

# II M.Sc PSYCHOLOGY

## SEMESTER - IV

### 18MPS41C - APPLIED COUNSELLING PSYCHOLOGY

#### UNIT – 1 COUNSELLING WITH DIVERSE POPULATIONS.

- Definition of guidance
- Definition of counselling
- Difference between guidance & counselling
- Purposes of guidance & counselling
- Characteristics of guidance
- Characteristics of counselling
- Scope of guidance & counselling
- Need of guidance & counselling
- Principles of guidance
- Other types of counselling
- Role of the counsellor
- Qualities of good counsellor

#### DIVERSE POPULATIONS:

What is a diverse group?

A **diverse group** is a **group** of people who are differing from one to another, and can also be made up of distinct characteristics or qualities. Below are some of the more well-known **groups** that our society has to offer, and makes the world such a **diverse** place.

Diversity can be defined in terms of human differences that play an important role in the culture and operation of organizations (Brazzel, 1991). The culture of an organization includes the customs, assumptions, beliefs, values, rules, norms, practices, arts and skills that define and guide members about:

- The reasons for existence of the organization.
- How its "work" is to be done.
- The rules for membership.
- How to relate to others in the organization and to those outside.

Among the many dimensions that can describe diversity in communities and within organizations, some common examples include:

- Age
- Educational background
- Ethnicity
- Family status
- Gender
- Income
- Military experience
- National, regional or other geographical areas of origin
- Rural, urban, semi-urban area of residence
- Physical and mental ability
- Race
- Sexual orientation
- Social class
- Faith, religion, and spiritual practices
- Employment and work experience

These dimensions need to be considered when identifying, selecting and recruiting prospective coalition members. A heterogeneous (that is, a diverse and representative of the many groups and individuals within the community) group can work together effectively on mutual goals and objectives through consensus and cooperation, and enriched decision-making, strategic planning, and local prevention efforts.

For an example, a neighborhood in a Midwestern city might contain several political subdivisions, a Native American group, an Asian and Hispanic population, some small businesses, blue collar workers, a variety of religious groups, student groups and a variety of youth-serving organizations, and possibly some gang factions. If a coalition is to be formed to obtain more housing, people from each or most of these groups must participate for the coalition to have power. If not participating, at least all cultural groups must be consulted for their opinions or beliefs. A culturally-diverse coalition is composed of representatives of the cultures living in an area or community. It is also critical to consider varied opinions or beliefs within a certain culture. Two people do not have the same opinions because they are both Native Americans or from any other diverse group or culture to which they identify.

What is mental health and community counselling?

Counseling services generally come in two distinct types: community counseling and medical counseling. The most common venue for counseling is in an established hospital, where professionals have the added benefit of providing their services with ready availability of medical services, prescription drug treatments, and diagnoses of disorders that might require more intensive therapy and other psychological services. Though common, this is not the only way to receive counseling services for a wide range of diseases, disorders, and other issues.

Community counseling takes the service outside of the hospital and puts it directly into the community, and that's where this particular type of counseling gets its name. Instead of visiting a hospital, patients can generally visit their counselor at a smaller, private practice. Though the medical foundation is lost, there are several key advantages to pursuing counseling in this way:

– Private practice allows for a smaller setting, which might be more comfortable for those patients who don't like large waiting rooms, crowds, or other distractions.

– Community counseling is often located much closer to where patients actually live. This makes it easy for those with reduced mobility to attend their appointments without incident or delay.

– Community counseling services are often more specialized, allowing professionals to help their patients with a more particular set of skills.

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