

Counseling Psychology: Briefing Roles and Abilities

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Received 18 June 2021; **Accepted** 05 July 2021; **Published** 12 July 2021

Introduction

Counseling psychology is a type of professional psychology that focuses on general practice and providing health services. It examines how people of all ages function both personally and in their relationships. Counseling psychology is concerned with people's emotional, social, job, school, and physical health difficulties at various phases of their lives, concentrating on common daily stresses as well as more serious challenges with which people may suffer as individuals, families, communities, and organizations.

Counseling psychology is a psychological specialty that focuses on emotional, social, occupational, educational, health-related, developmental, and organizational concerns to improve personal and interpersonal functioning across the lifetime. This specialty encompasses a broad range of practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to live more highly functioning lives through the integration of theory, research, and practice, as well as sensitivity to multicultural issues. Counseling psychology is unique in that it focuses on both normal developmental concerns and issues related to physical, emotional, and mental disorders!

Counseling psychologists assist people with physical, emotional, and mental health problems in enhancing their sense of well-being, reducing distress, and resolving crises. More severe psychological symptoms are also assessed, diagnosed, and treated by them.

Specialized Knowledge

Counseling psychologists focus on the following areas at all phases of development (i.e., childhood, adolescence, maturity, and elder age):

1. Clients' healthy characteristics and strengths (whether they are regarded as individuals, couples, families, groups, or organizations).
2. Situational/environmental factors (how cultural, gender, and lifestyle factors alter people's experiences and concerns).
3. Diversity and social justice issues (e.g., advocacy).
4. The importance of job and profession in people's lives.

Problems that are addressed

Counseling psychology approaches problems from developmental (lifespan), environmental, and cultural perspectives. They include, but are not limited to, the following:

1. Concerns about school and career/work adjustment
2. Making career and work decisions, as well as transitioning from school to work to retirement.

3. Issues with relationships, such as marriage and family issues.
4. Deficits in learning and skills.
5. Stress management and dealing with adversity in life.
6. Organizational issues
7. Coping with and adapting to physical limitations, illness, or injury.
8. Social/personal adjustment.
9. The formation of one's own identity.
10. Consistent problems relating to other individuals in general.
11. Mental illnesses.

Techniques and Procedures Employed

Counseling psychology processes and strategies include, but are not limited to, the following:

1. Psychotherapy and counseling for individuals, families, and groups.
2. Disaster and trauma management, as well as crisis intervention.
3. Techniques for assessing psychological illnesses and diagnosing them.
4. Programs/workshops that educate and teach the public on mental health, school, family, relationship, and workplace issues in order to prevent or decrease problems before they start or worsen.
5. Seeking advices with organizations.
6. Evaluation of the programme and treatment outcomes (e.g., client progress).
7. Training.
8. Clinical oversight.
9. Creating and validating tests.
10. Scientific enquiry research methodology.

Population which has been served

Individuals, groups (including couples and families), and organizations are all handled by counseling psychologists. Counseling psychologists work with people of all ages, including children with behavioural issues, late adolescents with educational and career concerns, or substance abuse issues, adults dealing with marital or family problems, career changes, or overcoming disabilities, and seniors approaching retirement. They work with groups to help them find solutions for many of these issues, as well as to improve group members' personal and interpersonal functioning. Counseling psychologists also work with organizations (e.g., corporations) and work groups to assist create a positive work environment and improve organizations' ability to increase productivity and effectiveness.

References

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