

NOTES ON COUNSELLING PRINCIPLES

COUNSELLING can be defined as helping people to

- 1 learn about themselves
- 2 learn about the world

So that they may make informed choices that help them

- 1 reach their goals
- 2 feel more satisfied
- 3 feel healthier etc.

It is very important to give information (in a counselling situation) rather than giving advice, giving advice means that the counsellor is in charge of the situation and can be blamed for mishaps, and the client avoids responsibility.

Rational emotional therapy claims that many people are unhappy because of a dysfunctional belief system, such as, "I **should** be happy all the time" or "Everybody **should** like me". Listen carefully when a person often says "should".

Counselling includes a great deal of **listening** which could make it difficult in a palm reading situation when the person wants to hear what the palmist has to say.

A very good counselling question is "Tell me about... ". Followed by, "Tell me more about... ". This avoids leading questions and allows the other person's agenda to be discussed.