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**Introduction**

**Counselling**

Counseling is a method of assisting a person in resolving personal or psychological issues and making life decisions by providing professional advice and guidance. Counseling is sought during periods of transition or distress. Counseling and other talking treatments can help with a variety of mental health issues, including: depression, anxiety, eating disorders, and drug abuse. Counseling is intended to assist you in dealing with and overcoming situations that are causing you emotional distress or making you feel uneasy. It enables you to examine challenging sentiments that you otherwise would not be able to do on your own. The counsellor is there to listen to you and respect your opinions. They won't give you advice, but they will guide you and assist you in developing your own insights and understanding of your issues. Other concerns that counselling might help with include: • Bereavement or relationship breakdown • Redundancy or work-related stress • Sexual identity exploration • Feeling more confident the counsellor will introduce themselves and the client at the start of the counseling session. Confidentiality and the counsellor's boundaries are clearly stated by the counsellor. The client's name is never exposed outside of the counselling session, and nothing is said outside of the counselling session. There are, nevertheless, some legal requirements. For instance, if the client is in danger or threatens to hurt themself.

Counseling is a connection between two people, a counselor and a client, with the goal of assisting the client in overcoming a problem or reducing conflict or suffering. The presumption in this relationship is that the client is having a problem and needs help, while the counselor is knowledgeable and has unconditional positive regard for the client. Counseling can thus be considered a helping profession because it tries to assist clients in dealing with their problems.

A counselor is a person who provides counseling services and is a trained professional with the necessary abilities and competencies to do so. The client, also known as the counselee, is a person who is dealing with a problem and requires assistance in order to regain his or her functional capacity. The purpose of counseling is to build a positive relationship between the counselor and the counselee so that the client's problem can be solved quickly.

Behavioral counseling, vocational counseling, mental health counseling, and other types of counseling exist. Depending on the scenario, each counselor may use a different style, strategy, or philosophy, with the overarching goal of resolving the issue.

**Body of assignment**

**Counselling application within the probation department.**

Counseling is a broad term that refers to the giving of support or direction with the goal of resolving personal, societal, or mental issues. It is usually administered by a professional. Individual counseling, group counseling, and couples counseling are all common types of counseling.

Individual counseling is to assist people in making better decisions, improving their relationships with others, and better understanding themselves in order to achieve beneficial changes.

Group counseling, on the other hand, aids in the understanding of one's feelings and the modification of behavioral problems with the help of others (Fernald, 2008). Couple counseling, on the other hand, is used by partners who want to better their intimate relationship in general. It assists couples of all types in exploring, recognizing, and resolving difficulties in order to strengthen their relationships and interactions.

Counseling can help you in a variety of ways. It can help one gain a better grasp of things and learn new skills to better control themselves. Individuals can respond to challenges in a variety of ways with the guidance of a counselor. Sharing one's views can be especially beneficial in altering one's life, which is exactly what counseling is for.

Counseling has several significant features that contribute to its effectiveness. One of these features is confidentiality, which implies that a counselor is bound by ethics to treat all information shared by a client as confidential (Skinner, 1974).

Another significant part is the therapy procedure, which varies depending on the counselor and client, as well as the urgency of the problem. The following steps should be followed in general: gathering background information, identifying important issues, case building, therapeutic goal setting, intervention implementation, and evaluation.

In counseling psychology, the term "counseling relationship" refers to the feelings that a client and therapist have for each other, as well as how they are expressed.

There are three types of counter transference relationships: working alliances, personal relationships, and counter transference. Secure base hypothesis is a theory about the function of counseling that is usually linked to attachment theory; it provides a reference point for the client.

Talking to a qualified psychoanalyst can help you understand the underlying patterns and behaviors that are causing you problems. Analyzing transference and countertransference can help the analyst and client find the emotional freedom they need to achieve significant, long-term changes and heal from past traumas.

Counseling psychologists take a variety of approaches. They incorporate cultural elements into their therapy procedures, for example. They link such factors to the procedures and outcomes achieved during counseling. According to recent studies, black clients face racial discrimination from white counselors**.** Counselors should seek assistance and expertise in working with clients of various races, genders, and other marginalized groups (Gazzaniga, 2010).

