

# PRE-REHABILITATION ACTIVITIES (CBRS 121)

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## Counselling Services

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## Definition

- Counselling is concerned with creating opportunities and suitable environment for personal, social, educational and vocational growth of the individuals
- Face to face relationship with a counsellee
- It is a professional relationship
- Counselling is given on one-on-one basis
- ***Effective counselling*** reduces confusion, allowing the client to make effective decisions leading to positive changes in their attitude and/or behaviour.

# Core conditions for counselling

- An effective counsellor must be able to create;
- **Rapport:** Warmth between counsellor and counsellee.(Positive relationship) Your voice and body language can communicate positively or negatively with the person.
- **Acceptance:** you have to acknowledge the problem and associated behaviours.
- oAppreciate challenges of children / parents
- oAppreciate coping and accommodating strategies of children/ parents
- **Check historical background of problem**
- Read case history. It is essential to the counsellor

- It gives clues as to the problem areas
- Indicates reasons for certain behaviours
- **Be an empathetic listener**
- Have concern for client and feel with them
- Do not feel for them (pity) them
- Empathy means extending an understanding attitude by attempting to experience, understand and accept the person and/ or family's situations and challenges
- **Be honest**
- Involves communicating with a friendly tone.
- Be clear about the diagnosis
- Do not shroud the results in secrecy

- Be frank but be gentle
- Collaboration is key when your competence is on the line. Make referrals if you cannot handle the issues very well
- **No hit and run**
- Do not tell the parents the results only without offering options for management or referrals
- **Confidentiality**
- iKeep client information private
- iDo not divulge information to third parties
- iViews expressed before, during or after counselling remains private
- **Don't give false hope**
- Be factual

- Never give false hope
- Never give a short recovery time. Recovery times depend on the parental support, client's cooperation and financial support among others.
- **Do state of the art practice (holistic approach)**
- Do not focus on only medical model
- Focus on other areas such as the social, emotional, behavior and personal relations with others
- Use variety of methods that the client can benefit from
- **Respect for the client**
- Respect client's opinion
- Collaborate with the client and the family

- Do not impose decisions on the client and the family
- **Mutual Trust**
- Ensure trust by being open and transparent throughout the process

# Types of counselling

- Habilitative counselling
- Rehabilitative counselling
- Developmental counselling
- Preventive counselling
- Remedial counselling
- Crisis counselling



# Habilitative counselling

- Intended for for parents/ guardians of PWDs and PWDs born without certain skills, to help them function in those skill areas.

# Rehabilitative counselling

- Aims at restoration of an individual to a level of former capacity, most often social, emotional, physical or vocational capacity.
- Process of providing service to PWDs to overcome deficits/ challenges posed by these disabilities

# Developmental counselling

- Concerned with helping individuals to achieve positive self and personal growth at any stage of their lives.
- Assistance given to individuals to help them cope with problems associated with developmental stages in life.
- It emphasizes development of self-understanding , awareness, of one's potentialities and methods, using one's capacity.

# Preventive counselling

- Provision of assistance to individuals to enable them avoid falling into unpleasant situations or adopting behaviour that might later give them problems.
- Things about maladaptive behaviours that the society is trying to prevent young people from experiencing. Eg drug abuse, teenage pregnancy, examination malpractices, smoking, alcoholism, poor study habits, juvenile delinquencies

# Remedial counselling

- Known as facilitative or adjustive counselling
- Appropriate techniques are employed to help bring to normal social or unacceptable behaviours.
- It helps to bring positive adjustments in people
- Facilitative counselling involves the professional's attempt to support emotional and stress-related needs of individuals
- Adjustive counselling involves more therapeutic interventions than used in facilitative counselling

# Crisis counselling

- Process of helping victims of a crisis to develop adaptive problem solving mechanism so that they can return to the level or state at which they were functioning before the crisis.
- Intended to bring situations under control
- Crises include suicidal thoughts, death of loved ones, drug abuse, divorce etc

THANK YOU