

Substance Institute presents



Program

Module 1 Basic Counseling Pros Vs Cons

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The Bridge
Empowering Firms

Module 1 – Basic Counseling Pros vs Cons

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Module 1 – Basic Counseling Pros vs Cons

Introduction

Before we dive into this course about counseling it is vital that you understand the pros and cons of counseling. Within the module you will learn about the advantages and disadvantages along with the pros and cons.

It is not about changing your mind or talk you out of the field called counseling. If wanting to help a person when they are struggling with life than this field called counseling is right for you. If wanting to guide, instruct and teach someone when they are shattered with drama and trauma of living in their lifestyles than this field called counseling is right for you.

Pros vs Cons of Counseling

The field called Counseling is a type of therapy that one talks which provides a person with a nontoxic, nonviolent, secure, and private but confidential atmosphere, where they can discuss their troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, that they may have confronted or even combatted.

Counseling is a method that helps people to explore their own feeling, thoughts in different ways when they are stock in their troubles,



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problems, difficulties, anxieties, cares, misfortunes, suffering, feelings and supports or brings positive changes despite the challenges.

Counseling helps give people a sense of independence by guiding them through their troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings to find new answers they search for what are more effective to their life.



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Here are Sixteen (16) Pros vs Cons:

Pros	Cons
1. Diagnose the problem	1. Privacy can be breach
2. Diagnose the underlying issue(s)	2. Without Counseling negative effects can occur
3. Teaches the coping skills (see within this Module)	3. No apparent effects at first
4. Provides safe environment	4. Healing may seem to be long process
5. People just wants someone who can listen	5. Looking for the right Counselor or program can be costly and draining
6. Feelings of guilt are stopped	6. Client(s) become close with their Counselor
7. Gets a new perspective	7. Client(s) have a hard time adjusting and accepting reality of their life.
8. Helps provides plans during the counseling that the Client can use in their daily life for moving forward	8. No plans mean no guidelines and no sustainable help in counseling and outside of counseling sections.



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Advantages and Disadvantages¹

There are many advantages and disadvantage in everything you do in life within the counseling field there is no exception.

Advantages Of Counseling

Diagnosis

One of the best methods of diagnose the actual cause of the problems people is going through. The troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. and it is the so that the patient can act on it.

Understanding

The confusion come when people do not understand and do not even realize they are having problems. The first step to getting heal or being cure is understanding the troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc.

Coping Mechanisms

The root cause of the problem is the next step is cope with them. How to manage their troubles, problems, difficulties, anxieties, cares,

¹ <https://thenextfind.com/pros-cons-of-counselling/>



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misfortunes, suffering, feelings, etc. may be unknown to the patient. Counseling helps clients learn and practice dealing with their situations.

Opening up

Another important step in healing and curing is to get the client to talk about their troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. Having the client to interact by talking about their circumstances to detect the problematic signs. This will help the client feel better just by opening up.

Someone who listens

It is vital as a Counselor to learn to listen to their client. The internal problem with another person helps in the healing and curing process. You as a counselor is very important and you can help the patient.

Less Guilty

The blame game is something that most clients do to themselves. They blame themselves for their own predicament. Their feelings of guilty for crying after being hurt by issues which has occurred. As a counselor, they help the client cope with the pain, hurt, rejection, abandonment



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and however they coped everything is absolutely fine.

Seeing things differently

A Person, who is healing, is required to have a change of mindset. Counseling a client will get to learn another person’s viewpoint on their issues and on life in general. This helps them to understand that their troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. and to look at a different prospective and experiences (past / present) and life in a different aspect.

Finally getting healed

The different from a physical injury of a person and the client with troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. is that it is hard to know or them to realize if they are healed or healing. Their issues can make your client feel hopeless, helpless, and high and dry inside. Routine Counseling, the client slowly realizes how their viewpoints and prospective have changed and they will feel like moving on from the troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. times.



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Future Plans

Once thing we understand about life's troubles, problems, difficulties, anxieties, cares, misfortunes, suffering, feelings, etc. is that these items have a tendency of recurring and the cause may be different the internal markers and the external aspects are quite the same. Counseling helps give the client hope with future plans to deal with issues again when they arise. During the sections of counseling, the counselor teaches the client how to identify, maintain and sustain no matter the situation.

Disadvantages Of Counseling

Privacy Breach

Patients talk to counselors, and Counseling groups, in confidence, and privacy is one of the major factors that helps them to open up about their problems. But the fact remains that a patient's story can get leaked outside be it by their fellow patient(s) or in some rare cases, their counselor(s).



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Proper Counseling

This is extremely important as every human being is different both in body and mind. So, every patient reacts to the same Counseling and counselor differently. In case a person receives Counseling which they cannot accept, it might have the adverse effect, making them more mentally ill than they were before the Counseling.

Initial Period

Counseling, on average, requires a substantial amount of time, before the patient can feel it's effects. This poses a big problem, as it is common occurrence for patients attending Counseling, to get impatient and lose faith in the Counseling process and stop returning to Counseling. This would leave the patient's problems unattended.

Healing time

Counseling is a continuous process. It is not like a pill which you can take to solve your problems. It takes a whole lot of time for the patient to be completely cured of his/her mental health issues, in which time the patient must come back regularly to the Counseling.



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Choosing

This becomes an important factor even before starting the Counseling process. For Counseling to work, the patient needs to feel comfortable in the Counseling space. That means choosing a counselor who the patient is comfortable with along with a program which the patient feels will help him/her the most.

