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Learning Package

In Disciplines and Ideas in the
Applied Social Sciences (HMS 127)

The Disciplines of Counseling

SJSFI
BLEND S



Bringing Learning in Education to Neo Delivery System

Senior High School Department

Name:

Grade and Section:

Address:

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LEARNING PACKAGE NUMBER 2:

The Disciplines of Counseling

Welcome to this awesome week's Learning Experience! I'm Happy that you're excited to learn new things. Just sit back, relax and enjoy doing the task ahead of you.

Counseling as a profession evolved out of the need for institutionalized services to assist and help individuals who are going through distress situations in life. Professionals in this industry, called counselors, assists those needing professionals help discover meaning, cope with life's stresses, and adjust to new environment.

This lesson introduces you to the discipline of counselling. If you are interested in knowing this profession, then this is your chance to have a feel of what it is, of who its clientele are, of where its work settings are, and how it works.

ESSENTIAL QUESTION:

- 1. In what ways counseling could help individuals, groups, and communities in different difficult situations?**
- 2. What type of counseling will be appropriate to handle the condition of children in difficult situation?**



LESSON COVERAGE:

Lesson 4-Context and the basic concepts of Counseling

Lesson 5- The Professionals and Practitioners in the discipline of counseling

Lesson 6- The Clientele and Audiences of counseling



PRE-ASSESSMENT

Let's find out how much you already know about the lesson. The following test items follow a multiple-choice test type. Choose the letter of the correct answer.

1. The following are characteristics of counseling, EXCEPT:
 - A. Counseling is a conversation with someone regarding some problem
 - B. Counseling helps the pupil in making selections and following those selections
 - C. Counseling is one sided in which the counsellor just tells the client what to do
2. _____ are goals in which the counsellor helps the client avoid undesired outcomes.
 - A. Remedial goals
 - B. Reinforcement goals
 - C. Preventive goals.
3. It is the principle of counseling that states that counseling is a relationship which develops optimism and the environment shapes according to the person. All the thoughts accept the relative relationship of counselling.
 - A. Principle of Permissiveness
 - B. Principle of Acceptance
 - C. Principle of trust
4. It is the type of counselling which focuses on teaching the client such as unlearning some undesirable behaviours.
 - A. Supportive counseling
 - B. Educative counseling
 - C. Preventive counseling
5. This type of counselling seeks to point out to the client his or her actions. The counsellor guides the counselee into seeing what misdeeds were committed and to realize the hurt that might have been caused to others.
 - A. Confrontational counseling
 - B. Depth counselling
 - C. Spiritual counseling

6. Strong_____ as the primary vehicle in helping others to learn new ways of thinking, feeling and behaving, including collaboration within the university community and partnering with other offices to provide comprehensive mental health services to students is one of the core values of counselling.
 - A. Family ties
 - B. Connections
 - C. Relationships
7. The type of goal wherein the client possesses special skills and abilities that can be identified and further to be improved with the help of the counselor.
 - A. Enhancement goals
 - B. Development
 - C. Remedial goals
8. Counseling follows a _____ system. The client can behave as he/she wishes.
 - A. Patriarchal
 - B. Democratic
 - C. Communist
9. In this principle, each client must be accepted as an individual and should be treated as such; giving due regards to the rights of the client.
 - A. Principle of acceptance
 - B. Principle of respect
 - C. Principle of maturity
10. This goal involves acquiring the basic understanding and habits for good health.
 - A. Psychological goals
 - B. Exploratory goals
 - C. Physiological goals

Lesson 4: Context and the basic concepts of Counseling

In this lesson, you will identify the principles of counseling and demonstrate how core values of counseling can be infused in counseling sessions, and by that, your sense of SERVICE will develop as you engage yourself in understanding the Discipline of Counseling.



I. LEARNING TARGETS:

At the end of this lesson, YOU CAN develop a comprehensive definition of counseling as an applied social science by:

1. Describing the context involved in counseling
2. Identifying the principles of counseling; and
3. Demonstrating how core values of counseling can be infused in counseling sessions.



II. LEARNING EXPERIENCES:

A. Focusing Activities

a. Priming Activity

Instruction/s: Position your fingers and thumbs facing down. Now clench your fist tightly. Turn your hand over so your fingers and thumbs are facing up and breathe into your fist. Notice what happens.

b. Activation of Prior Knowledge

Title of the Activity: Photo Analysis

Instructions:

1. Analyze the image below
2. Write down at least 2 sentences about that picture.



c. Guided Questions:

1. What constituted that crisis? Who did you approach during those trying moments?
2. What did he/she do to solve the crisis or to find alternative solutions? Did seeking help relieve you from the crisis?

d. Linking Statement:

Impressive! Counseling is widely considered the heart of the guidance services in schools. In the school context, counseling is usually done as an individual or group intervention designed to facilitate positive change the student behavior, feelings, and attitudes. You will learn more about that as we discuss about **the discipline of counseling as an applied social science by describing the context involved in counseling, identifying the principles of counseling and demonstrate how core values of counseling can be infused in counseling sessions and you need to work with your partner in doing the activity.**



III. GUIDED INSTRUCTION

A. Concept Notes:

Definition of Counseling

Counseling is a field of study or a discipline that is involved in the provision of advice or guidance in decision-making, in particularly in emotionally significant situations.

