



**UTM**  
UNIVERSITI TEKNOLOGI MALAYSIA

# CHAPTER 5

## INDIVIDUAL AND GROUP COUNSELING

# Definition of individual counseling

**Tolbert (1972)** – Individual counseling as a personal, face to face relationship between counselor and his special competencies, **provides a learning situation** in which the counselee, a normal sort of person, is helped to know himself and his present and possible future situations so that he can make use of characteristics and potentials in a way that is both himself and beneficial to society, and further, can how to **solve future problems** and **meet future needs**.

**Blackham (1977)** - counseling is a unique helping relationship in which the client is **provided opportunity to learn, feel, think, experience, and change** in ways that he or she thinks is desirable.

**Shertzer and Stone (1980)** – counseling as “an interaction process which facilitates meaningful understanding of self and environment and results in the establishment and or clarification of goals and values for future behavior.

**Cottle and Downie (1970)** – counseling as “the process by which a counselor assists a client to face, understand, and accept information about himself and his interaction with others, so that he can make effective decisions about various life choices”.

# Counseling process

Blackham (1977) identified the stages in the counseling process as follows:

1. Problem identification and relationship establishment stage.
2. Exploration and analysis stage.
3. Implementation stage.
4. Termination stage.

# Brief Description

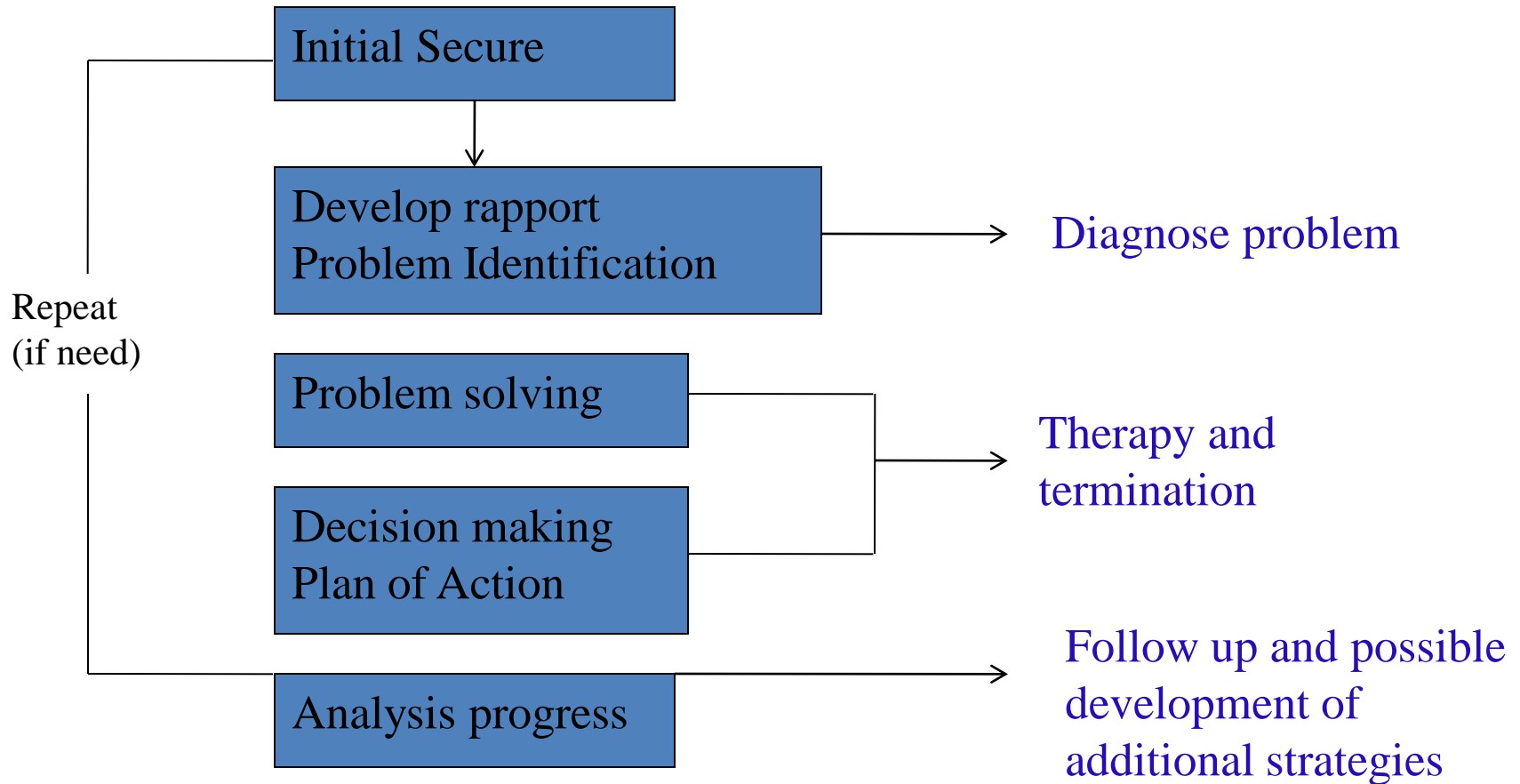
1. Initial structure established
  - Understand problem.
  - Evaluate ability students while facing the problems.
2. Diagnosis main problem
  - Explore main factors which probably contribute problem.
  - Determination
    - a) process counseling
    - b) refers client to other counselor / organization
3. Counseling treatment