Typically, counseling results look at a variety of symptoms, such as specific diseases, addictions and behavioral changes. The premise of the life-satisfaction measure report is positive outcomes such as quality of life. Research has demonstrated that the counseling process and outcome involve a variety of research approaches to answer diverse counseling concerns, according to Gazzaniga (2010). Quantitative approaches are applied in a variety of ways .The performing of correlation studies is one of them. This is used in counseling classes as well as clinical trials. They also apply to the actual counseling process as well as studies on counseling procedures and outcomes. Qualitative methods, on the other hand, entail performing, translating, and coding therapy sessions.

"Psychology and counseling investigate ideas such as emotion, personality, and interpersonal connections," we can witness in practice (Gazzaniga, 2010). As a result, it can be applied to a variety of settings in the population, such as community mental health settings and in-patient substance abuse clients. Individuals suffering from a variety of mental diseases can be found in a community mental health environment.

Counseling assists people in understanding the root cause of their mental breakdown and perhaps assisting them in dealing with the concerns that are associated with it; however, the end results are typically determined by the patients' attitude and response to therapy during these counseling sessions.

As a result, different settings require different counseling approaches. Depending on the intricacy of the problem, client variables are usually very helpful during some sessions. If a drug abuse inpatient refuses to recognize that he or she has a problem, that the problem has had a substantial impact on his or her life, and that the problem can be cured, counseling may not be of much assistance to him or her. For counseling to be effective the essential skills required are mostly used within the probation department .Counselling skills are a combination of values, ethics, knowledge and communication skills that are used to support another person's emotional health and wellbeing. They are not exclusive to counsellors since a wide range of people use them, often to enhance a primary role. Further to this, the application of the core counselling skills is effective when there is a change to where the client was and who they are now or after ending the helping relationship. This is measurable when the client's desired goal is achieved. Goal achievement is when the client feels fulfilled

**Effective Counseling Skills**



Effective counseling occurs only when there is a mutual understanding between the health worker and the patient/client which is brought about by information sharing and exchange of ideas. The qualities of a good counselor go hand in hand with good counseling skills. .They include but not least to:

**Counselors must be able to listen and pay attention in addition to having great listening and comprehension abilities.** Counselors must also show a vested and genuine interest in the client's well-being during a session with a client. They do so by making eye contact and employing appropriate body language, which are counseling skills and strategies that can also be used in the domains of psychiatry and therapy**.**

**Communication Skills:** A good counselor can present information in a clear and succinct manner so that a client understands the counselor's worries, advice, and so on. As a result, a client can leave a session feeling confident that all of his or her questions were answered**.**

**Listening and Attendance:** Good listening and comprehension abilities aren't enough for counselors. Counselors must also convey a genuine interest in the client's well-being during a session with him or her. They do so by maintaining eye contact and employing appropriate body language, both of which are counseling skills and strategies that can be applied to the fields of psychiatry and therapy**.** Through active listening, rapport is built, trust forms and the speaker feels heard and understood by the counsellor or listener.

**Focusing and paraphrasing:** When a client interacts with a counselor for the first time, he or she may not be aware of the fundamental reason of their troubles (s). The counselor must identify the client's problems and assist them in determining which are the most harmful. This allows the counselor and client to concentrate on the difficulties at hand and come up with answers. While focusing it involves making decisions about what issues the client wants to deal with.

The client may have mentioned a range of issues and problems and focusing allows the counsellor and client together to clear away some of the less important surrounding material and concentrate on the central issues of concern.

**Counselors must make clients feel validated -** that it is okay to be unhappy, nervous, furious, and so on - as they deliver mental health treatments. Counselors must, however, push clients to take acts or adopt mindsets that go against their feelings, even if they don't want to. Excellent interpersonal and diplomatic skills are required for effectivechallenge**.**

Building Rapport-[Building rapport with clients in counselling](https://counsellingtutor.com/basic-counselling-skills/rapport/) is important, whatever model of counselling the counsellor is working with. By doing so the client is able to open up by feeling secure and by doing so as a probation officer able to draw the treatment plan that helps in the rehabilitation process.Rapport means a sense of having a connection with the person.

**Summarizing-**[Summaries in counselling](https://counsellingtutor.com/basic-counselling-skills/summarising/) are longer paraphrases. They condense or crystallise the essence of what the client is saying and feeling. It is vital as it shows the client that you are able to listen to his issues and problems and thus if he needs help he can come another time.The summary 'sums up' the main themes that are emerging.

