

II M.Sc PSYCHOLOGY

SEMESTER - IV

18MPS41C - APPLIED COUNSELLING PSYCHOLOGY

UNIT -5 MODERN TRENDS IN COUNSELLING.

Introduction

Prospective counselors should be aware of major approaches to counseling so as to enable them to acquire a sound basis for developing their own personal brand of counselling. The current trends in this area can be broadly classified into three approaches.

They are:

- cognitive approaches
- affective approaches, and
- behavioral approaches.

It may be observed that the approaches closely parallel the three aspects of personality viz., cognition, affection and conation (i.e. knowing, feeling and doing as given by the ancient Philosophers)

Counselling and psychotherapy:

The terms "counselor" and "psychotherapist" are often used interchangeably and have many similarities, but there are some important differences as well. In general, counseling is recommended for specific issues and situations, such as addiction or grief, and takes place over weeks to several months.

Psychotherapy, in contrast, tends to explore past issues that might be contributing to present day problems. It often takes place continually or intermittently over a period of years. In actual practice, however, there is a great deal of overlap between the two types of therapies.

- **Counseling**
- **Psychotherapy**
- **Similarities**
- **Differences**

Trends in counselling :

1. Driverless cars make room for therapy
2. Virtual and augmented reality erase borders

3. Social networks expose therapists
4. Social media helps reconstruct childhoods
5. Apps analyze patient moods
6. New medication improves performance and takes on alzheimer's
7. Cyber and internet addiction persist
8. Online relationships complicate things
9. Robosexuality emerges
10. The computer becomes the therapist

Role of a counsellor:

Counsellors work in confidential settings with individuals who are experiencing personal difficulties, to help them overcome their problems and to make appropriate changes to their lives. ... Counsellors listen to, empathise with, encourage and help to empower individuals.

Career guidance

Career guidance is the guidance given to individuals to help them acquire the knowledge, information, skills, and experience necessary to identify career options, and narrow them down to make one career decision. This career decision then results in their social, financial and emotional well-being throughout.

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