



STIGMA ON COUNSELLING

Brought to you by:



A member of the UCSI Group

By:

Student Development and
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STIGMA ON COUNSELLING

Use of negative labels to identify an individual living with mental illness. Stigma creates difficulties and discourages individuals and their loved ones from receiving the help they need due to the fear of being discriminated against.

SELF-STIGMA

Individuals with mental illness incorporates negative stereotypes and prejudices about their condition. It can reduce help-seeking behaviour and treatment adherence.

TYPES OF
STIGMA
TOWARDS
COUNSELLING

PUBLIC STIGMA

A set of negative attitudes and beliefs that encourages one to fear, reject, avoid, and discriminate against individuals with mental illness which results in the lack of engagement in mental health care and worsen treatment outcomes.



REASON OF COUNSELLING STIGMA



1. SIGN OF WEAKNESS

This can be caused by self-imposed stigma which prevents individuals to attend counselling as they don't want others to see them as "ill" or it as a sign of weakness.



2. FEELING OF BEING JUDGED

Often times the fact of seeking counselling is kept as a secret from loved ones as they don't want to be judged or seen as vulnerable.

3. LACK OF AWARENESS OF COUNSELLING PROFESSION

Misunderstanding and lack of awareness on counselling create insecure and unsafe feelings to express thoughts and concern to counsellors due to the fear of getting shame publicly.

HOW COUNSELLING IS CONDUCTED?

STEP 1: RELATIONSHIP BUILDING

Counsellors will get to know their client's background such as their family, education and demographic information besides building rapport and trust.



STEP 2: ASSESSMENT AND DIAGNOSIS

Exploration on client's issue through therapeutic approach and assessment on client's condition.



STEP 3: FORMULATION OF COUNSELLING GOALS

Goals are the results or outcomes that client wants to achieve through counselling. Goals play an important role in giving direction towards client's issue.





STEP 4: INTERVENTION AND PROBLEM SOLVING

Intervention focuses on different types of methods and client's new coping mechanism in handling issue with different perspectives.



STEP 5: TERMINATION

All counselling aims towards successful termination. Terminating the counselling session will have to be processed with sensitivity with the client knowing that it will have to end.

STEP 6: FOLLOW-UP

Counsellors should have an open door or plan for possibility of future counselling need from the client. It is the counsellor's role to review progress and create closure in their relationship with the client.

1. SEE YOUR THOUGHTS FROM A DIFFERENT PERSPECTIVE

Expressing thoughts and feelings to another person helps to get different perspective and gain new ways of thinking through sharing instead of having just a perception in your own mind.



2. UNDERSTAND AND ACCEPT YOUR OWN FEELINGS

Repressing feelings of guilt, remorse, grief or sadness will result in deterioration of your daily performance. Counselling will help you to explore, accept and handle your emotions rather than bottling them up.



3. FEEL LESS ALONE WITH YOUR PROBLEMS

Often people feel uneasy to share their feelings and issues with those closest to them. Having someone who is a complete stranger, who doesn't know you and won't judge you, can give you the freedom to talk about things you wouldn't normally disclose to your loved ones.

**BENEFITS
OF
COUNSELLING**

4. FEEL EASIER TO COPE WITH EVERYDAY LIFE

Counselling helps you to discover different coping mechanisms to your problems as this will help you feel easier as you can work together with your counsellor to find a coping strategy for your problem or concern that you face.

5. GREATER DEGREE OF SELF-AWARENESS

Examining your emotions with another person allows you to see yourself from the other side, resulting in a heightened sense of self-awareness and making you feel more at peace with yourself.



WHAT COUNSELLORS WON'T DO



1. YOUR COUNSELLOR WON'T SHARE YOUR PROBLEMS OR CONCERN WITH OTHERS

Bear in mind that your sessions with counsellor will be kept confidential unless:

1. Your life is in danger;
2. Other's life is in danger because of you;
3. You committed any crime and violated the law.

Confidentiality will be broken with written permission from the client.



2. YOUR COUNSELLOR WON'T JUDGE OR CRITICIZE YOU

Counselling is not a place for judgement but it provides a safe environment to share your concern. Regardless of your experience and decision made in the past, your counsellor is there to guide and provide support for you and the primary goal is to improve your quality of life.



3. YOUR COUNSELLORS WON'T PRESSURE YOU

Every suggestion your counsellor make is purely a suggestion. You should never feel pressured to do something you don't want to do. As a client you hold the responsibility towards your recovery.





4.YOUR COUNSELLOR WON'T GIVE YOU ADVICE/SOLUTION

Giving advice in the context of counselling is not encouraged. Advice refers to telling the client what to do and asking the client to follow the counsellor's advice is not ethical.

5.YOUR COUNSELLOR WON'T DO CLINICAL DIAGNOSIS ON MENTAL HEALTH STATE



Diagnosing mental illness is not part of a counsellor's profession but a counsellor's responsibility is to assess client's issue or concern. Clinical psychologists and psychiatrists are qualified personnel to do diagnosis on client's mental health condition. Counsellors are able to assist client in identifying and recognizing symptoms and refer them to professionals for further assessment when needed.

DIFFERENCE

between...

1. COUNSELLOR



JOB SCOPE:

Helping people cope with life problems. Example: Counsellors may help individuals to cope with stressful life situations arising out of developmental changes.

DONT'S:

Cannot do diagnosis or prescribe medication.

METHODS:

Focus on providing guidance on personal and psychological issues through counselling and psychotherapy approach.

2. CLINICAL PSYCHOLOGIST



JOB SCOPE: Able to do diagnosis on mental disorders, provide psychotherapy service and conduct psychological testing.

DONT'S: Cannot prescribe medication or perform medical procedures.

METHODS: Understanding, treating and preventing issues related with mental disorders.

3. PSYCHIATRIST



JOB SCOPE: Differentiate mental health problems from other underlying medical conditions that could present with psychiatric symptoms.

DO'S: Focus on diagnosis of mental disorders and prescribe medication.

METHODS: Arrange hospital admissions (e.g. to a psychiatric ward) and conduct physical examinations and various types of investigative procedures such as electroencephalographs (EEGs) and brain imaging procedure scans (e.g. computer assisted tomography (CAT)) when needed.

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