

Counseling

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Objectives

- TO define counseling.
- TO identify skills of counseling.
- TO recognize tasks of counseling.
- TO identify barriers of counseling.
- TO enumerate types of counseling.
- TO recognize goals of counseling.

Definition

- Helping a person or a group of people to develop self-help and self-care abilities .
- Encouraging individuals to think about their problems and take personal decisions and actions appropriate to them .

Skills of counseling

- 1- Understanding client's beliefs and traditions .
- 2- Observing client's thinking .
- 3- Using verbal and non-verbal messages .
- 4- Encouraging [to build trust].
- 5- Active listening [verbal and non-verbal].

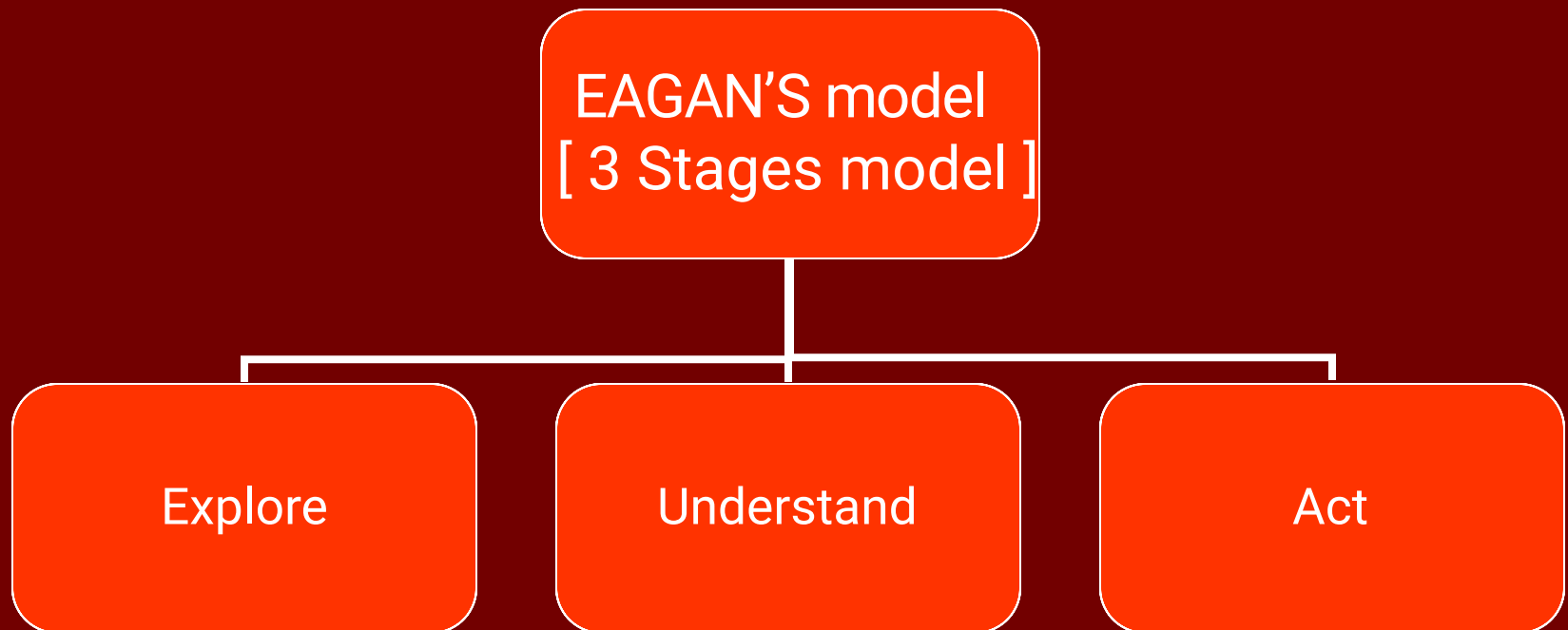
Skills of counseling

- 6- Questioning [open ended and clarifying].
- 7- Restating , paraphrasing and summarizing.
- 8- Explaining
- 9- Using the same language of the client .
- 10- Visiting the client for follow up

Task of counseling

Give the client an opportunity to explore , discover , and clarify ways for living well being .

Task of counseling



Barriers of counseling

- 1 - Language
- 2 - Gender
- 3 - Literacy
- 4 - Education
- 5 - Socio-economic status

Types of counseling

- 1- Counseling with individual [one person]
- 2- Counseling with families
- 3- Counseling with children
- 4- Home visits counseling

Goals of counseling

- 1 - Improve health status
- 2 - Increase communication with patients
- 3 - Add a behavior
- 4 - Eliminate non-addictive behaviors
- 5 - Eliminate addictive behaviors

Remember the counselor should:

- 1- Give clear and correct information.
- 2- Use short sentences and short easy words.
- 3- Use the language of the client.
- 4- Use promotional materials
- 5- Use samples [e.g. in case of
contraceptive methods] .
- 6- Repeat the instructions .
- 7- Ask the client if she has understood .
- 8- Encourage the client to ask .
- 9- Ask the client to repeat the instructions to
be sure that she understood .

Conclusion

Generally counseling means :

- 1- Free informed decision .
- 2- No pressure for leading to a decision .
- 3- Avoid advising .
- 4- Helping to take the decision .



THANK YOU

