

# II M.Sc PSYCHOLOGY

## SEMESTER - IV

### 18MPS41C - APPLIED COUNSELLING PSYCHOLOGY

#### UNIT – 2            CONSULTATION

- Define consultation
- Explain different models of consultation
- Outline the process of consultation
- Five types of teachers
- P.R.E.P.A.R.E Model
- According to the guidelines of the American School Counseling Association (ASCA) the primary roles of the professional school counselor include counseling, consulting and coordination.
- Consultation with parents and teachers is one of the most important services provided because it bridges the communication gap among adults that can directly affect the life of a student.
- Since consultation and collaboration is so important, it is imperative that school counselors understand the purpose of consulting and how to make these experiences meaningful for parents and teachers.

#### **What is Consultation?**

- Consultation gives counselors different opportunities to engage in cooperative relationships with other adults, to directly or indirectly impact student success.
- Consultation is a problem-solving approach with the adults in a student's life who are in a position to affect positive change.
- Consultation in counseling is the formal process by which individuals meet to discuss a problem.
- Consultation is the process in which the consultant (counselor) works with the consultee (parent, teacher, administrator, etc) with the goal of bringing positive change in the client (student).
- Consultation is the process of helping someone understand problems as integral parts of larger systems.

- Effective consultation has two goals – enhancing services and improving functions.

## **Counseling vs Consultation**

### **Counseling**

- Counseling – involves two parties – counselor and client
- Counseling involves dealing with personal problems

### **Consultation**

- Consultation involves more than two people – counselor (consultant), teacher/parent (consultee) and student (client)
- Consultation involves work-related or caretaking related concerns

### **Four Stages of Consultation**

- Entry – to assess the situation; may include meeting to outline expectations and identify goals
- Diagnosis – define the problem and any relevant factors related to the situation. Consultation plan is designed.
- Process – implementation of the consultation plan (What, how, when, where, and how)
- Disengagement – ending stage of the consultation process. Includes an overall process and effectiveness of the consultation process.

### **Consultation Models**

Three models of consultation

1. Triadic-Dependent
2. Collaborative-Dependent
3. Collaborative-Interdependent

The type of interaction that occurs between consultant, consultee and client determines which model is used.

### **Consulting with Teachers – Five Categories**

1. The confident teacher – history of being successful with students and reaches out to the school counselor to serve as a resource for agencies, tutors, mentors and as a sounding board
2. The questioning teacher – skilled teacher who seeks a new voice and new strategies for effecting change in students

3. The dependent teacher – often less skilled in behavior and classroom management and may be struggling or overwhelmed
4. The absentee teacher – never calls on the school counselor because they believe that he/she should be able to solve problems independently or they refuse to admit that any problems exist
5. The dominating teacher – demands your undivided attention, may try to monopolize your time and may deplete your energy

### **P.R.E.P.A.R.E**

- **Philosophy**
- **Relationships**
- **Equity of power**
- **Professional development**
- **Accessibility**
- **Resources**
- **Evaluate**

## **Training in consultation:**

- Doctoral level training in counseling psychology typically consists of:
- 
- Coursework and instruction in the core areas of psychology (biological, cognitive/affective, and social bases of behavior; individual differences; history and systems of psychology).

BY G.RAMANATHAN.  
ASSITANT PROFESSOR  
SUBJECT TEACHER,  
9443161509.