Decrease problem and worried using strategy and important technique.

4. Termination
  - Encourage client to make their own decision making.
  
5. Follow up
  - Monitor changing of client behavior.



# Chart 3: Counseling process



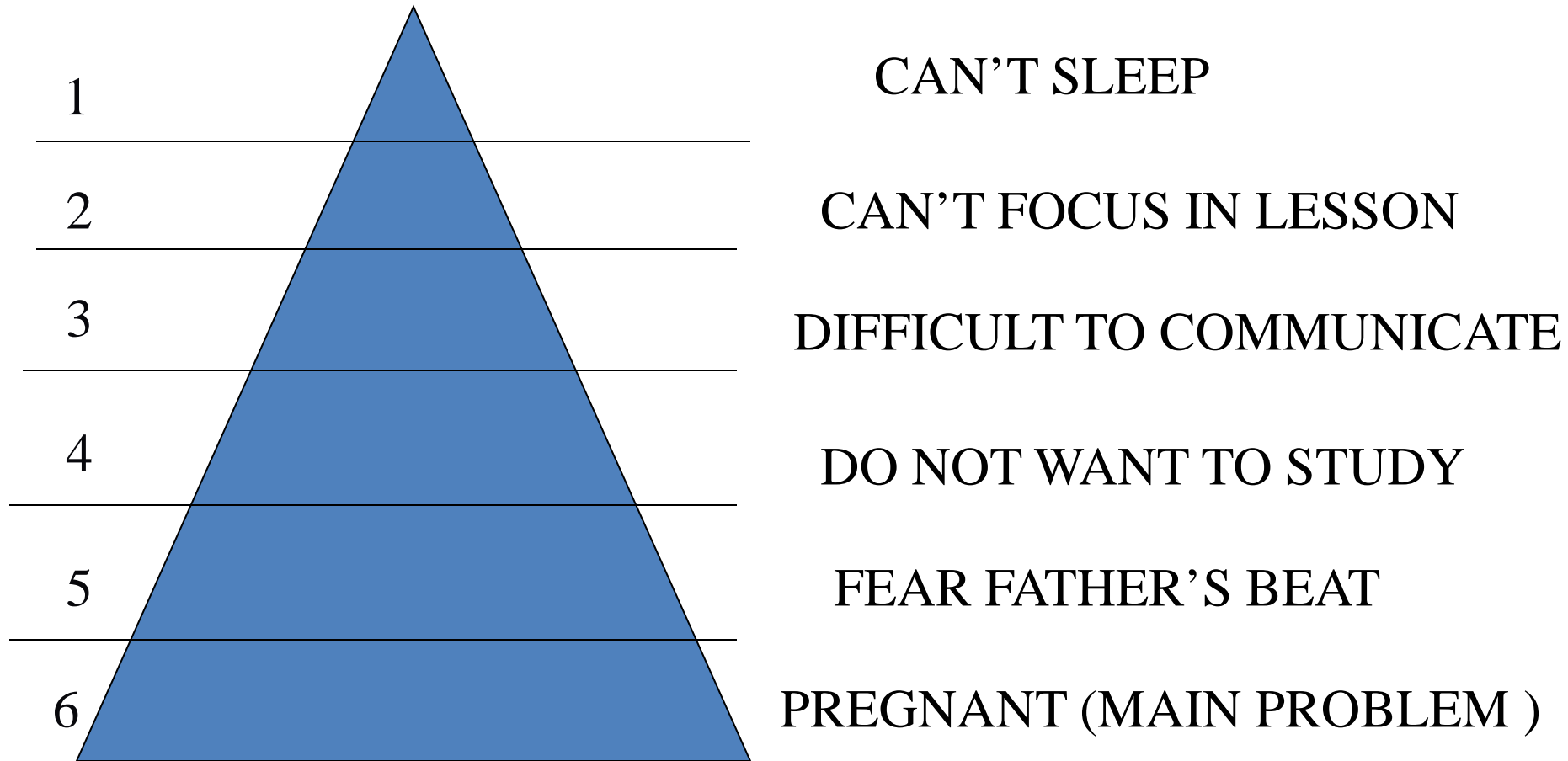
According to Blackham (1977) counseling process are;

