

Differences between Guidance and Counselling

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Differences between Guidance and Counselling

Guidance:

- **Definition:** Guidance is a process of providing **advice, support, and assistance** to individuals, usually in **educational or career-related** contexts.
- **Focus:** It primarily focuses on helping individuals **make informed decisions** regarding their **academic or career paths, personal development, and life choices**.
- **Context:** Guidance is often provided in educational settings, such as schools and colleges, where counselors or guidance counselors offer **guidance to students**.
- **Scope:** The scope of **guidance is broader** and includes helping individuals **identify their interests, strengths, weaknesses, and potential career options**.
- **Tools and Techniques:** Guidance may involve **aptitude tests, career assessments, goal setting, and educational planning** to help individuals navigate their academic and professional journey.

Counseling:

- **Definition:** Counseling is a **therapeutic process** aimed at addressing **personal, educational, emotional, psychological, or behavioral** issues and challenges.
- **Focus:** It primarily focuses on understanding and resolving **specific problems or difficulties** that individuals may be facing in their personal or emotional lives.
- **Context:** Counseling is provided in various settings, including **mental health centers, private practices, hospitals, and community centers, by trained counselors or therapists.**
- **Scope:** Counseling deals with a wide range of issues, such as **stress, anxiety, depression, grief, relationship problems, and more.**
- **Tools and Techniques:** Counselors use various therapeutic techniques, such as **talk therapy, cognitive-behavioral therapy (CBT), psychoanalysis, and others,** to help clients explore their feelings, thoughts, and behaviors and work towards **personal growth and resolution of problems.**
- Both guidance and counseling are essential for supporting individuals in their personal and professional development, but they have different areas of **specialization and methods of intervention.**

Difference between Guidance and Counseling

- Guidance is a term which is **broader than counselling**.
- It **includes counselling as one of its services**.
- **Better** makes a logical separation of the counselling process i.e.
 - ✓ (i) **Adjustive phase**- The emphasis is on **social, personal and emotional problems** of the individual-
Counselling
 - ✓ (ii) **Distributive phase** – the focus is upon **educational, vocational and occupational** problems. –
Guidance
- **Guidance**–
 - ✓ **one way exchange**.
 - ✓ It includes **educating, influencing, instructing** and **showing the way**.
 - ✓ It is **encouraging in nature**.
- **Counselling**-
 - ✓ **Two way exchanges**,
 - ✓ It is enabling clients **to explore problems, understand problems and resolve**, come to terms with problems.
 - ✓ It is **facilitative in nature**.

GUIDANCE	COUNSELLING
1. Guidance is used for prevention or to change perspectives.	Counselling is more to find cure to a problem.
2. Guidance provides ready answers and decisions for clients.	Counselling empowers individuals to create the most appropriate solutions to tackle an issue.
3. Guidance is the advice or instructions on general problems, given by someone more experienced or qualified.	Counselling is the professional advice specifically based on personal and psychological issues of people given by professional counsellor.
4. Guidance may be given in a short period of time.	Counselling is given for a long period of time.
5. Guidance approach is comprehensive and extroverted.	Counselling approach is in depth and introverted.
6. Guidance is to optimize and overall development of the students.	Counselling is for their personal and professional development.
7. Guidance can be given to an individual as well as a group.	Counselling can be given only to an individual where the counselee shares everything with the counsellor.
8. Guidance are given to the individuals but not forced.	Counselling uses in depth scientific methods to help them identify the solution to the problem.
9. In guidance, confidentiality is not guaranteed.	In counselling, confidentiality is guaranteed since the sessions are one to one.
10. In guidance approach, the decisions are made by the guide.	In counselling approach, the client is free to make any decision.

DIFFERENCES BETWEEN GUIDANCE AND COUNSELLING

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