

# Stages of the Counseling Process

**CC-11 (Counselling Psychology) Unit 2; SEM III**

**By**

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# Stages of the Counseling Process

The stages of the counseling process are:

Stage 1: Relationship Building:

Tasks here include:

- Laying foundations for trust
- Establishing the structure and form the relationship will take
- Informed consent process
- Articulating roles of counselor and client – developing a collaborative working alliance.

## Stage 2: Identifying the nature of the presenting problem:

- To understand the kind of change that is sought.
- Seeing the problem in context to the client's larger world.
- Keeping an eye on the strengths and resources of the client.
- Counselor builds hypotheses during this stage and throughout maintain process.

# Stage 3: Formulation of Counseling Goals:

- The client articulates where they want their counseling journey to take them. Client role as one of driving the bus.
- Enhances sense of ownership and motivation factors important in the change process.
- Well identified goals help create a roadmap and means to evaluate.
- Goals may change, evolve as therapy progresses.

## Stage 4: Categories: counseling goals:

- To change an unwanted or unwelcome behavior.
- To better cope.
- To make and implement decisions.
- To enhance relationships.
- To help client's journey of growth toward achieving potential (Nystul, 2003)

# Stage 5: Intervention and Problem Solving:

- Begins as soon as goals are established – there is plan for how to achieve them.
- Action is directed in accordance with new perspective.
- Collaboratively established plan works best. Educational information is given to that client is offered regarding options, and advantages/disadvantages for each.

# Intervention

- New perspectives on both the way clients have looked at the problem and ways they might approach it:
- Confrontation Vs Carefrontation
- Self Disclosure as appropriate
- A clear, simple plan toward goals.



# Characteristics of a good treatment plan

- Goals are clearly defined and reachable
- Plan able to be adapted with time
- Positive and action-oriented focus
- Essential to an effective plan is client's motivation and willingness to follow it.



# Prochaska's stages of Change

- Pre Contemplation
- Contemplation
- Preparation/Determination Action
- Maintenance
- Relapse Crafting a Treatment Plan
- Begins with clearly articulated problem and priority from client's perspective of primary (presenting) vs underlying clearly defined, broad goals – global objective
- Objectives – behaviorally stated, steps on way to broader goal – mindful of accountability.
- Interventions to be utilized by counselor

## Stage 6: Termination and follow up:

Collaboration with client in identifying a date in advance for next follow up session and the role to review progress, create closure in client counselor relationship and plan for future. Think of this as a means of empowering client. Counselor always is mindful of avoiding fostering dependency for the client only till client is aware of own needs

## Preparation for termination begins long before

Open door / plan for possibility of future need are required to be given by the counselor to the client. Termination considered not just at end of successful relationship, but also is considered when it seems that counseling is not being helpful.

## Stage 7: Research and Evaluation:

- Throughout the counseling process, towards the end, there is a feedback and the counseling process is reviewed through:
- Generating hypotheses
- Trying intervention strategies
- Determining if/when goal is met and a plan for evaluation is made.

**Thank  
You**

