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aug 7 2015 therapy also called psychotherapy or counseling is the process of meeting with a therapist to resolve problematic behaviors beliefs feelings relationship issues and or somatic responses counseling has evolved over than 100 years into a highly professionalized field requiring rigorous education training state licensure and ethical standards practicing in settings such as community health centers inpatient and outpatient clinics student service substance abuse clinics veterans hospitals or private practices counseling is a collaborative effort between the counselor and client professional counselors help clients identify goals and potential solutions to problems which emotional turmoil seek to improve communication and coping skills strengthen self esteem and promote behavior change and optimal mental health counseling process refers to how or why counseling happens and progresses counseling outcome addresses whether or not counseling is effective under what conditions it is effective and what outcomes are considered effective such as symptom reduction behavior change or quality of life improvement the meaning of counseling is professional guidance of the individual by utilizing psychological methods especially in collecting case history data using various techniques of the personal interview and testing interests and aptitudes 13 2022 various counseling skills can be learned and developed to foster and maintain the psychological process including good communication problem solving and goal setting and introduce coping techniques such as self talk visualization nelson jones 2014 sommers flanagan sommers flanagan 2015 counseling psychology is a generalist service hsp specialty in professional psychology that uses a broad range of culturally informed and culturally sensitive practices to help people improve their well being prevent and alleviate distress and maladjustment resolve crises increase their ability to function better in their lives n 1 the act of exchanging opinions and ideas consultation journal counsel with colleagues before deciding the issue 2 advice or guidance especially as solicited from a knowledgeable person see synonyms at advice 3 private guarded and the process of assisting and guiding clients especially by a trained person on a professional basis to resolve especially personal social or psychological problems and difficulties as a simpler definition the uk s nhs website defines counselling as a talking therapy that involves a trained therapist listening to you jan 25 2023 american counseling association po box 31110 alexandria va 22310 9110 800 347 473 2329 fax 2022 american counseling association all rights reserved

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