**Multicultural Competencies:** Counselors, particularly guidance and school counselors, must be multilingual. To put it another way, a counselor must be aware of how a client's ethnic, cultural, and social background influences them. This understanding can help counselors sympathize with clients, earn their trust, and offer effective solutions**.** This is very vital as in some cases you find a male that cannot be guided/counseled by a female probation officer and this requires great knowledge of rolling with such resistance.

**Values in counseling**

The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.

Values in Counseling introduces us to numerous psychological theoretical viewpoints that can be applied to counseling. In psychology, there are numerous theoretical perspectives that are referred to as paradigms. Behavioral, biological, cognitive, humanistic, social, Freudian, and developmental theories are among them.

How an individual feels and reacts to such feelings is the first step in realizing that something is wrong, which can lead to reasoning and, ultimately, the decision to seek counseling.

Counseling appears to be a link between an individual's style of thinking and his or her behavior when these variables are taken into account. Certain emotions, such as grief and anxiety, elicit a desire for a reaction, which is manifested in social or private conduct (George, 2003).

Behavior is usually motivated by a desire to change one's mind. When one's response is based on false feelings, undesirable and potentially harmful outcomes are likely to occur.

Individuals or groups in therapy sessions may recognize the need for change as a result of negative conduct. As a result, the counselor must be prepared to provide appropriate assistance and be able to recognize emotions or behavioral patterns in people or groups.

This could lead to figuring out what the problem is with a certain person or group, or it could allow for a more accurate interpretation of the events that led to therapy.

When a counselor notices that an individual's behavior is no longer functioning, it may be a good indicator to evaluate what the person now believes in, and thus emotional health can be regained by removing negative thoughts and distortions and attempting to restore emotional and personality balance.As a counseling perspective, behavioral reaction can have a substantial impact on an individual's or group's change process.

In the sense that personal attributes necessary to develop a successful therapeutic relationship with the client can be manifested, the application of a behavioral perspective in counseling can lead to a better client counselor relationship (Leichsenring & Leibing, 2003). Clients who seek counseling typically have a variety of issues that they are aware of but require the assistance of a therapist to uncover the root cause of their inability to resolve.

Counseling can demonstrate that the initial stages of the client-counselor relationship can be challenging, but as the client's emotions and behavior manifest themselves, the counselor will gain insight that will allow him or her to better understand the client and, as a result, improve their relationship.

As a result, it is critical that the counselor recognizes both positive and bad behavioral features, as this will enable the counselor to focus on and work on them with the client, allowing him or her to better understand the issues the client is facing. Positive ones that aid in boosting a client's self-esteem when he or she appears to be having a mental breakdown as a result of the situation they're dealing with.

Exploring this viewpoint improves the development of a therapeutic case both before and during counseling. If a person goes to therapy, he or she usually has no idea what issues need to be addressed, but he or she is aware that something is wrong in the environment in which he or she lives or that he or she has a problem that has to be handled.

The counselor must be able to recognize and discern the types of feelings that a client exhibits in the early phases of counseling, such as resentment and possibly rage, which may manifest itself directly in behavior and be genuine. The counselor may reveal the thinking that leads to the disruptive conduct and feelings in later stages of counseling as the counselor and client relationship develops. In this context, the counselor's responsibility is to identify and respond to them in order to restore an individual's functional system.

Counseling is intended to consider all of an individual's characteristics when he or she enters counseling; a counselor will be pushed to unearth the client's beliefs that are the cause of their behaviors by using his or her knowledge of these attributes, such as behavior and feeling. This will serve as the foundation for integrative individual counseling, which demonstrates that people are motivated by their thoughts, feelings, and actions.

If a client exhibits behavior geared at transforming painful experiences and assisting him in working on feelings such as rage, then this will be of tremendous importance in making this individual a healthy and positive person.

In essence, therapy will have helped the individual recognize and appreciate the benefit he or she has received as a result of counseling.

Counseling is done in a variety of ways (psychology). In terms of therapy and fundamental concepts, they differ. The behavioral perspective is one of them. This is comparable to the others, although it differs in several ways.

When we compare the cognitive and behavioral perspectives, we can observe the difference in problem-solving perspectives, as one is focused on current belief systems and psychoanalytic theory, while the other is entirely based on reality (Leichsenring & Leibing, 2003).

Through the use of childhood events, the Freudian approach aims to change an individual's personality and character. In most cases, cognitive and behavioral views generate rapid change in a group or individual.

The scope and usefulness of theoretical viewpoints differ. Some of them can be used to solve real-life problems as well as criminal situations.

