

THE COUNSELLING PROCESS

The counselling process is a planned, structured dialogue between a counsellor and a client. It is a cooperative process in which a trained professional helps a person called the client to identify sources of difficulties or concerns that he or she is experiencing. Together they develop ways to deal with and overcome these problems so that person has new skills and increased understanding of themselves and others. For example students in a college or university may be anxious about how to study in university, lack of clarity on educational or career direction, have difficulty living with a room-mate of another race or religion, have concerns with self-esteem, feelings with being "stressed out", difficulties in romantic relationships and so forth.

The fact that counselling is described as a process, there is the implicit meaning of a progressive movement toward an ultimate conclusion. Hackney and Cormier (1987) describes the counselling process as a series of steps through which the counsellor and client move.

