

## **ECLECTIC COUNSELLING :**

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“Eclectic Counselling is a counselling in which various techniques are selected and used because of relevance and applicability to the problems of the individual counselee as opposed to techniques based on a unitary theory of counselling.” --Dictionary of education. P. 145

- **STEPS OF ECP:**  
There are some steps of eclectic counselling which are as follows:-
- **DIAGNOSIS OF THE CAUSES**  
In this step problems are diagnosed to know about the real cause so that problem can be solved by removing the existing cause.
- **ANALYSIS OF THE PROBLEM**  
Second step is to analyze the problem so that it can be divided into different parts and try to get the solution.
- **SELECTION OF TECHNIQUES**

In the third step techniques are selected to apply for solution of the problem. There are various techniques of solving the problem. So which technique is suitable for solution is selected.

- **APPLICATION OF THE TECHNIQUE**

In fourth step the chosen techniques are applied to solve the problem. Application is not easy task. Much experience is needed. Hence counsellor must be very careful and try to apply the suitable techniques in proper way.

- **PREPARATION OF COUNSELLING**

At last, the fifth step begins, all the preparations needed for counselling are fulfilled and the process of counselling begins.

- **ADVANTAGES**

Eclectic counselling has several advantages which are as follows:-

- It includes both kinds of counselling, directive and non directive, hence it is more effective.
- **PRACTICAL APPLICABILITY**

Eclectic Counselling is giving more space for practical application as compared to previous two types of counselling.

- **FLEXIBLE TO CHANGE**

This counselling is more flexible as compared to directive and non directive counselling.

- **LIMITATIONS**

As far as limitations are concerned, this counselling has many limitations as compared to the previous two.

- **COORDINATIVE ATTITUDE NECESSARY in COUNSELLOR**

Eclectic counselling expect more coordination from the counsellor as compared to the previous two.

- **NEEDS PRACTICAL SKILL TO APPLY**

As I have mentioned before that eclectic counselling needs expertise to apply various techniques for solution of the problem.

- **STILL IN DEVELOPING STAGE**

Eclectic Counselling is a new paradigm in the field of counselling, that's why it is still in developing stage. But the day is not far away when this counselling will be considered the best type of counselling because this is using good thing of the previous two types of counselling, viz., directive and non directive respectively.

- **FORM IS UNCERTAIN**

The form of eclectic counselling is not certain because it's in developing stage and it has more flexibility.

