

# Guidance and counselling of children with special needs

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**Abstract:** A study on depression among Indian universities found that 37.7%, 13.1%, and 2.4% of the students were suffering from moderate, severe, and extremely severe depressions, respectively. This study stresses the need for mental health support services to these students immediately. Over 300 million people worldwide suffer from depression, and by 2030, it is expected to overtake all other causes of disability, according to the World Health Organization. According to recent studies, the frequency of depression in young people in India is rising, with rates ranging from 31% to 57%. At present, we should consult the people suffering from mental health issues in the world and should not leave them alone and should guide them so that they can do something in their life and connect with the mainstream.

**AIM:** To study the individual problems and providing appropriate guidance through counselling session.

**OBJECTIVE:** To provide personalized and confidential support to an individual facing challenges, distress, or seeking personal growth.

## INTRODUCTION:

Individual counselling, also known as one-on-one counselling or therapy, is a form of psychological support where an individual meets with a trained counsellor or therapist in a confidential and private setting. The primary focus of individual counselling is to provide personalized assistance to the person seeking help. This form of counselling can address a wide range of issues, challenges, and goals, including mental health concerns, personal development, and life transitions.

## Key Features of Individual Counselling:

- **Confidentiality:** Sessions are private, and what is discussed between the individual and the counsellor is generally kept confidential, promoting a safe and trusting environment.
- **Client-Centred Approach:** The counselling process is often client-centred, meaning that the individual's unique needs, concerns, and goals guide the direction of the sessions.
- **Support for Emotional Well-being:** Individual counselling can address emotional distress, mental health conditions, and challenges such as anxiety, depression, grief, stress, or trauma.
- **Personal Exploration and Insight:** Individuals have the opportunity to explore their thoughts, feelings, and behaviours with the guidance of a trained professional, leading to increased self-awareness and insight.

- **Problem-Solving and Goal Setting:** Counsellors assist individuals in identifying specific problems or challenges and collaborate with them to develop strategies for problem-solving and achieving personal goals.
- **Skills Development:** Counsellors may work with individuals to develop and enhance coping skills, communication skills, and other life skills to better navigate challenges.
- **Trauma Recovery:** For those who have experienced trauma, individual counselling provides a safe and supportive space for processing emotions and working towards healing.
- **Empowerment:** Counselling aims to empower individuals to take an active role in their own well-being, make informed decisions, and work toward positive changes.
- **Goal-Oriented:** Individual counselling sessions are often goal-oriented, with the individual and the counsellor collaboratively working towards achieving specific outcomes.
- **Prevention and Maintenance:** Counselling is not only for addressing current challenges but can also serve as a preventive measure to enhance mental well-being and maintain overall emotional health.

### **Types of Counselling:**

Counselling encompasses a diverse range of approaches and methods, each tailored to address specific needs, concerns, or goals. Here are some common types of counselling:

- **Individual Counselling**
- **Marriage or Couples Counselling**
- **Family Counselling**
- **Group Counselling**
- **Career Counselling**
- **School Counselling**
- **Grief Counselling**
- **Substance Abuse Counselling**
- **Trauma Counselling**
- **Cognitive-Behavioural Therapy (CBT)**
- **Psychodynamic Therapy**
- **Humanistic Therapy**
- **Solution-Focused Brief Therapy (SFBT)**
- **Narrative Therapy**
- **Existential Therapy**

### **Purpose or Goal of Individual Counselling:**

Individual counselling helps to remove or modify existing symptoms, mediate disturbed patterns of behaviour, it also helps in promoting positive personality growth and development.

The goals of individual counselling can vary based on the unique needs and circumstances of the person seeking help.

### Types of Individual Counselling:

1. Abreaction Therapy
2. Reality Therapy
3. Hypnosis
4. Supportive Psychotherapy
5. Psychoanalysis

1. **ABREACTION THERAPY:** Abreaction therapy is a process by which repressed materials, particularly a painful experience or conflict is brought back a consciousness. The person not only recalls but also relives the experiences which is accompanied by the appropriate emotional response.
2. **REALITY THERAPY:** Reality therapy is a form of psychotherapeutic technique which focuses on present behaviours and development of a patient's ability to cope up with the stress of reality and take a great responsibility for the fulfilment of their needs.
3. **HYPNOSIS:** In this therapy a patient is put into an altered state of consciousness by giving them repetitive monotonous auditory stimuli to create a state of focused attention and increased suggestibility. This therapy it involves following three factors:
  - **Absorption**
  - **Dissociation**
  - **Suggestibility**
4. **SUPPORTIVE PSYCHOTHERAPY:** In this therapy patient with chronic disabling psychiatric conditions for whom basic change is not seen as a realistic goal.
5. **PSYCHOANALYSIS:** This therapy focuses primarily on the influence of unconscious forces such as repressed impulses and memories, internal conflicts, and childhood traumas on the mental life. The therapist helps the clients to identify unresolved conflicts and traumas from early childhood.

**GUIDANCE :** Guidance is giving help or advice to someone in the direction or direction. Guidance is a process in which a person is helped to adjust with himself, with others and with his environment. Preparation for future life - The aim of guidance is to prepare the person for future life. It helps him to acquire the necessary abilities and competencies.

There are three types of guidance:

1. Educational
2. Vocational
3. Personal

## REPORTING OF THE CASES

### SUBJECT'S DETAILS-

<b>Name</b>	Yashaswa Sharma
<b>Age</b>	12 years
<b>Gender</b>	Male
<b>Educational Qualification</b>	Class III
<b>Father Name</b>	Rahuldev Sharma
<b>Mother Name</b>	Ekta Sharma
<b>Number of siblings</b>	02 Sisters
<b>Referred By</b>	Class Teacher

**Presenting Complain:** He does not want to write in class and is weak in studies. The class teacher finds him frustrated several times in the class. The moment she turns her head, he hits another child or strangulate a child's neck or break a pencil (aggression). She also mentioned that he belonged to the EWS (Economically Weaker Section) category.

#### **Start of the Session:**

The client walked into the Counselling Room with his class teacher. He was asked to sit and made him comfortable. He did not seem to smile too much. He was handed over a paper and pencil and write his name and date. He knew the date and wrote his name correctly. He was asked to draw whatever he wished to. He drew a robot and a picture of Doremon. He was then asked to draw a man, a tree, and a house. He drew a man who he identified as a friend called Vansh, who is his classmate. He drew two trees, a big and a small one. He also drew a house. He said he played together with Vansh, when asked what he did with his friend. His notebooks were checked, and it was noticed that he could only complete his work with the help of the teacher. His notebooks were all full of red marks and seemed weak in academics.

After going through his notebooks, the client was asked to pack his bag. He was asked if he would like to see the counsellor again and he shook his head. He was then dropped back to his class.

**My Observation:**

It was noticed that the client does not seem to smile too much and had a serious look about him. After going through his notebooks, and assignments it was clear that his academics are weak and is not age appropriate intelligent. Since he belonged to the EWS category, it is possible that he does not get help at home to do his work. His emotional and environmental angle needs to be explored to understand him better.

**Plan of Action:**

A parental session needs to be conducted to understand his environmental and emotional dimension and to understand reasons for his aggression.

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