

### What is counseling ?

Support process in which a counselor holds face to face talks with another person help him or her solve a personal or social problem or help improve that person's attitude , behavior or character and guiding him especially by a trained person on a professional basis , to resolve personal , social or psychological problems and difficulties.

### What does counseling aim at ?

Counseling aims at assisting the individual to develop such that he becomes Psychologically mature and is capable of realizing his potentialities optimally . Counseling has no magical solutions. The only meaningful, sensible and realistic view of counseling is that it is not and cannot be everything to everybody. It is concerned with helping individuals find realistic and workable solutions to their problems by helping them gain an insight into themselves so that they are able to utilize their own potentialities and opportunities and thus become self-sufficient , self-directed and self-actualized .

## Aims and Objectives of Counseling

Counseling aims at helping the clients understand and accept themselves "as they are", And counseling is to help the student to help himself.

The main objective of counseling is to bring about a voluntary change in the client. For this purpose the counselor provides facilities to help achieve the desired change or make the suitable choice.

According to Dunsmoor and miller, the purpose of student counseling are :-

1. To give the student information on matters important to success.
2. To get information about student which will be of help in solving his problems.
3. To establish a feeling of mutual understanding between student and teacher.
4. To help the student work out a plan for solving his difficulties.
5. To help the student know himself better-his interests, abilities, aptitudes, and opportunities.
6. To encourage and develop special abilities and right attitudes.
7. To inspire successful endeavor toward attainment.
8. To assist the student in planning for educational and vocational choices.

vocabulary: اظہار  
1- mutual: متبادل  
2- Facilities: سہولتیں  
3- aptitudes: استعدادیں  
4- opportunities: فرصتیں  
5- endeavor: محاولہ

6- attainment: حصول  
7- assist: مدد  
8- vocational: پیشہ  
9- educational: تربیتی  
10- choices: اختیارات  
11- attitudes: عواطف  
12- inspire: دھوکے سے

## LIST of Characteristics a counselor must have :

Counselors may specialize in mental health , career counseling , marriage and family counseling or other areas . Their jobs come with a variety of stresses , challenges and rewards . In general, all counselors must possess some foundational characteristics that will help them succeed and make a difference in their clients' lives .

### 1- Energy

counselors must possess enough physical and emotional energy to deal with their clients' problems . Sometimes the weight of hearing people s' problems all day can be exhausting . They may also face emergency situations where they must think and act quickly to help their clients , which also requires energy . Counselors must also know how to channel the frustration and stress they may feel from their jobs in productive ways

طاقة بدنية وعاطفية  
تعب  
الضغط  
الوقت

### 2- Desire to Help

One of the most important characteristics counselors is the desire to help people overcome personal , mental , academic or professional problems . Counselors should want to serve their clients , to help them work through problems , and to find new ways of viewing and solving them .

رغبة

### 3- Patience

Counselors may work with clients for a long time before the clients begin to deal with and solve problems in their lives . Counselors may also have to work with difficult or demanding clients who require a lot of time and attention. Patience is important to help counselors keep calm and better understand their clients' viewpoints .

صبر

### 4- Resourceful

Counselors must also be very resourceful . In schools guidance positions , for example counselors may connect students and families to community resources that help them deal with problems at home .so the student can focus on academic and personal success . Counselors must stay up to date in their fields , network with other counselors and remain abreast of changes in techniques and theories .

موارد

معلومات  
مصادر  
مصادر

## 5- Licensing

States have different licensing requirements for various types of counselors. Some counselors must have a certain number of hours of training and supervised work, and must obtain the appropriate state license before they can start a private practice. Other counselors, such as college counselors in career centres, may not need a license at all. Counselors should be aware of state laws and regulations regarding the types of counseling they're allowed to perform with their specific licenses.

