SOS Youth Training And Employment Programme The Gambia.

Assignment social work modol Group (4) presentation .

Names of Group members.

Essa Jaiteh

Isatou L Bah

Isata Janneh

Maimuna Camara

Fatou I Njie

Jainaba Sawaneh

Question :Relevant of counselling in social work.

***What is counselling?***

Counselling is a chance to work with a professional counsellor to make positive changes in your life. Counselling can help you to sort through thoughts and feelings in a safe environment, and to find strategies to help you cope with difficult situations.

Your counsellor will not tell you what to do but rather, will work with you to find a strategy that may help you to improve your situation.

***Global Definition of the Social Work Profession***

“Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous knowledges, social work engages people and structures to address life challenges and enhance wellbeing. The above definition may be amplified at national and/or regional levels.”

The length of a counselling session is approximately one hour with the frequency and number of sessions negotiated between you and your counselor.

Relevant of Counseling in social work

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

M. Scott Peck

Millions of people have experienced the benefits of counseling. Counseling is a specific mental health discipline that includes aspects of guidance and psychotherapy (Erford, 2018). It focuses on a wellness model aimed at improving the quality of life and involves both the counselor and client in collaboration.

Outcome research measures the effectiveness of counseling interventions and responses to the therapeutic process (Erford, 2018). Using theory and empirically validated research keeps counselors and the profession accountable and ethical. While experiencing the benefits of counseling is the goal, outcome research allows us to find best practices, evaluate techniques, and optimize counseling approaches for clients.

Psychotherapy and other counseling techniques help individuals explore moods and behaviors, provide fresh perspectives, and offer a better understanding of emotions.

Counseling can help improve mood, treat mental illness, reduce medical costs, improve communication and relationships, and promote self-esteem and resilience.

***TYPES OF COUNSELLING*** .

There is a number of counselling which take place these days. They are mainly divided as per the various fields. This allows people to choose the counsellor as per their specific problem. Moreover, this assures the counsellor doing the work is a specialist in their respective field. The following are the most common types of counselling:

*Marriage and Family Counselling*

*Educational Counselling*

*Rehabilitation Counselling*

*Mental Health Counselling*

*Substance Abuse Counselling*

*Marriage and Family Counselling*

People often face a lot of problems in their marriage and family life. Sometimes, these troubled people find it hard to cope up with their life. This results in constant fights with their partners or family members. Marriage and family counselling comes in here. In other words, it helps people with these problems. They take them into confidence and prescribe solutions that will help them overcome their problems.

*Educational Counselling*

A student who is fresh out of school or college is often clueless as to which career to choose. This is completely normal for kids of that age to feel like that. Furthermore, sometimes even working individuals feel like that in the midst of their careers. This is nothing to worry about. Educational counselling helps these people in choosing their career path. They conduct seminars and orientations or private sessions where they discuss the interest of their client and offer solutions accordingly.

*Rehabilitation Counselling*

This type of counselling refers to a practice where the counsellor helps people with their emotional and physical disabilities. Furthermore, these counsellors teach these people ways to live independently and maintain gainful employment. It evaluates the strength and limitations of their patients. In short, they help people in guiding them and assisting them to lead independent lives.

*Mental Health Counselling*

Mental illnesses have become very common these days. Awareness has helped people identify the symptoms of it and visit mental health counsellors. Mental health counselling helps people deal with issues that impact their mental health and well-being. Some of the mental illnesses are depression, PTSD, ADHD, Bipolar disorder, and more. This counselling focuses on these issues and helps in resolving them for a healthier life.

*Substance Abuse Counselling*

Substance abuse counselling is a form of counselling which helps people in treating them and supporting them from breaking free from their drug and alcohol addiction. It helps people discuss the cause of this addiction and reach to the root of it. The counsellor thereby suggests coping strategies which make a positive impact on their lives. Moreover, they also provide them with practicing skills and behaviors which helps in their recovery.

In conclusion, all types of counselling carry equal importance. They allow people to work through their problems and lead a happier and healthier life. There is no shame in taking counselling sessions as it only helps in the growth of an individual. In addition, counselling also helps save lives.