Basic Principles of counseling Process

1. Advice
2. Reassurance
3. Release of emotional tension
4. Clarified thinking
5. Reorientation
6. Listening skills
7. Respect
8. Empathy and positive regard
9. Clarification, confrontation, and interpretation
10. Transference and counter transference

According to Mc Daniel and Shaftal, the counseling process is based on some basic principles:

Principle of Acceptance

Principle of Permissiveness

Principle of Respect for the individual

Principle of thinking with the individual

Principle of Learning

Principle of Consistency with ideals of Democracy

Context and the basic concepts of Counseling

Peers as Context- Friends' attitudes, norms and behaviours have a strong influence on adolescents.

Neighborhood as context- The interactions between the family and its neighborhood as immediate context are also important to consider.

Culture as Context- Culture provided meaning and coherence of life to any orderly life such as community or organization.

Counseling as context- The National Institute of Health recognizes counseling itself as a context. Regardless of a therapeutic approach in use the counseling situation in itself is a context.

Core Values of Counseling

1. Respect for human dignity- this means that the counselor must provide a client unconditional positive regard, compassion, non- judgemental, attitude, empathy, and trust.
2. Partnership-A counselor has to foster partnership with the various disciplines that come together to support an integrated healing that encompasses various aspects such as the physical, emotional, spiritual, and intellectual aspects.
3. Autonomy- this entails respect for confidentiality and trust in a relationship of counseling and ensuring a safe environment that is needed for healing.
4. Responsible caring-This primarily means respecting the potential of every human being to change and to continue learning throughout his/her life, and especially in the environment of counseling.
5. Personal integrity: Counselors must reflect personal integrity, honesty, and truthfulness with clients.
6. Social justice. This means accepting and respecting the diversity of the clients, individuals, their cultures, language, lifestyles, identities, ideologies, intellectual capacities, personalities, and capabilities regardless of the presented issues.

B. Checking for Understanding:

Title of Activity: Test Your Knowledge

Instruction/s:

1. Briefly describe each counseling context
2. Limit your answer to 3-5 sentences.

a. Peers:

b. neighborhood:

c. Culture:

d. Counseling:



IV. GUIDED PRACTICE

A. Productive Collaboration

Title of Activity: True or False

Instruction/s:

1. Work with your partner
2. Member 1 should answer 1 to 3 and Member 2 should answer 4 and 5.
3. Identify whether the following statements about counseling are true or false. If false, replace the underlined word with the correct one.

_____ 1. Counseling is a learning process between a counselor and a client that aims to achieve a better understanding of oneself.

_____ 2. Counseling is an interactive process that expects the client to establish a safe space in the conversation.

_____ 3. At the end of a counseling session, the counselor may reach a resolution or a solution to the problem.

_____ 4. At the end of a counseling session, the client may achieve social inclusion or better adaptation to the environment, thus making him or her a more productive member of the society.

_____ 5. At the end of a counseling session, the counselor may learn new skills and knowledge on how to approach certain circumstances in his or her life.

B. Processing Questions

1. What is the discipline of counseling?
2. What constitutes and embodies the discipline of counseling?
3. How would you describe your experience working with a partner?
4. Is he/she helpful in answering the activity?

Reflection

As stated above, the youth is the future of every nation. As a student, it is helpful for you to know and understand the principles of counseling and develop skills and abilities that require self-management and improved motivation toward actions that are good for one's self. Now, think of a time in your life when you felt you were in crisis.



V. INDEPENDENT PRACTICE

Title of Activity: Essay

Instruction/s:

1. Answer the Essay questions legibly, clearly and concisely.
 2. Briefly, but fully explain your answers.
 3. DO NOT write beyond the given lines.
 4. Your answer will be graded according to the following criteria: organization, relevance, and content. (10 points)
- Why do you think some people are afraid or hesitant to undergo or even try counseling? Why do you think they are not comfortable with sharing a part of themselves to someone else?

BELIEVE YOU CAN AND YOU'RE HALFWAY THERE

- Unknown

Lesson 4: The Professionals and Practitioners in the discipline of counseling

In this lesson, you will know and understand the reasons why clients go into counseling. You will also discover areas of specialization where counselors work and describing the rights and RESPONSIBILITIES and accountabilities of counselors.