1. Built a close relation with client.
2. Explore and analyze each problem area.
3. Understand client problem.
4. Arrange client problem in terms of priorities.
5. Find strategy.
6. Take action.
7. End session.





## Chart 4: Counseling Process – An Iceberg Model



1/10 AMBOS

9/10 UNDER WATER SURFACE

# Stages of Human Development

1. Children development stage (6-11 years old)
  - i) Physical skill for development maturity.
  - ii) Build attitude as human being.
  - iii) Instill study skills with peer group.
  - iv) Study play role according to gender.
  - v) Instill skill of reading, writing and basic calculating.
  - vi) Built concept of daily life.
  - vii) Build Conscience, character, value of life and expending.
  - viii) Freedom of decision making.
  - ix) Build positive attitude to social

## 2. Adolescent stage (12-18 years old)

- i) More mature in relationship with friend with way physical and emotional.
- ii) Capable play social role based on sex.
- iii) Accept shape and using with effective for advantage of healthy morale.
- iv) Accomplish emotion need and freedom from family and adult.
- v) Freedom of economy approaching while temporary job.
- vi) Choose, prepare and provide job.
- vii) Preparation for wedding and having family.
- viii) Trade interact skill, concept need for social living in group's skills.
- ix) Build positive attitude to social behavior responsible.
- x) Feel value set, ethics system as behavior guide.

### 3. Adult stage (19-30 years old)

- i) Choose life partner.
- ii) Study domestic.
- iii) Start having family possess children and brother/ sister in law.
- iv) Nurse children.
- v) Consumption expenditure domestic.
- vi) Take well occupation in job.
- vii) Receiving societal responsibility.
- viii) Find compatible social group.

# Introduction of Group Counseling

**Carl Roger (1970)** - explains the group counseling as a problem orientation and recovery process for rationalize the entire student according to the group needs.

**Mahler and Caldwell** – group counseling as a social process about the development problem and student attitude that have needs and interest together.

# Definition of Group Counseling

Corey, G. (1982) the goal of group counseling is prevention and medication.

Group counseling has a target like learning, career, personal or homogenous problems. It emphasize the individual relationship which focus the behavior aspect, memory, and the realize feelings. Commonly, the group counseling revolving about the problem solving.