حقوق  
نظام

الكلية  
المهنة  
مهنة

## Vocabulary

- 1- energy : طاقة - قوّة
- 2- patience : صبر
- 3- resourceful : واسع التدبير - ذوقه واسع عليه
- 4- licensing : ترخيص
- 5- mental health : الصحة النفسية
- 6- exhausting : متعبك
- 7- abreast : يتابع آخر الاخبار والمعلومات
- 8- willingness : الرغبة والقبول
- 9- motivation : ياتى نفس - اهتمام - حافز
- 10- commitment : التزام تصد مسؤوليه
- 11- faith : ايمان - ثقة
- 12- course : سلسلة من المقررات لطلبه
- 13- therapy : علاج نفسي
- 14- entangled : يتورط - يتشابك في
- 15- accomplish : ينجح - يتم
- 16- a viable : قابل للنجاح
- 17- solution : حل
- 18- eventually : اخيرا - في النهاية
- 19- potentialities : امكانيات - قابلية
- 20- utilize : يستغل - يستعمل

## Key steps to success in counseling

There are four key steps to being successful in the counseling process .

1- **Willingness:** <sup>الرغبة</sup> many who need counseling either without seek it or they come for therapy and are not willing to make any changes in their lives . They want others to change . They have difficulty embracing the idea of change . Seeking help and making changes in your life requires courage . If you are willing to be different , you are about a quarter of the way to having better life .

2- **Motivation :** <sup>لا بد من حافز قوي</sup> some are willing to make changes in their life but lack the drive or the energy to do so . They may have become entangled in the legal system ; been threatened with loss of their marriage or family or in danger of losing their jobs. Without a strong drive for change , it is less likely to happen. When an individual has both the willingness to improve and the motivation to do so, they have half of what it takes to succeed in the counseling process .

3- **Commitment :** <sup>التزام مسؤوليه نصير</sup> the counseling process requires commitment and patience . Without these two characteristics , many will rush into what they think is a viable solution but eventually find the problem has not been really resolved at all . A side from having the willingness and motivation to change is to stay the course of therapy and realize that personal problems develop over many years and it will take time to resolve them .

4- **Faith :** <sup>ايكافان تصقه</sup> faith is the final and most critical step in creating success . If a person does not believe in themselves or in what they are doing , it becomes al most impossible to accomplish any project or task. In other words , the more you believe in something , the more you increase your chances of being successful .

## What are mental health problems ?

Some mental health problems are described using words that are in everyday use; for example, 'depression' or 'anxiety'. This can make them seem easier to understand, but can also mean people underestimate how serious they can be.

Mental ill health feels just as bad, or worse, than any other illness – only you cannot see it. Although mental health problems are very common- affecting around one in four people in Britain- stigma and discrimination towards people with mental health problems is still very common and there are a lot of myths about what different diagnoses mean. There is also a lot of controversy about the way mental health problems are diagnosed, what causes them, and which treatments are most effective.

However, despite these challenges, it is possible to recover from a mental health problem and live a productive and fulfilling life. It is important to remember that having a mental health problem is not a sign of weakness.

Never be ashamed of having bad days, weeks or even months- because they show your inner strength, even if you can't see it yourself at the time.

## The most common mental health problems

Some of the most commonly diagnosed forms of mental health problems are described below.

### **Common diagnoses**

#### **1- Depression**

Depression lowers your mood, and can make you hopeless, worthless, unmotivated and exhausted. It can affect sleep, appetite, and self-esteem. It can also interfere with daily activities and, sometimes, your physical health. Depression can be experienced at different levels e.g. mild or severe, and can be related to certain experiences; for example, postnatal depression occurs after childbirth. Depression is often associated with anxiety.

## 2- Anxiety

Anxiety can mean constant and unrealistic worry about any aspect of daily life. It may cause restlessness, sleeping problems and possibly physical symptoms; for e.g. an increased heart beat, stomach upset, muscle tension or feeling shaky. If you are highly anxious you may also develop related problems such as, panic attacks, a phobia or obsessive compulsive disorder.

## 4- Obsessive-compulsive disorder

It has two main parts: obsessions and compulsions. Obsessions are unwelcome thoughts, ideas or urges that repeatedly enter your mind; for example, thinking you have been contaminated by dirt and germs, or worrying that you haven't turned off the oven. Compulsions are repetitive activities that you feel you have to do. This could be something like repeatedly checking a door to make sure it is locked or washing your hands a set number of times.

