

COUNSELING SERVICES

Counseling is the heart of the Guidance Program. It is the Counseling Service that integrates all the data gathered about the individual and his/her environment, in order for them to make sense. Hatch and Mitchell (1981) consider counseling as the core activity through which all the other activities become meaningful. In the one-to-one helping relationship, the counselor interprets the data gathered about the individual and relates them to the information about the world outside the client in order to facilitate growth and adjustment, problem-solving and decision-making.

Nature and Purpose

The following integrates the different facets of counseling as seen by different authorities in the field and as formulated by Gibson and Mitchell in 1999. Counseling is a goal-oriented relationship between a professionally trained, competent counselor and an individual seeking help (Hoffman and Spelte, 1984) for the purpose of bringing about a meaningful awareness and understanding of the self and environment, improving planning and decision making, and formulating new ways of behaving, feeling, and thinking for problem resolution and/or development growth.

The definition makes it clear that one of the people in the interaction is a trained competent professional and that there is a goal towards which the interaction is directed. This requirement precludes those with minimal or no training. In the past, Peer Counselor was the term used for students or employees who were helping fellow students or employees even with their limited training. Because the practice was questioned, these non-professionals are now called Peer Facilitators. Likewise, before RA 9258, anyone who finished a course in counseling or psychology in the undergraduate or graduate level could work as a counselor without passing the board examinations. With the passage of the law, the above definition of counseling could be more clearly adhered to.

TYPES OF COUNSELING ACCORDING TO PARTICIPANTS

Counseling can be delivered in different ways. Five of the most popular are the following:

1. Individual Counseling
2. Group Counseling
3. Multiple Counseling
4. Couple Counseling
5. Family Counseling

COUNSELING APPROACHES

Some of the approaches that school counselors emphasized at one time or another are as follows:

1. Clinical or Directive Counseling
2. Client-Centered Counseling
3. Eclectic Counseling
4. Behavior Modification
5. Reality Therapy
6. Rational-Emotive Therapy
7. Gestalt Counseling
8. Transactional Analysis
9. Neurolinguistic Programming
10. Brief Therapy
11. Solution-Focused Therapy
12. Cognitive Therapy