The content and focus of discussion determine by the normal individual from the competitor. Group counseling gave the sympathy support, which need to make the believe situation for encourage the voluntary doing in certain places like school, high education institute, clinic and hospital. The function, to self development and the focus on the effort to make internal resources of strength to the entire competitor.

# The Group Goal

1. Help all the competitor to know and understand his self.
2. The competitor can receive his self and consider his self is useful.
3. Make skill to communicate with the entire competitor so that can use the skill outside.
4. Built the sensitivity of the people needs. The result, they responsible for his behavior.
5. Increase ability to solve the problem, make a decision and get a purpose of life and this can help them in relationship on his work everyday.
6. Help the competitor to build the listening skill empathy. This can make the competitor understand the feeling opposite the words.

7. Allowing the competitor saying they feel honestly and accurate.
8. Help the competitor to choose they goal which can be measure and looked about they character.
9. Help the competitor make a feel owning and can received by people. This arouses safety feeling when they do the work in his life.
10. Help the competitor make a morale and authority to take a risk and show they the risk can get a big reward. Development of self round by share the experience.



# Which Individual Require a Group?

1. Individual who must learning and understand all the type of differently people and how their look something issue or subject.
2. Individual who must learn how to give respect to another people, especially the foreign people or different with they self.
3. Individual who must learning social skill like communicate skill with another person and effective communicating.
4. Individual who sharing something with another person to perceive them self owned.

5. Individual who can discuss about they worried, they life value and the problem their have.
6. Individual who needs reaction from other people about the problem and their worry.
7. Individual who needs supported from their friend because it's very significant to them.
8. Individual who like to involve them self in counseling and can choose to quit when the situation is threaten.

## Selective the Group Competitor

- ❖ Cooperation from the teachers is very important. Opinion and reaction from principal and teachers can make a good guide to choose the student whether their come by self or teacher or principle brought them. Report card about the student can use as guide by the counselor to know more about the student.
- ❖ As good as the counselor must interview the student. Interview is very important. The goal is to explain about group counseling so their understood and ready, understanding the student, as long as the advantages of counseling and measured type of appropriate group. For example, sometimes student come for individual counseling and not group counseling.

- ❖ The competitor in group must balance. Their can come from the student which have a same problem but differently stages. Anything student which have a hard problem cannot be join together because their can block to development of other competitor because the group member and counselor will used their energy and time to manage the problem in group and the problem of other competitor will be push away.

## Types of student that should be ignore.

1. Student who new make a trauma like death tragedy like the people who closed to them, parents divorce, sweetheart give up and make they gloomy and more.
2. Students have a deep jealous problem.
3. Students have nature steal, addicted, liar and more.
4. Student who have a event or tragedy until their shame, angry, hate like rape victim.
5. Student who have low feeling, and can't differentiate between good and bad thing like always torture somebody else.
6. Student who have a serious discipline problem in school like always challenge the individual who have the authority like teacher, parents and adults. Student like this have confuses moral.

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Zuraidah says (1996)... this student entail the individual counseling because their problem cannot give a full attention in the group. With individual counseling, the counselor can give them time and energy and give a full focus to the student.



# The group location

Group room is commonly room with simple decorates.

Measurement of the room is 6-8 people = 4.572m x 4.572m with the circular or long table and the chair in the circular form, not far or not close.

## Group Dependent Situation

Zuraidah says (1996) ... Age, the type of problem they have, counselor experience, the objective who they want, time, encounter places and many more.



## Number of Group Member

1. If the group have a big and urge problem, the number of member 8 to 10 because counselor can give more attention to them.
2. If the groups have many children, the number is not more than 6 people.
3. For the teenager group, 6 to 8 people (Gadza, 1976) but teenager academic guidance, 7 to 8 people only.
4. Although that, counselor must ascertain the number of group sufficient so they will have free interaction in their group.



