

## Module 7 – Social and Behaviour Change- Child Protection

### Session 3: Counselling

Duration: 3:22 Minutes

### Session 3: Counselling for Children and Families under the Juvenile Justice (Care and Protection of Children) Act, 2015

Welcome to Session 3 on Counselling for Children and the Families under the Juvenile Justice (Care and Protection of Children) Act, 2015.

It is divided in three parts

- 3.1: Introduction to Counselling
- 3.2: Basic Principles of Counselling
- 3.3: Skills and Techniques of Counselling

#### Session 3.1: Introduction to Counselling

##### Session objectives

At the end of the session, you will be able to describe

- counselling
- goals of counselling
- objectives of counselling
- basic principles of counselling

##### Introduction to Counselling and Counselling Goals

You are aware of counselling. But can you say what counselling means and what are its goals? Let us find out.

Counselling is a process that helps children and their families to recognise and identify issues and factors responsible for the circumstances that leads a child into the need of care and protection (CNCP) or coming in conflict with law (CCL).

Counselling also facilitates the children and their families to:

- recognise their strength
- identify resources that can help them overcome their problems
- explore the available options and take healthy decisions.
- counselling and the role played by a counsellor.

### Importance of Counselling

- Counselling can be an important support in certain set of circumstances for avoiding the children from being at risk of being repeatedly declared as CNCP or CCL.
- Counselling is a way to help children and their families find their own solutions to their problems.

### Role of Counsellor

- Though a counsellor's role is significant in helping children and families in solving protection issues at no point of time should the counsellor or others in touch with them impose their own views and beliefs.
- Counselling is a specialised branch of psychology, however certain individuals who come in contact with CNCP or CCL must be trained to assume counselling responsibilities, as it may be necessary for such lay-counsellors to intervene from time to time, if the child needs some immediate support and guidance or in cases when child is involved in illegal or potentially dangerous or harmful behaviours/situations.
- Such lay-counsellors may include Probation Officers (PO), Panel Lawyers, members of the Child Welfare Committee (CWC), member of a Juvenile Justice Board (JJB) and Social Worker.

### Goals of Counselling

The goals of any process of counselling are:

- helping the child and/or the family to develop problem solving skills and facilitate solving the identified problem
- helping the child and/or the family through an emotionally difficult time by building resilience and coping skills
- helping a child and/or the family to develop skills to adopt a positive outlook and learn to live in peace and harmony with the given situation, which may not change soon (e.g. death of a parent, low income, etc.).