

Counselling



Vocabulary

Obstacles: something that blocks you so that movement, going forward, or action is prevented or made more difficult.

Counsellor: someone who is trained to listen to people and give them advice about their problems.

Confidentiality: the fact of private information being kept secret.

Disrupt: to prevent something, especially a system, process, or event, from continuing as usual or as expected.

Helpless: unable to do anything to help yourself or anyone else.

Introduction

Sometimes we feel overwhelming emotions, which give rise to problems and **obstacles** in one's life. It is a challenge for men and women to cope up with various kinds of problem which are related to mental health.

Counselling is a process where the client and the counsellor examine the problems and difficulties the client is facing. **Counsellors** help the client to see things more clearly and from a different perspective. One of the important aspects of counselling is **confidentiality**.