There are various theories and approaches that can be combined with these perspectives to help counselors gain a broader perspective and insight into clients and, as a result, create a conducive and harmonious environment for counseling that will speed up the counseling process and allow clients to realize the impact of counseling on their lives.

To be a good counselor you must possess the following qualities:

**Patience:** You must be really patient.Only proceed to the next phase of explanation after the patient/client has grasped the content of the information you're providing. As a result, you'll require plenty of time for the client or patient.

**Listening Skills:** You must be a good listener. Never interrupt a patient/client who is speaking. Only add your thoughts after the client or patient has finished speaking.

**Observant:** You must be very observant and able to interpret nonverbal communication. For example, if the patient/client appears to be angry, first determine what is causing his/her anger.

**Warmth:** In a therapeutic setting, provide non-possessive warmth. Smile at the patient/client and express compassion and acceptance.

**Knowledgeable:** You should be well-versed in the topic/problem, such as medication adherence. Some people refuse to take medication for various reasons, while others are in desperate need of drugs or prescription. Muslims, for example, do not take oral medication when fasting, while Jehovah's Witnesses do not get blood transfusions. Understanding the reasons why people may refuse to complete particular activities at certain times will help you better support them.

**Empathy for the patient or client:** In the counseling process, try to comprehend the patient's or client's feelings. To put it another way, put yourself in his or her shoes**.**

**Keeping a therapeutic relationship with a patient:** Allow the patient/client to make his or her own decision based on your message.

**Confidentiality:** While confidentiality is crucial in health care, it may not apply to all situations; for example, most people will freely express their feelings or the difficulty they are experiencing. However, make sure that everything the patient/client says you is kept private. If you reveal any information about the patient/client to others, he or she will be extremely offended. This necessitates individual and confidential counseling.

**Personal Integrity:** As a counselor, maintain a high level of personal integrity, credibility, and mutual trust.

**Theory of Counseling**

Theories are used in psychology to provide a framework for understanding human ideas, feelings, and behaviors. Several theories have been presented throughout psychology's history to explain and predict various elements of human behavior. There are two main components to a psychological theory: It has to be a description of a behavior.

**Psychodynamic theory**, often known as psychoanalytic psychotherapy, aids clients in comprehending their emotions and unspoken behavioral patterns. Clients have a better understanding of themselves and make better decisions by talking about these feelings and behaviors with a social worker.

Counselors can use theories to better understand the dynamics of human behavior and select therapeutic procedures that are suited for individual clients and situations. When psychological ideas are viewed as extensions of various life events, they come alive in the counselor's imagination.

**Behavioral theory:** It examines people's life experiences to explain their conduct. Psychologist B.F. Skinner was a proponent of behavioral theory, demonstrating through animal research that conditioning may have a substantial impact on behavior. In today's world, a behaviorist can claim that someone has aggressive inclinations because they were physically abused as children.

**The client-centered approach:** In this, the client is encouraged to learn new things and grow as a result of the counselor's direction and environment. Active listening, acceptance, sincerity, and empathy are all prominent characteristics of this form of counseling. This is the most commonly used theory in the field of probation while conducting social inquiries in order to give reports to courts for dispensation in the criminal justice system, where the client speaks more and the probation officer gathers information through active listening.

**Psychotherapy that is holistic:** Physically, cognitively, emotionally, and spiritually, holistic psychotherapy addresses the full individual. Referrals to specialists such as naturopaths, massage therapists, educators, and personal trainers are examples of holistic solutions that can assist clients address their difficulties on several levels of healing. In the field of probation, we have clients who may be suffering from schizophrenia or paranoia, and in such circumstances, we direct them to other hospitals to receive specialized treatment.

**Mindfulness-Based Therapy (MBT)**: Mindfulness is a modern rethinking of old Buddhist meditation methods. It is intended to assist you in dealing with day-to-day issues by allowing you to take charge of your own thoughts. Meditation and/or other guided imagery and relaxation techniques are used in mindfulness therapies to assist clients reduce stress and feel more tranquil, focused, and present in their life. Very vital as we deal with issues that affects us daily but as probation we have to be strong for our clients.

