

Teacher



in the role of

Counselor

Academic Counseling is common now a days...

- Guide and counsel students through the development of educational and career plans.
- Provide resources and information to assist in career awareness and career exploration activities.
- Help students to take appropriate steps towards implementing their educational and career plans.
- Counsel students with psycho academic issues/problems.
- Conduct Structural goal oriented counseling sessions to meet the identified needs of students.



But there are **more** areas where Teachers can help students

Facing and resolving many challenges they face in their lives.

Creating healthy environment to help children cope with stresses and conflicts and ways to overcome it.

Overcoming obstacles and how to lead a healthy life.

Applications of life skills.



Student Counseling can Focus on

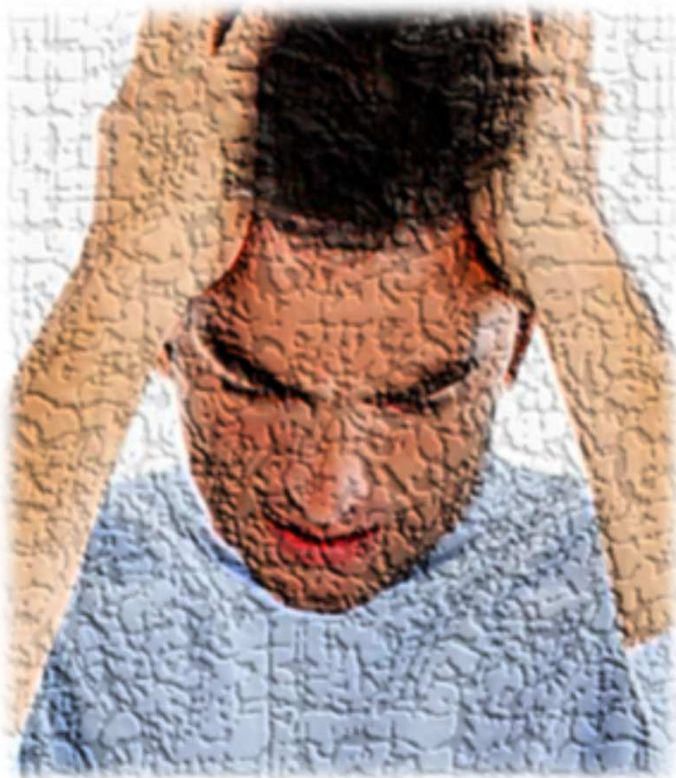
**Personal, social,
emotional and career
development**

**Self growth, self
awareness and self
acceptance.**

**Maximize strength
and minimize/reduce
limitations/weakness**



Specific student issues where Teachers can involve



- **Anxieties about aspects of study including exams and presentations**
- **general stress and anxiety**
- **depression**
- **relationship difficulties**
- **eating problems**
- **bereavements and parental separations**
- **loneliness and homesickness**
- **lack of self confidence or low self esteem**
- **managing transitions**
- **making difficult decisions**
- **traumatic experiences including rape, assault or abuse**
- **difficulties with alcohol or drugs**
- **issues around sex and sexuality**
- **self-injury**
- **suicidal thoughts**
- **anger management**
- **worries about appearance**

Counseling



Scientific process of helping an individual to understand him/herself better in relation to his/her environment so that he/she becomes self dependent, self directed and self sufficient and is able to lead a better and meaningful life.

Counseling helps individuals in

Solving present problems/issues in their life

Preventing the occurrence of problems in future

Facilitating changes in the behavior of a client

Enhancing personal, social, emotional educational and vocational development.





**Achievement of
Positive Mental
Health**

**Behavior
modification.**

Problem resolution

**Goals of
Counseling**

**Help to make changes
in attitudes,
perceptions or
personality for own
development.**

**Understand existing
life situations**

**Improving personal
effectiveness**

Decision making

Intervention Strategies

- Individual Counseling
- Small group Counseling
- Class room interventions
- Consultation with parents, teachers, out side agencies/institutions
- Coordination (Organize, manage and evaluate) of school counseling programmes.



Intervention Strategies

- Consult with parents, teachers and staff regarding meeting the developmental needs of students
- Conduct training programmes for teachers, parents and students.
- Refer students with mental health problems to appropriate mental health professionals/agencies in consultation with parents.
- Assist students with special needs.
- Consult and coordinate with mental health professionals, family counseling centres, social service agencies etc.

