

**Master Irchad 2020 -2021 توجيه و توجيه****3<sup>rd</sup> lesson Counseling****What is counselling<sup>1</sup> ?**

**Broad definition** : the provision of assistance and guidance in resolving personal, social, or psychological problems and difficulties.

**Definition proposed by British Association of Counselling (1986)**

The British Association for Counselling may have been the first professional association to adopt a definition of professional counselling. This is some of what is included in the 1986 definition:

“Counselling is the skilled<sup>2</sup> and principled<sup>3</sup> use of relationship to facilitate self- knowledge<sup>4</sup>, emotional acceptance and growth<sup>5</sup> and the optimal<sup>6</sup> development of personal resources. The overall<sup>7</sup> aim<sup>8</sup> is to provide<sup>9</sup> an opportunity<sup>10</sup> to work towards living more satisfyingly<sup>11</sup> and resourcefully<sup>12</sup>...”

<sup>1</sup> - Counseling is written with one “l” and with two “l” and mean exactly the same thing. ”

“counselling” is simply the British English spelling , and “counseling” is the American English spelling

<sup>2</sup> - as an adjectif it has as **synonyms**: Experienced; trained; qualified; professional ; expert; skillful; Master; talented; competent; capable; able; apt...

<sup>3</sup> - acting in accordance with morality and showing recognition of right and wrong. as an adjectif it has as **synonyms**: moral; ethical; good ; virtuous; righteous; proper; correct; honorable; honest; just; noble; incorruptible; conscientious; respectable ;decent...

<sup>4</sup>-awareness or familiarity gained by experience . **Synonyms**: awareness; consciousness; realization; recognition; apprehension; perception;

<sup>5</sup>-a noun with Synonyms: development ;increase; expansion; evolution; maturation; from the verb “To grow” (past: grew, past participle: grown)

<sup>6</sup> - the best or most favorable

<sup>7</sup> - generally; in general; generally speaking; altogether; all in all ; on balance; on average; for the most part; mostly ;in the main; on the whole; largely ; by and large ; to a large extent; to a great degree; predominantly; mainly; chiefly; principally; basically; substantially...

<sup>8</sup> - **Synonyms**: goal ; Target ; Objective ; Purpose ; intent ; end; intention; destination;...

<sup>9</sup> - **Synonyms** : supply; give ; furnish; lay out ; dispense : produce ; yield ;bring forth; deliver ; donate contribute ; allocate; distribute: assign ;put forward ; present ; ...

<sup>10</sup> - **Synonyms** : chance ; occasion; appropriate time ; suitable time ; right set of circumstances; good time; possibility;

<sup>11</sup> - in a way that gives fulfilment or the pleasure associated with this.

<sup>12</sup> - **Synonyms** :ingeniously ; imaginative; inventively; creatively; cleverly ;

**In 1997** the American Counselling Association adopted the following definition of professional counselling:

“Counselling is the application of mental health, psychological or human development principles<sup>13</sup>, through cognitive, affective, behavioural or systemic interventions, strategies that address wellness<sup>14</sup>, personal growth, or career development, as well as pathology.” (<http://counseling.org>)

Counseling takes place in the context of a helping relationship in which the counsellor and the client work together to resolve a problem, change behavior or foster<sup>15</sup> personal growth and awareness<sup>16</sup>. Although you may have a number of helping relationships with friends or family members, the counseling relationship is different in a number of ways:

1. The counselor's job is to focus<sup>17</sup> on the client's concerns<sup>18</sup> and to offer him support and encouragement.

2. The counselor is a trained<sup>19</sup> professional who has spent several years learning about different ways to help people resolve their particular problems.

3. The counseling relationship is confidential<sup>20</sup>. The counselor is ethically bound<sup>21</sup> by confidentiality so that all the information gathered<sup>22</sup> should not be invested outside of the counselor-client relationship. No information is released<sup>23</sup> without the client's written consent<sup>24</sup>.

<sup>13</sup> - base ; rule ; basis ; maxim; standard...

<sup>14</sup> - the state of being in good health,

<sup>15</sup> - promote ; favor ; promote ; encourage ; support,

<sup>16</sup> - see “self-knowledge”

<sup>17</sup> - concentrate ; localize ; center on..

<sup>18</sup> - preoccupation, worry;

<sup>19</sup> - qualified ; skilled ; educated ; equipped; taught; instructed...

<sup>20</sup> - private; non public; personal; unrevealed; unpublished; secret; ....

<sup>21</sup> - linked ; attached; tied;

<sup>22</sup> - collected; obtained; assembled; amassed; regrouped; accumulated; picked up; ...

<sup>23</sup> - relaxed ; free ; open ; unrestricted ; delivered ; liberated ; detached...

<sup>24</sup> - green light ; OK ; agreement; accord ; permission; authorization; clearance; acceptance; approval; confirmation ; approbation...