**Play Therapy is a type of psychotherapy that involves:** children to develop, learn, and express themselves. Play therapy makes use of this fundamental childhood activity to promote long-term healing and development. It's especially helpful for younger children who don't have the linguistic skills to participate in talk therapy. Teens and adults alike can benefit from play therapy. When children in the probation field endure mistreatment from their parents or guardians, they are able to overcome the psychological torment by participating in play therapy. We have an area in our office where kids may play, and those who can draw can express their emotions through drawings that are analyzed by a counselor, allowing them to obtain aid.

**Person-Centered Therapy (PCT) is a type of psychotherapy that:** focuses on the therapist and client developing a strong therapeutic relationship. Person-centered therapists think that by creating an environment that is kind, caring, genuine, and nonjudgmental, clients can access their own internal source of healing, growth, and wisdom. Domestic abuse, substance misuse, and low self-esteem are common issues for clients. The existential method is based only on an individual's presence in a therapy session and the reason for their involvement in the first place. This means that if a client understands why he or she is in treatment, they will be better equipped to deal with the obstacles that arise quickly. For instance, in the probation profession, we teach clients the necessity of following non-custodial sentencing orders.

**Eye Movement Desensitization and Reprocessing Therapy is a type of eye movement desensitization and reprocessing therapy (EMDR):** EMDR reduces or eliminates emotional and mental suffering caused by traumatic life experiences by using controlled eye movements or other forms of bilateral stimulation. EMDR is thought to change dysfunctional memory networks generated in the brain as a result of trauma. EMDR has been used to treat a wide range of issues, including trauma, anxiety, and phobias, as well as depression. This is typically used when the majority of a client's communication is nonverbal, such as nodding, finger fidgeting, facial expressions, and so on

**Cognitive behavioral therapy (CBT) is a type of therapy:** that, often known as the ABC approach, is any type of therapy that is focused on a person's belief in their own thoughts and is usually linked to how they feel. In this type of situation, there is usually an activating incident from which the client takes his or her interpretations. Rather than focusing on behaviors, cognitive theory investigates how people's beliefs affect their actions.

Cognitive behavioral therapy is one of the most widely used and well-studied types of treatment. CBT is particularly effective in treating anxiety, OCD, depression, social skills impairments, and eating disorders because it focuses on modifying maladaptive ideas and actions. This is the most commonly used theory in probation cases since clients are urged to make good behavioral changes.

**Solution focused therapy:** it usually focuses on the outcomes, which means that the primary goal is to achieve what the client wants through therapy rather than the reason they sought therapy in the first place. This method focuses on the present and future, with the client being instructed to concentrate on the future and how it has altered. When focusing on a client's demands and risk assessment, responsivity is very important because it helps determine the client's level of understanding as well as their capacities to use skills obtained.

As a result, theories provide a framework for maintaining consistency between comprehension, interpretation, and, eventually, action. In order to attain goals in the most efficient and effective manner, consistency and integrity are essential. How can we help the client address their problem in the most effective way if we don't have a consistent framework to look at it through?

Theory is similar to a metaphor in that it is a concise means of conceptualizing an issue or situation while also widening understanding. Theory gives generalizations that not only deepen our understanding but also point us in the direction of comparable findings in other instances. Theory generates knowledge in this way. Theory serves as a "road map" for unskilled counselors. Novice counselors can use theory to guide them and guarantee that they are productive with their clients. More experienced counselors benefit from theory since it facilitates the integration of self and external knowledge.

**Conclusion**

Counseling is the use of mental health, psychological, or human development principles to wellness, personal growth, or professional development, as well as pathology, using cognitive, affective, behavioral, or systemic intervention strategies. As a result, counseling focuses on assisting people in making changes, whereas advice focuses on assisting people in determining what they value most. As a result, a counselor is someone who provides guidance or advise.

Counselors operate in a number of community settings to provide counseling, rehabilitation, and support services to people. Their responsibilities differ significantly based on their expertise, which is defined by the environment in which they work and the population they serve. Counselors are frequently confronted with children, adolescents, adults, or families who have multiple issues, such as mental health disorders and addiction, disability and employment needs, school problem or career counseling needs, and trauma, despite the fact that the specific setting may have an implied scope of practice. Counselors must be aware of these difficulties in order to provide proper therapy and assistance to their clients.

In essence, counseling is a profession that is largely reliant on the needs of clients as well as their personalities. A counselor's approach to different sessions varies depending on the individual's attitude and reaction to certain inquiries. Counselors also have an impact on people's decision-making in other situations. In this approach, they can influence the clients' decisions. Some of their choices may have a significant impact on their lives.

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