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Case Studies: A Counselling Perspective

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Counselling is an empowerment of people to face the realities. Counselling is the power of individuals to discover the human mind's ability to accept reality and teach it to the subconscious mind. This is where the importance of case studies becomes more apparent. A case is an actual description of events that actually happened at some points in the past. It is designed to elicit discussion and analysis of a particular situation. In the field of education, means classroom, we are in a nuclear family situation where emotional and cognitive problems are complicated in personal relationships inside and outside the classrooms. Our children are experiencing many problems. For example, exam stress, exam failure, entrance failure, love disappointment, parental separation, drug use, poor self-esteem, high stress, mobile phone abuse, watching porn videos etc., push our children to various mental problems. That is where teachers need to know the importance of case studies, Counselling and psychotherapies that to solve the issues and learn them to adapt new ideas in the classroom to resolve new generation problems. It is essential for us to have teachers who are undergone training in Counselling and have the attitude to identify children with multiple problems, identify the case, and suggest solutions through Counselling. On the other hand, new teachers should be qualified for case management, study and Counselling.

Case studies typically cover the whole aspect of clinical psychology, learning all the steps and using or applying the method, currently available in clinical field. At the primary level, cases include interpersonal issues in the classrooms, emotional problems, sensitiveness, careless dressing, behavior, anger, rage, non – acceptance of people, grudges, financial problems that lead

to emotional disturbance, truants, fights and people with mental and physical disabilities. The general practice is to examine each one thoroughly, identify the problems of the original case, address them individually, and review them. After that, diagnosis and prognosis are done in usual ways.

In such times, school teachers should be the ones who know the primary lesson of counselling. The teacher counsellor is one who can go beyond teaching and give address the reality of students and a deep understanding. In such cases, teachers should be able to implement the deep Freudian therapeutic method of Free association in classrooms. For that, it is necessary to have a permanent Counselling room either in the schools or nearby school environment. Because if the teachers who know the Counselling mantra, have to talk to the children. There should be a noise free environment in the schools. In addition, a room should be set in the school where the child can relax mentally and physically. Teacher or teacher counselors should find specific time for a child to present his/her case. Case listening and Counselling have normally done for both sides of a table with a transparent glass-covered table where the child's mind can easily captured. Normally there should be a Freudian coat or coach is required in the hearing or healing issues in Counselling room. It is usually using for rest, to set psychotherapy such as Hypnotherapy and more. Moreover, the room should be decorating with good blue light. The seating arrangement of the teacher and the child and listening the case should be suitable to capture the emotions of the child.

Counselors should make careful observations when consulting someone for a case. Counselor teacher should constantly watch their clients non-verbal movements, body language, clothing, facial movements, eye movements, lip movements, finger movements, foot placement, finger twitching, towel pressing, etc. If the client looks up, it may indicate a tendency to recall something. If he cracks his elbows, he might be upset, and if he does not give you face, he might

be the one who jumps into a lot of trouble. Constant monitoring should be counsel at the time of making the rapport. The important thing for the counselor to do while studying the case is to observe every movement accurately and record it in his diary. Counselling requires that as much non-verbal communication as possible be given early notice. Counselling skills in case studies help us to question things at each developmental stage and critical stage. For that, the school teachers should practice Counselling skills. At many stages, the client may not go along with the counselor. The counselor can use the following Counselling studies to identify the psychological distress that the child is experiencing at such stages.

Counselling Skills

1. Rapport building
2. Perception checking
3. Feeling reflection
4. Reflecting the content
5. Clarification
6. Silence
7. Acceptance
8. Listening
9. Interpretation
10. Leading
11. Questioning
12. Attending
13. Summarizing
14. Information giving
15. Confronting
16. Re statement

All the above skills are very particular while find out a case and considering its details. Using unconditional positive regard, non-judgmental attitude, empathy, self-disclosure and mutual respect are the general attitude while doing counselling. Counselling normally begins with respecting oneself. Here the counselor cannot impose his values and attitudes upon students while doing counselling case study. Non-judgmental attitude is the basic footsteps, which the counselor must follow during counselling session. The counselor should always consider the individuality of the child during counselling whether it is inside the classroom or in a counselling room. The basic element in counselling is relationship between the client and counselor. Good relationship can be

created through communication and listening. An unconditional positive regard is ensure throughout the counselling session. The negative verbal statement and the blaming words during counselling create the session ineffective. We can check the child's perception by asking questions clearly and accurately. Asking isn't what you are experienced can help him feel reflection on the suffering and challenges he is going through. We can ask through content reflection to find out the reasons behind that difficulty. A number of clarifications should be given in the form of questions for detailed answers. As a teacher you need to be empathetic, that will responsive to both content and feeling expressed by students. This attitude helps a counselor to assess student's concerns and understand them better. At some point of, the case analysis or counselling the client may be burst into tears and sometimes need more expressive. At those times, the counselor can adopt the way of silence. Even if a patient or client confesses to committing a murder and seeks your help in counselling, we can accept him completely and understand all of his feelings. Counselling's catchphrase is "accept as it is". The most important thing in case studies is to listen carefully to the conversations and emotions at each stage of the case. Counselor should be able to record each thing very accurately. Only on that basis, we can make interpretations. Interpretations in counselling are crucial factors influencing the person's life. For that, the teacher counselor needs to pay attention to every tiny emotional movement. At the final stage of counselling, it is important to be able to summarize all these topics in conversation. The teacher counselor must be careful to provide the client with the information they need to correct.

Importance of Psychotherapeutic Methods in Case Analysis

Psychotherapy is the final way to diagnosis and prognosis of each case study. The last step in case studies is problem solving and define what is next. The role played by the counselor is crucial for problem solving. For that, he needs to study and practice different types of

psychotherapy. A child who experiences stress in life may lead a stress reduction therapy, so all school teachers need to learn some fundamentals of psychotherapies. There different types of psychotherapy. To learn and practice them, teachers should rise to the level of teacher counselor. We need to use psychotherapy to deal with mental problems that do not fall under the D.S.M category. Such as acute stress, O.C.D, which are common in human's experiences need to resolve through therapies. For this, it is best for teachers to know psychotherapeutic method in details.

Diagnosis

In counselling, diagnosis is crucial and necessitates appropriate training. Through communication, perception checking, feeling reflection, capturing every minute emotion, case study and counselling, we should be able to help teachers solve problems. Case studies define problems though suitable interactions and learning.

Rational Emotive Behavior therapy, Cognitive therapies, Behavioral therapies, Humanistic therapies Gestalt therapies and Psychodynamic therapies are prominent in therapies. The catharsis, transference, free association, resistance etc. are common and essential usages in therapeutic sessions. Practicing these therapies is essential for smooth counselling and every day classroom usages.

Conclusion

When conducting case studies, teachers have a crucial role to play. Teacher counsellors should carefully observe and provide needy assistance to those who have undergone several issues, which may emotional, personal, health, and educational difficulties. Children who are emotionally troubled can be made happy and taught problem-solving skills. We can solve academic problems in classrooms. We can teach them their developmental problems and its stress during school times.

To solve interpersonal conflicts and love issues, we should step in. Awareness can be created against drugs and alcohol. Parents can give classes to understand their children in a better way. Different tests can be used to understand the intelligence, attitude, aptitude, interest and creativity of our students. Different skills of children in their different ages can be added and kept in schools for future developments. For fostering a positive relationship between teacher and students, choosing a course, and learning how to respect girls, we need teacher counselors. Through school counselling and case studies, it is possible to identify children with special needs and their issues.

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