



THE DIFFERENCE BETWEEN COUNSELLING AND OTHER HELPING ACTIVITIES

Counselling differs from the other helping professions because they *refrain from making judgements and giving instructions*.

Counsellors "do not give advice", because the counsellor believes that the client has the answers within them.

Advice and guidance involve one person telling the other what they should do, whereas counselling involves two people working together to explore the issues the client is facing. Both parties influence each other, which sets the profession apart from teaching, advice-giving, sympathising and giving practical help.

A learning support tutor may attempt to manage the behaviour of the student to improve their chances of learning.

By contrast, a counsellor does not try to manage the behaviour of the client. Instead, the counsellor may encourage the client to focus on their feelings and reflect how this may influence their behaviour.

A patient is dependent on their care assistant.

A GP aims to diagnose their patient, and then provide them with the solutions to their problems, through medicine and treatment.

A therapeutic relationship has the opposite dynamic. A counsellor is someone who walks side by side with the client on their journey, but at no point is carrying the client.

A social worker's decisions can have an immediate and large impact on the client's practical circumstances.

In counselling, the client goes at their own pace, and makes the decisions for themselves.