

Why is Counselling Necessary for Teachers?

- It gives them a feeling of being heard and improves their personal development
- It facilitates individual, parent-teacher consultations and discussions to ensure that everyone is on the same page when it comes to issues regarding the child's development
- It makes them competent for future successes, by enabling better communication with their school leaders
- It Improves instruction delivery and promotes effective learning
- It empowers and enables them to help their students/pupils to identify their strengths, and sharpen their interests
- It enables them to act as a resource for parents and educate them on their children's development
- It helps teachers to overcome stress
- Counselling can help the teachers feel more empowered in their personal lives as well as professional life



Different Ways of Providing Counselling to Teachers

- Using School Websites, Phone, Zoom, Skype, WhatsApp, and other social media platforms to regularly share positive and encouraging messages
- Regularly holding meetings, In-person Conversations, letter writing, e-mails etc.
- Acknowledging teachers needs and creating an open door policy for teachers to feel more supported
- Holding workshops on Guidance and Counseling
- Forming peer support groups and accountability partnerships
- Collaborating with existing psychosocial support groups/experts and counsellors within a school and the larger community for referral purposes
- Conducting home visits if necessary

Different Types of Counselling That Schools Can Provide

1. Consult with professional counselors for professional services on:

- Educational and Career Counselling
- Mental Health Counselling
- Rehabilitation Counselling
- Marriage And Family Counselling

2. Play therapy:

- This uses play as a communication tool to help them express their feelings and deal with emotional problems.
- It can be used to diagnose the reasons for difficult behavior and to allow teachers to work through their anxieties or as a relearning and desensitization therapy.

3. Relationship therapy:

- Relationship therapy encourages the parties in a relationship to recognize repeating patterns of distress and to understand and manage troublesome differences that they are experiencing.
- The relationship involved may be between members of a family, a couple, or even work colleagues.

4. Interpersonal therapy:

- It can be useful for teachers with depression and mood disorders, particularly around bereavement, conflict and life changes.
- The IPT therapist will help teachers identify any patterns or problems in their relationships with other people so they can work out strategies for coping with these.

5. Coaching

- Coaching supports individuals, teams or groups in achieving greater self-awareness, improved self-management skills and increased self-efficacy, so that teachers can develop their own goals and solutions.
- It is a collaborative, conversation-based process, which emphasizes and builds on their existing and developing strengths.
- It is often focused on supporting the teacher in making changes, either to how things are at present or in near and distant future.