

COUNSELING: A COMPREHENSIVE PROFESSION: A BOOK REVIEW

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INTRODUCTION: We do not complete a day without hearing the word counseling. The word 'counselor' is used for receptionist, social worker, salesman, a teacher, a lawyer, a psychologist, a doctor and so many. There are 400 different definitions of counseling. It means that it is one of the most ambiguous concepts in psychology. So the author has tried to clarify the concept through his book. There are so many books on counseling but they are written through a specific approach. Some of them are comprehensive but they are so vast that one could not dare to go through it. So this is the alternative to these books which gives you easily comprehensible information in a nutshell. There are a few books (countable on fingers) in Marathi on this theme but their depth is very limited and most of them are translated from English books. But this book is the mirror of the career of the author. We realized by reading the book that the experiences guide the author to explain the process of counseling.

Thesis and body

The book (titled "counseling-a comprehensive profession" by Samuel D. Gladding, a professor of counseling, having Master's degree in arts and religion and Ph.D. in counseling from reputed university, in addition he is a post doctorate in psychology, and worked in public Mental Health Centre and Private clinical practice as licensed Professional Counselor. His experience of counseling is more than 40 years) is divided into four sections. Historical and professional foundations of counseling, counseling process and theories, core counseling activities in various settings, counseling specialty. The organization of the book. At first he shortly defined the term, and differentiated it from Guidance and psychotherapy. While differentiating the term he reviewed the history in detail so that a reader can grasp the core idea of counseling correctly, He had spent more than 20 pages of a nutshell book for history and this is his specialty of writing. After history he focused on current trends in counseling and described the core issues of counseling like professional ethics, cultural diversity etc. The importance of a counselor's personhood and education as well as emphasize the knowledge necessary to work ethically and legally with various clients in multiple setting and situations. Counseling is a process guided by theories highlights three major stages of counseling

building, working in and terminating a relationship. For each stage, the universal qualities and problems associated with it are outlined. Regardless of their theoretical orientation, counselors must be aware of the process of counseling.

In middle section of book, the author describes and briefly discusses the importance of theory in counseling and nature of eclectic counseling. Nine major theories of counseling are examined in a uniform manner for comparison purposes on the following seven factors: founders / developers, view of human nature, role of the counselor, goals, techniques, settings and contributions, and limitations. The theories included are psychoanalytic, Adlerian, humanistic, behavioral, cognitive, systemic, brief, and crisis. They are among the most popular in the profession.

After theoretical part the author described core activities and settings of counseling, consultation, testing, assessment, diagnosis and research are the main topic of discussion. In specialization, counselors acquire deep knowledge that makes their role more valuable. Therefore, they may pick up on signs of symptoms within clients that would be missed by others. So they can help their clients like a medical practitioner.

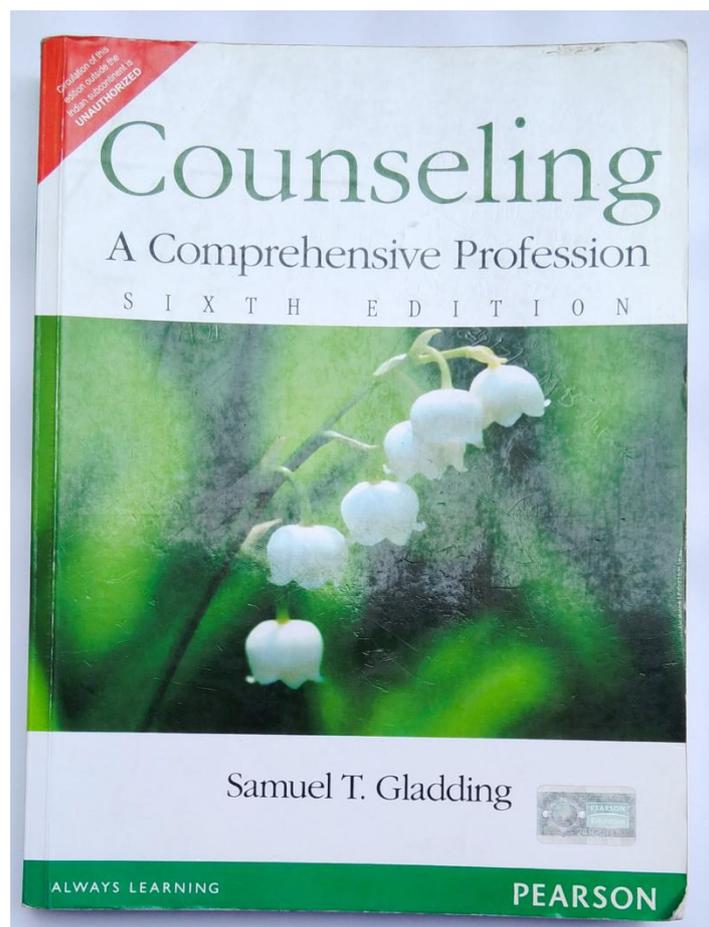
In the last section, the author covered main domain of the counseling, career counseling, marriage and couple counseling, family counseling, school and college counseling, abuse and disability counseling, mental health and community counseling. Appendix is a key part of any book which gives very important information to reader. The author had given ACA codes, Ethics, the practice of internet counseling, DSM-IV-TR classification of mental disorders and counseling related organizations. Besides these important appendixes references and subject index are also very much comprehensive.

The language and mode of clarification also make a place in the book. His idea of personal reflections after every point and case examples is also one of the significant characteristics of the book. He tried to digest the concepts to reader more effectively through these kinds of techniques. The beginnings of every chapter is on the right page with the picture on the left side and concluding with summary and classroom activity to exercise for students made the book more attractive. The blossoms with green background on the front page inspire the reader to read the book. Though the total pages count is 585, the book looks very hand in size and this is also a beauty of book. This is the sixth edition of the book and the price is 510 rupees. The book is published by Dorling Kindersley India Pvt. Ltd. Licensees of Pearson Education in South Asia.

There is no significant limitation as such. But some minor points are as follows the font of the print of the book is very small (which discourages the reader to read the book) One

more thing about the print as it is a low price edition the paper quality and print quality, (it is very faint) I must say it is injustice to Indian reader. The structures of sentences are so complexes for Indian students that the new reader finds difficulty in understand them correctly.

Conclusion: This series of lessons was designed to meet the needs of students. The author followed the scientific tradition writing it means that the structure of the book, starting with historical review of the theme and then entrance into the concept step by step, reaching to the depth of theme. So it is very useful to common man. In short I would like to say it is very good book.



Thank you