I. LEARNING TARGETS:

At the end of this lesson, YOU CAN show understanding of the roles and functions of counselors by:

1. Identifying areas of specialization where counselors work
2. Describing the rights, responsibilities, and accountabilities of counselors; and
3. Explain the code of ethics of counselors.



II. LEARNING EXPERIENCES:

A. Focusing Activities

a. Priming Activity

Title of the Activity: Inhale and Exhale

Instructions:

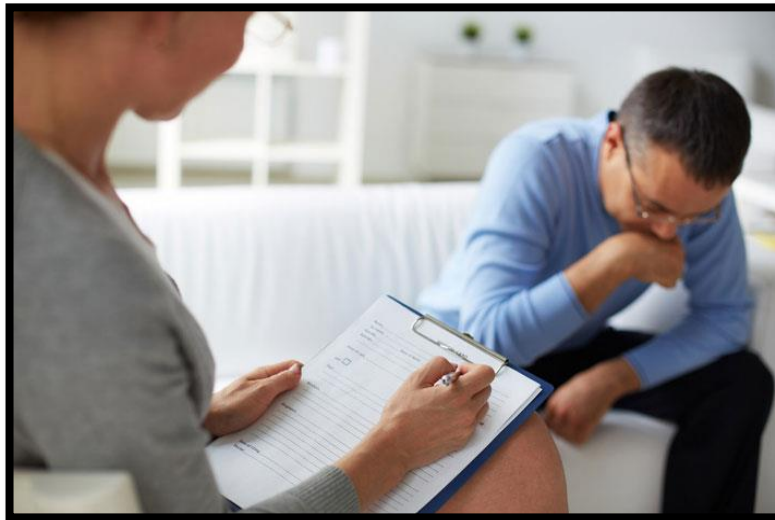
1. Relax your neck and shoulders.
2. Keeping your mouth closed, inhale slowly through your nose for 2 counts.
3. Pucker or purse your lips as though you were going to whistle.
4. Exhale slowly by blowing air through your pursed lips for a count of 4.

b. Activation of Prior Knowledge

Title of the Activity: Photo Analysis

Instructions:

1. Analyze the picture below
2. Write down at least 2 sentences about that picture.



c. Guided Questions:

1. What do you see in the picture/s?
2. What do you think the picture is all about?

d. Linking Statement:

As you noticed, the picture presented is about practitioners and clients. All counselors deal with the mental health problems of their clients. Most of them deal with substance abuse problems, stress management, eating disorder, emotional and psychological difficulties. You will learn more about that as we discuss **the roles and functions of counselors by identifying areas of specialization where counselors work, describing the rights, responsibilities, and accountabilities of counselors and explain the code of ethics of counselors. And you need to work with your partner in doing the activity.**



III. GUIDED INSTRUCTION

A. Concept Notes:

Rights, Responsibilities, And Accountabilities of counselors

As state registered and licensed professionals, counselors are protected. They are governed by scientific theories, practices, and process as well as professional standards and ethics. They are responsible for the practice of their profession in accordance with their mandates and professional body, and the government.

Code of Ethics of Counselors

Principle 1: Respect for the rights and dignity of the client

Guidance counselors honor and promote the fundamental rights, moral and cultural values, dignity and worth of clients.

Principle 2: Competence

Guidance counselors maintain and update their professional skills. They recognize the limits of their expertise engage in self-care and seek support and supervision to maintain the standard of their work.

Principle 3: Responsibility

Guidance counselors are aware of their professional responsibility to act in trustworthy, reputable and accountable manner towards clients, colleagues, and the community in which they work and live.

Principle 4: Integrity

Guidance counselors seek to promote integrity in their practice. They represent themselves accurately and treat others with honesty, straightforwardness, and fairness.

B. Checking for Understanding

Title of Activity: Enumeration

Instruction/s: Enumerate five competencies that counselors should have.

- 1.
- 2.
- 3.
- 4.
- 5.



IV. GUIDED PRACTICE

A. Productive Collaboration

Title of Activity: Pair and Share

Instruction/s:

1. Work with your partner
2. Describe the counseling process in the following settings.
3. Limit your answer in 3-5 sentences.
4. Member 1 will answer A and B. Member 2, will answer C and D.

a. Government:

b. Private sector:

c. School:

d. Community:

B. Processing Questions

1. Compared to others professions, what makes practitioners of counseling unique in terms of their roles and functions?
2. What competencies are needed of a professional counselor?
3. How would you describe your experience working with a partner?
4. Is he/she helpful in answering the activity?

Reflection

The lesson made me realized that Guidance counselors can administer and maintain career guidance and counseling programs. They are capable of properly guiding us as a student to become productive, contributing and responsible individuals through informed career choices. If you were to be a counselor, what setting would you choose? Why would you choose it?



