

## Concept and Importance of Counselling

Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counselling might vary among individuals. But in general, it is the process where you talk about your issues in detail either intending to overcome the same or to explore your thoughts comprehensively.

The role of a counsellor doesn't limit to suggesting you do this or that. Rather they support you to speak about your problems in detail to identify the primary cause behind them. Furthermore, they develop an action plan to help you cope up with the issue or win over it.

### Definition of Counselling -

- Counseling is a process that maybe developmental or intervening. Counselors focus on their clients' goals. Thus, counseling involves both choice and change. In some cases, "counseling is a rehearsal for action" (Casey, 1996, p. 176)
- The British Association for Counselling (BAC), now the BACP, may have been the first professional association to adopt a definition of professional counselling. In 1986 it published the following definition: "Counselling is the skilled and principled use of relationship to facilitate self- knowledge, emotional acceptance and growth and the optimal development of personal resources. The overall aim is to provide an opportunity to work towards living more satisfyingly and resourcefully. Counselling relationships will vary according to need but may be concerned with developmental issues, addressing and resolving specific problems, making decisions, coping with crisis, developing personal insights and knowledge, working through feelings of inner conflict or improving relationships with others."

There are different formats through which the counselling sessions can take place. The client is free to choose a format that suits and fits his needs the best. Below are the popular counselling formats that people mostly favor:

- **In-Person:** Face-to-face counselling sessions take place in the counselor's chamber where you meet them in person after scheduling an appointment to discuss your problems. It is one of the most popular counselling formats.
- **Group Counselling:** Professionals provide group counselling sessions where you can join to address the issues. Joining such a group will help you find people with similar problems and you will be able to develop a strong network of support as well. However, if you wish to focus on your problem, in-person sessions are better.

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- **Telephonic Sessions:** A great alternative to in-person counselling sessions are telephonic rounds that can be scheduled from the comfort of your home. Telephonic counselling rounds are best for busy individuals who might find it difficult to get into the chambers. In this flexible process, you can discuss the problems with the counselor in a secure environment from your room.
- **Online Counselling:** If you wish not to meet your counselor face to face and protect your anonymity, you have the option to email the counselor. In this process, you have the scope to think well and decide which of the problems you want to discuss with him. The online counselling trend is becoming much more popular these days.

### Importance of Counselling -

Now that you have understood What is Counselling? So now let's discuss some Benefits of Counselling. There are numerous importance of counselling. Let's have a look at some of the Importance of Counselling.

- Leads to Self-discovery
- Develop Confidence, Hope, and Encouragement
- Helps in the Management of Emotions
- Contribute to Self-acceptance
- Provides Mental Peace
- Improve Your Skill
- Helps in Improving Lifestyle
- Give Insight to Problems
- Contributing in Coming Over From Drugs and Alcohol
- Eradicate Negative Emotions
- Make You Feel Strong and Empowered
- Helps in Letting Go of The Past
- Deals With Issues Like Depression
- Let You Vent Out Your Feelings

Counselling is the path you take for the betterment of your life. Counselling is not only the way by which you can express your feelings but a way that helps you to find purpose and lead a better and healthy life. The taboo in society related to counselling which stops people from visiting therapists or counsellors should be broken. It is not the place that is meant only for people who are sad and depressed but also for people who are good to go and need some guidance. Counselling can help you seek a better future.

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