

Counseling

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Counseling

General objective:

At the end of this lecture each participant will be able to acquire knowledge about pediatric counseling and learn to apply it in pediatric field.

Specific objectives:

At the end of this seminar, each participant should be able to:

- ❖ Recognize Counseling, Counseling in health care settings, Counselor, Consultant.
- ❖ Identify indication for counseling
- ❖ Describe elements of good counseling.
- ❖ Categorize types of counseling
- ❖ Illustrate Four different levels of counseling in health care settings
- ❖ Explain qualities and skills of good counselor
- ❖ Distinguish between Common types of counselor
- ❖ Apply Role of pediatric nurse as a counselor in pediatric field.

Pediatric Counseling

Introduction

Counseling provides a safe environment for patient to explore their feelings and concerns, allowing them to fully participate in all aspects of life. Counseling helps the patient and

family deal with what can be stressful and difficult situations. They use data received from diagnostic tests, clinical exams, verbal communication, medical records and other sources to make decisions that are evidence based and meet their patients care requirements.

The word `counseling' is new to many people, and it can be difficult to translate. Some languages use the same word as `advising'. However, counseling is different from simple advising. Counseling is also important in other situations where personal behavior affects health.

Definitions

❖ Counseling

- Support process in which a counselor holds face to face talks with another person to help him or her solve a personal problem, or help improve that person's attitude, behavior, or character.
- Listen / react to help others solve their own problems or arrive to the right answer

❖ Counseling in health care settings

An interaction in a therapeutic setting, focusing primarily on a conversation about relationships, beliefs and behavior (including feelings), through which the patient's perceived problem is elucidated and framed or reframed in a fitting or useful way, and in which new

solutions are generated and the problem takes on a new meaning.

❖ **Counselor**

- A person who gives counsel about problems

❖ **Consultant:**

An individual who seeks counseling

 **Indication for counseling**

1. Someone needs encouragement
2. Help solve a problem
3. Interpret facts
4. Resolve indecision or confusion

 **Elements of Good Counseling**

- Time, place, atmosphere
- Understand
- Really hear
- No (or little) advice
- Summarize
- Provide data

 **Types of counseling**

The following list briefly describes common types of counseling.

1- Individual counseling

- Individual counseling is one-on-one and provided in a safe and confidential setting.
- This type of counseling works well when problems come mainly from individual thinking patterns and behaviors.
- Individual counseling can help people to explore and improve a variety of relationship and personal challenges.
- Some issues people talk about in individual counseling include: depression, low self-esteem, stress, abuse issues, grief and loss, sexuality, drug and alcohol use, eating disorders and phobias.

2- Couples and family counseling

- Couples and family counseling can help people to explore and improve their relationships.
- Family therapy can help family members:
 - Resolve issues among each other.
 - Adopt ways to help another family member get well.
 - Improved ways of communicating
- Family therapy often is used when an adolescent has a problem with alcohol and substance abuse.
- Some issues that couples and families talk about in counseling include: communication issues, setting boundaries, establishing family rules and expectations, parenting, and divorce.

3- Group counseling

- In group therapy, people join in a group and discuss their problems together. Members in the group often share the same problem, but not always.
- The group session provides a place where people can confide with others who understand their struggles. They also can learn how they see themselves and how they are seen by others.
- This form of counseling attempts to counteract isolation by assembling people with similar issues to enforce that difficulty are not singular to one person. Additionally, knowing other people with similar troubles can be comforting to individuals who may not have access in their own family and friends to people with the same problem.
- Group therapy is useful for a variety of problems as experiencing stress, anxiety, depression, or wants to improve your self-esteem, relational, communication, or assertiveness skills.

Four different levels of counseling in health care settings:

- i. **Information-giving:** the provision of factual information and advice about medical conditions, laboratory tests, treatments etc.
- ii. **Implications counseling:** A discussion with the patient and/or others which addresses the implications of the information for the individual or family and their personal

circumstances. There is certain problem and phenomena occur in the community not only need to study but also need to solve. In the light of these problems implications for counseling and guidance is very necessary. For example, child abuse in all society is implication for guidance and counseling.

- iii. **Supportive counseling**: in which the emotional consequences of the information and its implications can be identified and addressed in a supportive and caring environment. Supportive counseling also refers to therapeutic approach aimed at facilitating optimal adjustment, in particularly to situation of ongoing stress such as chronic physical illness or in actually stressful situations as, for example, bereavement.
- iv. **Psychotherapeutic counseling**: focuses on healing, psychological adjustment, coping and problem resolution.

Qualities and skills of good counselor

It is vital that the counselor has the following skills:

- 1- Judgment**
- 2- Patience and Acceptance**
- 3- Experience**

4- Education

5- Social Skills

It is not enough to be considered to be a good listener. Counselors learn through training how to perceive all aspects of verbal and non-verbal communication, and deliberately improve their listening skills by using appropriate techniques during counseling.

6- Genuineness and Warmth

Effective counselors have a genuine interest in other people. This is often referred to as respect or unconditional positive regard for the person being helped. People who do not need others in their lives may find this sort of warmth to unknown people as being problematic.

7- Discretion

Counselors must show complete discretion, never revealing what others say or do within the counseling context. Confidentiality is paramount in counseling relationships.

8- Practice, Practice, Practice

Counseling requires a lot of training, followed by much practice. A current job that will allow the possibility of a helping role could be very useful.

Common Types of Counselors

There are many different types of counselors. Here are some of the most common types:

1. School or Guidance Counselors (Educational Counselor)

- These counselors generally deal with students of all levels, from elementary school to college and their future career.
- They are responsible for promoting the talent and potential of each student, while evaluating the abilities, interests, and personalities of students.
- They focus on these broad areas of students' lives:
 - Academic achievement
 - Personal and social development
 - Career planning

2. Career Counselors

- Career counselors typically work with people who are in or have finished college.
- They help individuals with their career decisions.
- They may also evaluate their client's education, work history, interests, and personality traits to find a job or career that best fits them.

3. Rehabilitation Counselors

- Rehabilitation counselors help people with physical, mental, developmental and emotional disabilities.
- They help their client's ability to live independently by using a number of different strategies and working with other service providers, such as a physical therapist to achieve personal and professional goals, and lead their lives more freely.

4. Mental Health Counselors

- Mental health counselor working with individuals, families and communities to treat mental and emotional disorders such as depression, substance abuse, stress, and sadness. In addition, they may help with career issues and mental health issues.
- Mental health counselors strive to educate and support people in their own personal development.

5. Family Counselors

Family counselors often work with couples, individuals, or entire families. They can evaluate where the difficulties lie and establish a plan for resolution through utilizing specific techniques and theories. They may also work with spouses in couple's therapy or with children of a family to work out family problems.

6. Substance Abuse Counselors (Behavioral disorder counselors)

+ Role of pediatric nurse as a counselor

- Prevention of diseases
- Promotion of healthful practices
- Child rearing and family welfare
- Provide information about:
 - Community resources
 - Health care facilities
 - Referral services
 - Available social and economic support