MEANING AND DEFILATION OF COUNSELLING

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Counselling is a professional and systematic process aimed at helping individuals understand themselves, resolve personal difficulties, and improve their overall well-being. It involves a trained counsellor working collaboratively with a client to explore thoughts, feelings, and behaviors in a safe, confidential, and supportive environment.

counselling plays a crucial role in educational institutions, workplaces, and clinical settings by promoting mental health, personal growth, and social adjustment.

Different psychologists and professional organizations have defined counselling in various ways, emphasizing its role as a professional, interpersonal, and growth-oriented process.

According to Carl Rogers (1951), counselling is "a series of direct contacts with the individual which aims to offer him assistance in changing his attitudes and behavior."

Biswalo (1996) defines counselling as a process of helping an individual to accept and to use information and advice so that he/she can either solve his/her present problem or cope with it successfully. Counselling depends heavily on information.(*eGyanKosh: Block-1 Introduction*, n.d.)

According to British Association for Counseling and Psychotherapy (2002), counseling takes place when a counselor sees a client in a private and confidential setting to explore a difficulty a client is having, distress that the client may be experiencing or perhaps the client's dissatisfaction with life or loss of a sense or direction and purpose.(*eGyanKosh: Block-1 Introduction*, n.d.)

Both the American Counseling Association (ACA) have defined counseling on numerous occasions. According to ACA, counselling is "a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals."

These definitions contain a number of common points, some of which are as follows:(*eGyanKosh: Block-1 Introduction*, n.d.)

• Counseling is a profession.

• Counseling deals with personal, social, vocational empowerment, and educational concerns.

• Counseling is conducted with persons who are considered to function within the normal range.

• Counseling is theory based and takes place in a structured setting.

• Counseling is a process in which clients learn how to make decision and formulate new ways of behaving, feeling and thinking.

• Counseling encompasses various subspecialties.

In conclusion, the various definitions of counselling given by scholars such as Carl Rogers, Gustad, and organizations like the American Counseling Association highlight that counselling is a dynamic and purposeful helping process. Despite differences in wording, all definitions emphasize the importance of a professional relationship, individual growth, and problem-solving. Counselling is not merely about giving advice, but about facilitating self-understanding, emotional support, and positive behavioral change. Thus, it plays a vital role in enhancing personal well-being and enabling individuals to lead more balanced and meaningful lives.

References:

eGyanKosh: Block-1 Introduction. (n.d.). Retrieved April 6, 2026, from https://egyankosh.ac.in/handle/123456789/4695

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