

Family Counseling

Definition of Counseling: Counseling is a communication process by which caregivers provide accurate information about subject where care receivers are interested to know anything. It is one kind of psychotherapy.

OR

Counseling is a method when a nurse / health worker discusses, teaches & guides the client or person about any specific topic on a personal basis.

Definition of Family Counseling: Family counseling is a continuous process where of family is concerned. Formed habit is not change. It may take years to change, depending upon individual's attitude & thinking. Family counseling is also one of the important components of health services.

Procedure of counseling:

1. Listen to their difficulties / needs / problems
2. Talk to their family
3. Try to help them change their situation
4. Provide pleasant environment while counseling

Types of counseling:

1. Individual counseling or one to one counseling
2. Group counseling where one person is counseling a few person at the same time

Advantages of counseling

❖ *Individual counseling:*

- Helps secret consultation
- Maintain privacy
- Better rapport

❖ *Group counseling:*

- Saves time
- Better interaction
- Uniform information to a large group

Elements of counseling:

GATHER, ROLES, CLEAR

GATHER:

G = Greet clients

A = Ask needs

T = Tell about services methods

H = Help

E = Explain

R = Return for follow-up

ROLES:

R = Relax

O = Open-up

L = Learn forward

E = Eye contact

S = Sit squarely & smile where appropriate

CLEAR:

C = Clarity

L = Listen

E = Encourage

A = Acknowledge

R = Reflect & repeat

Role of counselor:

1. Help client to solve the problem
2. Guide for correct decision making
3. Making friendly environment & rapport building
4. Maintain security
5. Stress benefit
6. Assure voluntary decision
7. Evaluate work effectiveness

Quality of a counselor:

1. Shows respect for clients
2. Pleasing personality
3. Trustworthiness
4. Good listener
5. Emotional maturity
6. Leadership quality
7. Unbiased & supportive attitude
8. Have patience & tolerance
9. Empathetic
10. Ability to speak the client's language

Genetic assessment & counseling:

Assessment is a crucial step in any nursing intervention, but it plays an important vital role in genetic counseling

Genetic counseling:

Anyone concerned about the possibility of transmitting a disease to his or her children should have access to genetic counseling for advice on the inheritance of diseases. It can serve to –

1. Reassure people who are concerned about their children inheriting a particular disorder & provide concrete, accurate information.
2. Allow people who are affected by inherited disorders to make informed choices about future reproduction.
3. Educate people about inherited disorders & the process of inheritance
4. Offer support by skilled health care professionals to provide who are affected by genetic disorders.