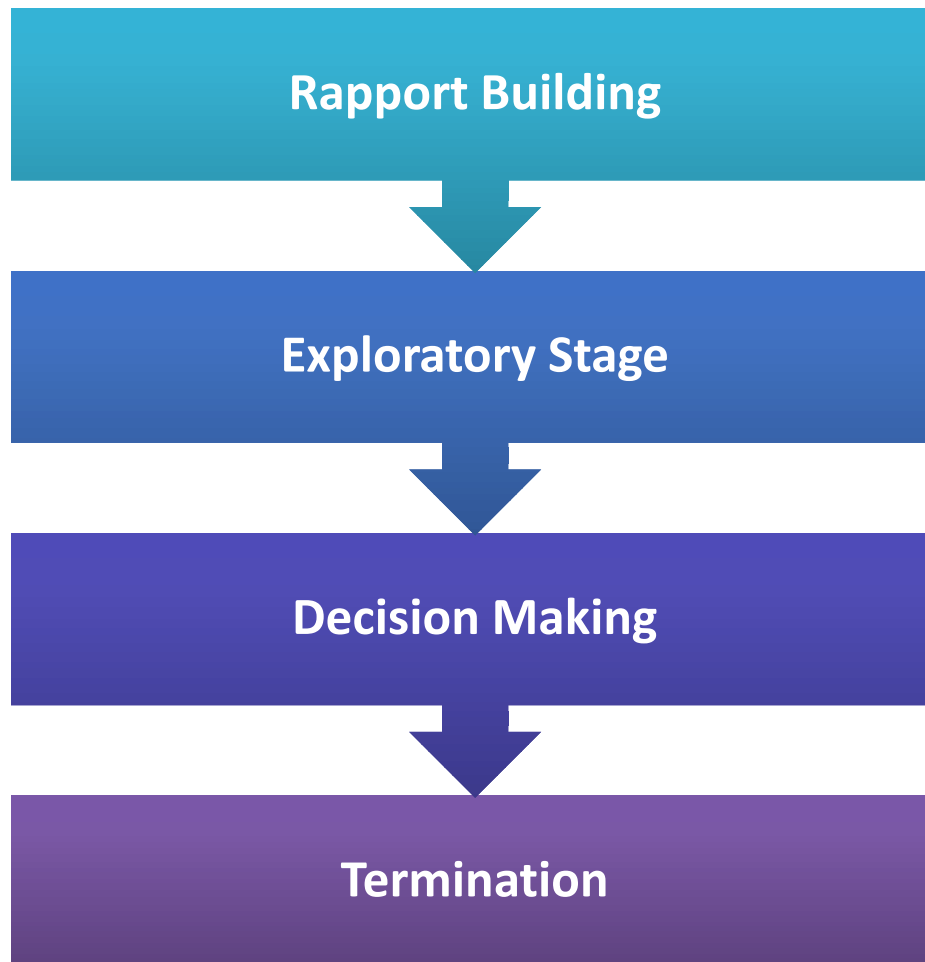


Characteristics of Effective Counselor

- ◆ Must be an active listener
- ◆ Must be non judgmental
- ◆ Must be empathetic
- ◆ Must be self evaluative
- ◆ Must be culturally aware
- ◆ Must be attentive, genuine and understanding



Steps in Counseling



1. Rapport Building

- In this stage Counselor develops and establishes rapport (positive relationship) with the client.
- Establishes facilitative environment such as attending, listening, focusing, and responding.
- Develops an understanding of place, time duration and frequency of counseling sessions.
- Ensuring confidentiality and privacy.
- Help the client to free himself/herself from the mental blocks.



2. Exploratory Stage

- Explore the depth and intensity of the problem.
- Helps the client to express his/her feelings freely.
- Help the client to identify the actual problem.
- Understand the client's attitude towards problem and change.
- Identify client's potentials, limitations and external/supporting resources.



3. Decision Making

- Classify the problems into different subsidiary categories.
- Analyze the problem with the help of background information.
- Help the client to identify the causes of the problem by a deeper understanding of the problem.
- Pin point the actual causes behind the problem.
- Help them to working out the solutions.
- Help them to take proper decision or solve/overcome the problems by using appropriate strategies.



4. Termination

- Ask the clients to review the causes of the problem and the readjustment strategies he/she has planned.
- Gives reassurance and encouragement to him/her to apply the strategies effectively.
- Plan together for future meetings and follow up sessions to evaluate the readjustment strategies.



Group Counseling



- Group counseling is a technique where a group of person is counseled by applying group interaction method for the purpose of arriving at a solution to the problem common to the group
- All the group members get an opportunity to discuss their problem together, in free atmosphere.

- In a group counseling, group works help the students in understanding and finding out a solution to their problem.
- In group counseling counselor must have thorough knowledge about group work and group interaction processes.
- He/she must be aware about the background/nature of the group, various psychological problems, specific needs of each participant.



Process of Group Counseling

- **Selection of participants – chosen on the basis of their common problems. Such as fears of public speaking, over anxiety etc. A group comprising eight to ten members is ideal for the purpose.**
- **Schedule the date and time**
- **Starting the session –**
 - ⓐ Counselor start the session by introducing him/herself.
 - ⓐ He/ she requests each group member to introduce themselves.
 - ⓐ Start the discussion over the problem. Counselor briefs the purpose of the meeting and invite others' participation in the discussion.



Orientation towards discussion



- ❖ Checking the unwarranted behavior such as negative attitude, resistance etc.
- ❖ Self disclosure
- ❖ Decision making – the group takes such a decision which is acceptable to all. With mutual consent the group finally makes a decision, that is generally accepted by others.
- ❖ End up the session- Counselor concludes the session with assuring further helps, describes follow up sessions and offering thanks for cooperation.

Counseling Implications and Developmental goals

- ❏ Gaining self awareness
- ❏ Developing positive attitudes
- ❏ Making healthy choices and effective decisions
- ❏ Respecting others
- ❏ Gaining responsibility
- ❏ Developing relationship skills
- ❏ Resolving conflicts



As a “Teacher – Counselor”

- Assist students with self exploration
- Assist students with understanding problems and making a commitment to change
- Assist students with taking action to alleviate problems
- Listens and help students without controlling and judgment.



Thank you



Kerala State AIDS Control Society
State Council Educational Research and Training