Attachment

In their vulnerable state, the patient can easily develop a severe attachment with the person who, at that point in time, is providing them with a direction in life – the counselor. The patient may tend to overlook that the counselor is simply a professional, like a doctor, who is simply helping with his/her mental “injuries”.

Acceptance

Accepting who you are is an important part of the whole healing process. However, new truths about your own self can be very hard for a person, driving them crazy during the Counseling process. Counseling can also show a patient trait of themselves, unknown to them, which they might not be ready to accept.



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Counseling has its own drawbacks to it, but in the present-day mental health issues is a very real problem and scarily, they only seem to be on the rise.

Counseling, being an effective form of treatment for mental health issues, must be looked at by patients as a very important option.

Advantage: Chance to Help Others

Success as a mental health counselor requires exceptional communications and interpersonal skills. The field tends to attract people with a strong desire to help others, says the Council for Accreditation of Counseling and Related Educational Programs. Even more than most of the helping professions, counseling offers a way of empowering people to make positive life changes, the council's analysis suggests. Seeing clients improve their lives is rewarding and satisfying.

Advantage: High Demand

Entrants into the field can expect room for career advancement. The U.S. Bureau of Labor Statistics anticipates demand for counselors growing 29 percent by 2022, or much faster than average for other fields. The BLS sees this growth being driven by federal requirements to buy health



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insurance. This phenomenon should expand the pool of customers who lost insurance coverage or found it too costly to obtain in the past. Facilities like mental health treatment centers will need to hire counselors to keep up with the anticipated demand.

Disadvantage: Potential for Burnout

Mental health counseling is a demanding profession. Listening to the same sorts of problems all day long may result in counselor fatigue, which is usually characterized by feelings of detachment, dehumanization, and exhaustion in dealing with clients, as "Counseling Today" magazine reported in May 2009. A related risk is compassion fatigue, in which the efforts of helping a client traumatize the counselor.

According to the magazine's report, 83 percent of counselors admit they have been in counseling for their own stresses at some point in their lives.

Counselors' stress levels are often aggravated by high caseloads and paperwork requirements.

Disadvantage: Stressful Work Environment

Becoming a counselor doesn't guarantee a nine-to-five schedule. This is already true of 24-hour care environments like hospitals and mental health facilities. However, it's also not unusual for counselors to spend nights and weekends dealing with clients' needs, advises W. Mark Hamilton,



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former executive director of the American Mental Health Counselors Association. Speaking to "U.S. News & World Report," Hamilton calls the profession a "24/7 job," which often prompts counselors to enter the less rigorous academic world. In other words, if you want predictable hours, counseling isn't your field.



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Here are 50 Coping Skills that a Counsellor can use with their Clients

1. Create a list of **positive affirmations** for yourself
2. **Crochet/Knit/Sew**
3. **De-clutter or clean** your living space
4. Do a **face mask**
5. Do anything **creative**
6. Do **yoga**
7. Do your **nails/hair/makeup**
8. Eat a **healthy and nutritious** meal or snack
9. **Exercise** at home
10. **Garden** – tend to your plants inside and/or outside your living space
11. Go for a **bike ride**
12. Go for a relaxing **drive**
13. Go for a **walk**
14. Go to the **gym**
15. Go to the **park**
16. Have a **picnic**
17. Listen to a **podcast**
18. **Listen to music** – lay back or sit down and just focus on the music and nothing else
19. Make a **vision board** of things you love (online or by cutting and gluing things from magazines / printouts)
20. **Meditate**
21. **Paint/draw/color**
22. **Play an instrument**
23. **Practice acceptance** – accept the emotions you are experiencing not as good or bad, but just as part of your experience - they will eventually pass
24. **Practice compassion** – be kind to yourself during the times when you are struggling, notice and change critical or judgmental thoughts
25. **Practice gratitude** – make a list of the things you are grateful for
26. Practice **mindfulness** – being fully aware in the present moment
27. Put your to-do list on **pause**
28. **Read**
29. **Redecorate/rearrange** your room
30. **Reorganize** your belongings
31. Schedule an appointment for **therapy**
32. Shoot and edit a **video**
33. **Sit outside** and take in the sunlight - on a balcony, deck, porch, backyard, etc.



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34. **Slow down** – approach the tasks you normally have to do with a calm and slow attitude
35. Spend time **playing with a pet**
36. Spend **time with a friend or significant other**
37. Spend **time with family**
38. **Stretch**
39. Take a **day for self-care**
40. Take a **mental health day** off from work
41. Take a **relaxing bath**
42. Take a **social media detox**
43. **Take photos** and/or edit them
44. Take some **deep breaths**
45. **Vent** to a close friend or family member
46. Watch a **feel-good movie or TV show**
47. **Write a letter** to the person you are stressing over (you don't have to actually send it)
48. **Write a story**
49. Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage - **practice letting go**
50. Write your thoughts/feelings in a **journal**

References

1. <https://thenextfind.com/pros-cons-of-Counseling/careertrend.com/info-8609378-advantages-being-mental-health-counselor.html>



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Homework

Name: _____

Module 1: Date: _____

Question 1: Name of Advantages of Counseling

1. _____
2. _____
3. _____
4. _____

Question 2: Name of Disadvantage of Counseling

1. _____
2. _____
3. _____
4. _____

Question 3: What are the Pros of Counseling?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Question 4: What are the Cons of Counseling?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

