

GOALS OF COUNSELLING

Different individuals have different perceptions of what can be expected of counseling . However there are five commonly named goals of counseling.

1. FACILITATING BEHAVIOR CHANGE

The goal of counseling is to bring about change in behavior that will enable to the client to be more productive. Goals can be measurable so that client can measure that program. According to Rogers (1951) behavior change is a necessary result of the counseling process although specific behaviors receive little or no emphasis during process..

2. IMPROVING RELATIONSHIP

Many clients tend to have major problems relating to others due to poor self- image. Likewise inadequate social skills cause individuals to act defensively in relationships. The counselor would then strive to help the client improve the quality of their lives by developing more effective interpersonal relationships.

3. FACILITATE CLIENT'S POTENTIAL

Helping individuals to cope with new situation and challenges. We will inevitably run into difficulties in the process of growing up. Most of us do not completely achieve all over our development tasks within a life time. All of the unique expectations and requirements imposed on us by others will eventually lead to problem learning coping patterns , however may not always work.

4. PROMOTING DECISION MAKING

The goal of the counseling is to enable the individual to make critical decisions regarding alternative courses of actions without outside influence. Counseling will help individuals obtain information and to clarify emotional concern that may interfere with or be related to the decision involved.

These individuals will acquire an understanding of their capabilities and interests. They will also come to identifying emotions and attitudes that could influence their choice and decisions.

5. ENHANCE POTENTIAL AND ENRICH SELF DEVELOPMENT

Help individuals to cope with new situations and challenges. Counseling seek to maximize an individual freedom by giving him or her control over their environment while analyzing responsiveness and reach to the environment . Counselors will work to help people learn how to overcome.

Counselors will also assist to overcoming sexual dysfunction, drug addition, gambling and obesity as well as anxiety shyness and depression.

CATAGORIES OF COUNSELING COALS

Counseling Goals may be simply classified in terms of counselor goals and client goals or the immediate, intermediate, or long-range goals of therapy. Broadly speaking, counseling goals may also be separated into the following categories:

1. DEVELOPMENTAL GOALS

Developmental Goals are those wherein the client is assisted in meeting or advancing her or his anticipated human growth and development (that is socially , personally, emotionally, cognitively, physical wellness and so on)

2. PREVENTIVE GOALS

Prevention is a goal in which the counselor helps the client avoid undesired outcome.

3. ENHANCEMENT GOALS

If the client possesses special skills and abilities, enhancement means they can be identified and/or further developed through the assistance of a counselor.

4. REMEDIAL GOALS

Remediation involves assisting a client to overcome and/or treat an undesirable development.

5. EXPLORATORY GOALS

Exploration represents goals appropriate to the examining of options, testing of skills, and trying new and different activities, environments, relationships and so on.

6. REINFORCEMENT GOALS

reinforcement is used in those instances where clients need help in recognizing that what they are doing, thinking, and/or feeling is okay.

7. COGNITIVE GOALS

Cognition involves acquiring the basic foundation of learning and cognitive skills.

8. PHYSIOLOGICAL GOALS

Physiology involves acquiring the basic understandings and habits for good health.

9. PSYCHOLOGICAL GOALS

Psychology aids in developing good social interaction skills, learning emotional control, developing a positive self-concept, and so on.

GOALS SERVE THREE IMPORTANT FUNCTIONS IN THE COUNSELLING PROCESS

- 1. Goals can have a motivational function in counseling**
- 2. Goals can also have an educational function in counseling in that they can help clients acquire new responses.**

- 3. Goals can also meet an evaluative function in counseling where by the client's goals help the counselor to select and evaluate various counseling strategies appropriate to the client's goals.**

THE END