before starting the process
- Has to maintain confidentiality, develop trust and establishes satisfied relationship with the counselee and his family.
- Is expected to report the facts to an appropriate responsible authority or takes other emergency measures as the situation demands.
- Will use discretion power and judgment in giving information from a counseling relationship to other professional workers and expects the same from them in their release of information given to them in confidence.
- Has to interpret in a constructive manner the psychological information of counselee and his family.
- Maintains legal rights of counselee.
- A counselor can decide to either initiate or terminate the counseling relationship when he cannot be of professional assistance to the counselee either because of lack of competence or personal limitations.
- Does not criticize unreasonably.

Conclusion

Counseling is a two-way communication process in which both client and service provider actively participate. Counseling involves a mutual exchange of ideas and opinions that provides the basis for mutual problem solving. It involves support, teaching techniques to foster the expression of feelings or thoughts and approaches to help the family cope with stress. It is an ongoing process and must be part of every client-provider interaction in health care delivery. The decision to adopt a particular

method must be a voluntary, informed decision made by the client. It is the responsibility of the service provider to ensure that the client is fully informed and freely chooses and consents. An informed client who has been given her method of choice is a satisfied client, who is more likely to continue with the method. The sensitive nature of reproductive health/family planning requires that clients' right to privacy, confidentiality, respect, and dignity are always ensured. A learning module that combines a variety of instructional methods can help students develop important counseling skills.

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