Counseling Paper

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

Career counseling has become one of the most important professions in today’s age as there is a tough competition everywhere as far as professional life is concerned. It has been seen that people face various issues, when they have to choose a career for them or when they have to face an issue in their professional life (Kenny,et,al,2018). There has been seen a very effective role played by the career counselors who come to rescue and guide people when they faces problems in choosing and adjusting with their careers. Counseling has always been my passion, and while counseling people, I also used to learn many new things that add a lot to my experience. Many theories in psychology could be practically applied for helping people as in career counseling. Counselors used to help clients by giving them suggestions and letting them know about their innate skills that they could use for improving their professional performance.

Being a career counselor, recently I have conducted three interviews in which I had face to face session with three different people who were having some issues or people who wanted to jump into their professional life. Being a career counselor, I have learned many theories in psychology that I used to apply for giving best solutions to the people facing any problem and after these sessions, I come to know that people face issues while choosing and retaining good careers. I have gone through three sessions of career counseling in which I had my first interview with a fresh graduate who did his graduation in software engineering and was looking for a suitable job. His family contacted me and wanted me to do career counseling of that fresh graduate who was around 26 years old. I arrange an interview session with this person and noted down all the essential details of the interview. During my interview session with this young boy, I came to know that as he is a fresh graduate he is not sure about things that would work best for him, so what he needs is, to know what occupation he should choose (Crause,et,al,2016). So in the first interview after having in-depth analysis and taking a look at all the aspects, I came to know, that this young boy was facing low confidence issue for making a career choice. After the study of his case, I found that for this client Turner and Lapan's integrative theory could be a solution for overcoming the issue that this client was having. It is a theory that helps the client for developing self-efficacy beliefs. This theory could be applied to his situation as it would prove helpful for him in making better occupational choices. Career counseling would prove valuable for him as it would help him in deciding about his career and life.

The second interview was with a 30 years old male who was doing job in a Private Company, but his job was not related to the field in which he wanted to make his career. It won’t be wrong to say that just for bearing his expenses he was doing that job. He wanted to have career counseling because he was not happy with that job and was unsatisfied with what he was doing at that private company. I arranged an interview session of about 50 minutes with this client who was having an IT degree but was doing a job that was not of his field. When I had my session with this client, I came to know about the issues that he was facing at his workplace, and the issues were, feeling unfulfilled along with having social ethics complications at his workplace that was making him feel dissatisfied with the job that he was doing. After doing analysis, I suggested him to feel relax as it is not the job he has opted as his career, so there is no need to get panic and to get into depression as this job is just for meeting the necessities of his life (Yunus,et,al,2018). I suggested him that he should keep up with the job with a cool mind. He should apply for a job that would be of his own field; a job of his own profession would give him satisfaction as it would give him a feeling that he is doing something productive that would give him useful experience for life. In this case, I applied Frank Parson’s Trait and Factor theory, as it could be seen that according to this theory, people, as well as occupations, have unique characteristics that should match with each other, only then people would deliver their best otherwise any job that they are doing, out of their interest will never give them mental peace and inner satisfaction. There has been seen many pieces of evidence that the level of satisfaction would be only high when there would be a good match of characteristics between job and individual. Another major theory of psychology should be applied here in this case, and that is Career Decision Making Combined that every person should make a decision about his career by taking a look at his interests and personality.

While having my third interview for doing career counseling I came across a staff nurse who was not much happy with the drastic changes that she was facing while doing that job at a nursing home care center. By personality, she was a kind of introvert person, and she was not ready for accepting the changes at such a fast rate that were coming in her life(Klein,et,al,2018). So, I suggested her to be what she is and motivated her to keep on performing her duties and appreciated what she is doing as in this case, I could see implementation of a psychological theory that is known as Super’s development theory. According to this theory there occur many changes in the life of a person, such as sociological, psychological and cultures factors affect life of every individual and these factors cannot stay same throughout life. I suggested her that she has to wait for career maturity that would come with time. Roles of individual changes with time and people have to behave accordingly. So changes should be welcome no matter from which personality type you belong.

After having interviews with all the above-mentioned people (student, IT graduate, and nurse), I came to know that these people needed career counseling as there were not happy with the changes that they were having or maybe they were confused about the selection of career. I also administered an assessment for all the three clients, in which I provided them a questionnaire that they filled by their own choice and after analyzing MBTI types profile test and analyzing their answers, I came to know about the category of personality they belong to, as it has been seen that there are 16 types of personality and occupation that people choose for them should be chosen by taking a look at the category of personality type they belong to (Di Fabio,et,al,2016). Being a career counselor, I recognize my responsibility of keeping the identity and details of my clients, confidential. As a whole, it could be said that theories of psychology that I have used while doing the career counseling of these clients, proved effective and very helpful and the output that I got from these clients after a few months made me realized the importance of the above mentioned theories in career counseling.

References:

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