## 5- Phobias

A fear becomes a phobia when you have an exaggerated or unrealistic sense of danger about a situation or object. You will often begin to organize your life around avoiding the thing that you fear. The symptoms of phobias are similar to anxiety, and in severe forms you might experience panic attacks.

## 6- Bipolar disorder (formerly known as manic depression)

If you have bipolar disorder you will experience swings in mood. During 'manic' episodes, you are likely to display overactive excited behaviour. At other times, you may go through long periods of being very depressed. There are different types of bipolar disorder which depend on how often these swings in mood occur and how severe they are.

## 7- Schizophrenia

It is a controversial diagnosis. Symptoms may include confused or jumbled thoughts, hearing voices and seeing and believing things that other people don't share. If you have these symptoms you might also become confused and withdrawn. There is debate about whether schizophrenia is actually one condition or more a collection of symptoms that are not clearly related.

## 7 Personality disorders

Generally speaking , personality doesn't change very much . Yet it does develop as people go through different experiences in life , and as circumstances change . If you have personality disorder, you are likely to find it more difficult to change your Patterns of thinking , feeling and behaving , and will have a more limited range of emotions, attitudes and behaviours , with much to cope with everyday life .

## 8 Eating disorders

Eating disorders can be characterized by eating too much , or by eating too little. If you have an eating disorder you may deny yourself anything to eat, even when you are very hungry ; or you may eat constantly , or binge . The subject of food , And how much you weigh , is likely to be on your mind all the time . Your eating disorder is likely to develop as a result of deeper issues in your life and is possibly a way of disguising emotional pain . Anorexia , bulimia , bingeing and compulsive eating are some of the most common eating disorders .

## Vocabulary

- 1- mental health problem : مشاكل الصحة النفسية
- 2- stigma : وصمة عار
- 3- discrimination : تمييز - تفرقة
- 4- diagnoses : تشخيص الأمراض
- 5- myths : معتقدات خاطئة - خرافات
- 6- controversy : جدال - خلاف
- 7- depression : الاكتئاب
- 8- mild : لطيف - معتدل
- 9- anxiety : قلق - هم
- 10- symptoms : أعراض مرضية
- 12- heart beat : نبض و دقات القلب
- 13- Stomach upset : اضطراب المعدة
- 14- muscle tension : التوتر العضلي
- 15- obsessive-compulsive disorder : الوسواس واضطراب التفكير
- 16- phobias : خوف مرضي شديد
- 17- bipolar disorder : اضطراب المزاج ، بالعادة ثم الحزن ثم البهجة
- 18 - schizophrenia : مرض انفصام الشخصية
- 19- personality disorder : اضطراب الشخصية
- 20- Eating disorders : اضطرابات تناول الطعام
- 21- binge : فترة الإفراط في الأكل والشرب



he is in his thirties and his ~~ment~~ mental health problems have become deeply entrenched . They will require extensive therapy, which Bobby probably cannot afford without a job that provides adequate health insurance . Things could have been different if Bobby was referred to a psychologist in his childhood who could have diagnosed him , offered effective treatment , and alerted the authorities about the abuse.

All children and youth have the right to happy and healthy lives and deserve access to effective care to prevent or treat any mental health problems that they may develop . However , there is a tremendous amount of unmet need , and health disparities are particularly pronounced for children and youth living in low-income communities, ethnic minority youth or those with special needs .

### How many children have mental health disorders ?

An estimated 15 million of our nation's young people can currently be diagnosed with a ~~ment~~ mental health disorder . Many more are at risk of developing a disorder due to risk factors in their biology or genetics; within their families , schools, and among their peers . There is a great need for ~~ment~~ mental health professionals to provide available care based on scientific evidence , good clinical expertise , and that takes into account the unique characteristics of the child or the adolescent. However , it is estimated that only about 7 percent of these youth who need services receive appropriate help from mental health professionals . ( Dept of Health and Human Services , 2001 Report of the Surgeon General's Conference on Children's Mental Health National Action Agenda )