UNIVERSITY OF NAIROBI

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

FACULTY OF ARTS

In Collaboration with

CENTRE FOR OPEN AND DISTANCE LEARNING

Fundamentals of Counselling: Counselling Outcome, Issues, Trends and Professional Ethics

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Module Introduction

Welcome to Psychology Fundamentals of Counselling: Counselling Outcome, Issues, Trends and Professional Ethics Module. This module will require that you prepare yourself as you go out to practice as a counselling psychologist with real clients. As you may be aware, counselling is a special kind of relationship and a helping process. Counselling is thus different from friendly conversation and use of counselling skills. This is because the use of counselling skills does not necessarily make one a counsellor; instead, the use of counselling skills enhances communication and other interpersonal skills. Counselling skills will be used by people of all professions including teachers, nurses and doctors, lawyers, managers and receptionists. The counsellor in the counselling relationship creates an enabling environment to enable the client explore their situation and circumstances. In the end, the client is able to make appropriate and useful decisions, and subsequently make further adjustment in their life. The outcome of counselling is therefore important to the client. For the counsellor, it is also a hallmark of competence.

Clients seeking therapy will present various issues that affect them. The issues are diverse just as clients have varied background. No counselling session is exactly the same! Therefore, the counsellor must be well trained to offer assistance. The emphasis of counselling as a process requires that the procedure be conducted in a professional way. For that reason, the counsellor must assist the client establish definite goals to evaluate the process and the outcome. This Module is designed to provide realistic information by discussing the various issues in counselling psychology with reference to the outcome of therapy, examine the present and future trends in counselling and augment professional ethical considerations. It also discusses the various ways in which to conduct counselling and the psychological implications of various developments in our contemporary world.

The knowledge and skills you will derive from this Module will enable you to understand and appreciate counselling psychology as a profession that bestows value to human life. Such an understanding should eventually help you to offer invaluable professional support and services to all clients in need.
Module Aims
This module brings to life the status quo of counselling psychology practice particularly in Kenya today appreciating the milestones so far achieved, highlighting loopholes and challenges in practice and at the same time suggesting a workable chart forward that will inculcate professionalism. It presents both enlightening and enriching insights into the practice of counselling psychology and is written to assist all those who engage in counselling psychological services including students, trainers, researchers and supervisors to investigate professional practice in an interpretative way. The module will specifically attempt to meet the outlined objectives.

Objectives
By the end of the lectures, you should be able to:

- Define and explain the various terms and concepts that are used in counselling;
- Explain the counselling process;
- Adopt use of professional principles in counselling;
- Assist a client in therapy; and,
- Interpret professional standards to the practice of counselling psychology by adhering to a code of ethics in professional practice.

Counsellors must be ethically aware and reflective in practice. This requires adherence to a set of rules. A code of ethics to provide guidelines in:

(a) Counselling practice;
(b) Counselling research; and,
(c) The use of counselling skills and the management of these services by an individual and within an organisation/s.

The following lessons emphasize on ethical awareness and reflective practice in counselling. Counselling professional practice must be conducted with high standards of ethical values. In that case, practitioners must translate their services into quality counselling psychological
services. Counselling practice require the practitioner to resolve various issues in professional practice with special reference to legal and professional standards.

**Study Skills and Module Orientation**

This module is divided into eight lectures. Each lecture has several topics contained therein. You will find several activities in every lecture. The in-text questions are meant to stimulate your thinking and may not require written responses unless you so wish. So, wherever you come across in-text questions, you are expected to pause and take a bit of time to reflect on them, or on the related personal experiences before proceeding on with your studies.

It is important that you will have read other Modules that will have provided the basis for an understanding of counselling psychology, for example, History and Systems of Psychology, Human Growth and Development, Skills and Techniques in Counselling, Personality, Theories of Counselling, Cross Cultural Counselling (Multicultural Counselling), Psychology of the Family and Therapeutic Approaches. You are encouraged to identify and be in touch with at least two colleagues who are taking the same course for consultation and discussions. It is highly recommended too that you provide counselling services to a variety of clients. In this way, you will get real life experiences and fast hand information that will enrich your study and enable you to apply the ideas developed in the module.

The following journals and others are good sources for your literature review:

- *British Journal of Guidance and Counselling*
- *Counselling and Psychotherapy Journal*
- *Counselling Psychology Quarterly*
- *European Journal of Psychotherapy and Counselling*
- *International Journal for the Advancement of Counselling*
- *International Journal of Applied Psychology*
- *Journal of Consulting and Clinical Psychology*
- *Journal of Counselling & Development*
- *Journal of Counselling Psychology*
- *Journal of Family Psychology*
✓ Journal of Family Therapy
✓ Journal of Marital and Family Therapy
✓ Journal of Marriage and Family
✓ Journal of Multicultural Counselling and Development
✓ Kenyan Journal of Guidance, Counselling and Psychology
✓ Psychotherapy
✓ The Counselling Psychologist
✓ Therapy Today

Enjoy your reading.
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