V. INDEPENDENT PRACTICE

Title of Activity:PhotoGrid

Instruction/s:

1. Create a Photo grid to promote the profession of counselors to all Senior High School students. Make it comprehensive by including information about competencies, career opportunities, responsibilities, and accountabilities of a professional counselor.
2. Make your work inspiring and share it to your schoolmates.

**START WHERE YOU ARE. USE WHAT YOU HAVE.
DO WHAT YOU CAN. – ARTHUR ASHE**

Lesson 6: The Clientele and Audiences of Counseling

In this lesson, you will identify the types and characteristics of clientele and audiences of counseling and discuss the community as a client of counseling. By that, you need to have social skills, effective communication and can LEAD the individual.



I. LEARNING TARGETS:

At the end of this lesson, YOU CAN describe the characteristics of clientele and audiences of counseling by:

1. Explaining the needs of various types of clientele and audiences of counseling;
2. Describing the individual as client of counseling; and
3. Discussing the community as client of counseling



II. LEARNING EXPERIENCES:

A. Focusing Activities

a. Priming Activity

Title of the Activity: Fake Yawn

Instructions:

1. Do a fake yawn if you have to.
2. That will trigger real ones. Say “ahh” as you exhale.
3. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.

b. Activation of Prior Knowledge

Title of the Activity: Photo Analysis

Instructions:

1. Analyze the image below
2. Use your own understanding to describe the image presented



c. Guided Questions:

1. What do you see in the picture/s?
2. What do you think the picture is all about?
3. Who are the clientele and audiences in counseling?

d. Linking Statement:

Impressive! Some of you said that the picture is all about individuals and groups of people who receive from various counseling professions constitute the clientele and audience. These individuals and groups vary in their needs and context where they avail of counseling services. **You will learn more about that as we describe the characteristics of clientele and audiences of counseling by explaining the needs of various types of clientele and audiences of counseling describe the individual as client of counseling and discuss the community as client of counseling. And you need to work with your partner in doing the task.**



III. GUIDED INSTRUCTION

A. Concept Notes:

Characteristics of the clientele and Audiences of Counseling

The clientele and audiences of counseling are normal people. They are not in need of clinical or mental help. They may be the youth in need of guidance at critical moments of their growth, anyone in need of assistance in realizing a change in behaviour or attitude, or individuals simply seeking to achieve a goal.

Strategies for Dealing with the Reluctant Client

1. Refuse to consider yourself the target of the reluctance. This will affect your approach to counseling the client.
2. Show confidence and do not be intimidated
3. Do not ignore the feelings of the client. Try to find out why he or she is reluctant
4. Try to interpret the reasons for the reluctance and use these as an opportunity for teaching the client greater self-understanding
5. Show the client that counseling helps one to deal with feelings even if they are uncomfortable
6. Patient exploration of the client's behaviour can help reduce reluctant.
7. Go straight to work on eliminating barriers.

B. Checking for Understanding:

Title of Activity: Reinforcer

Instruction/s:

1. Name 3 reasons why client seeks counseling
2. You may use Graphic Organizer or essay form.



IV. GUIDED PRACTICE

A. Productive Collaboration

Title of Activity: Answer Me.

Instruction/s:

1. Work with your assigned partner
2. Describe at least three types of clientele for counseling and briefly describe their characteristics.
3. Student 1 should answer for Clientele and Student 2 should answer for Characteristics.

Clientele	Characteristics

B. Processing Questions

1. Who are the clientele and audiences in counseling?
2. What new learning did you gain from this lesson about clientele and audiences of counseling?
3. Did you partner helpful in answering the activity?

Reflection

Counseling is one to one helping relationship that focuses on the client's growth and changes in his/her self. It offers a wide range of services to individuals, groups, organizations, and communities. With this, the counselor should make an environment where the client feels safe and has confidentiality on everything being talked about in the conversation. Is it possible to know if the counseling services, processes, and methods are effective? How can you possibly tell?



V. INDEPENDENT PRACTICE

Title of Activity: Answer me

Instruction/s: Read the following roles of counselors then describe the intended clientele and their specific needs.

Role of Counselor	Clientele and their needs
Example: School counselor	Students who need to resolve personal conflict or stressful situations.
1. Job Hunting coach	
2. Conflict management provider	
3. Human resource personnel	
4. Marriage counselor	
5. Rehabilitation counselor	

SELF-BELIEF AND HARD WORK WILL ALWAYS EARN YOU SUCCESS.” – VIRAT KOHLI



REFERENCE:

E.M.S. (n.d.). *Disciplines and ideas in the applied social sciences* (Second ed.). Elias M. Sampa.