1. Differentiate between individual and group counseling. Discuss counselling for students witnessing domestic violence.

Ans: Individual counseling:
Individual counseling is a one-on-one discussion between the counselor and the client. The two form an alliance, relationship or bond that enables trust and personal growth. Individual Counseling is aimed at helping you to cope with addiction, mental health, trauma and with stresses that can cause anxiety and depression, it’s about helping you to heal from the negative things that have happen in everyday life, such as losses, separation and divorce, family conflict, violence or abuse. Individual Counseling can assist in coping with stressful life situations, work/school problems, grief, and emotional distress or relationship difficulties. Our professional, caring, supportive Master’s Level Therapist and addiction counselors can help.

Group counseling:
Group counseling is counseling with multiple individuals facing a similar concern. The strength in group counseling is that if you have 3, 5 or 10 people together all facing the same or similar issues, then they can work together. Group counseling is common for those suffer from addiction and mental health disorders. The individuals in the group act as a source of insight and support while reinforcing the idea that each individual is not the only one experiencing these problems.

Advantages:
- Clients learn from each other.
- Clients can practice new interpersonal skills in group.
- Clients hear a range of perspectives from the group members.
- Clients learn problem-solving skills.
- Through giving and receiving feedback, clients give and receive peer support.
- Clients can come out of their isolation.
- Clients have an opportunity for validation

2. Discuss the various approaches to couple counseling.

Ans: Conflict is a part of relationships. It’s simply that since no two people are exactly the same, you won’t see the world the same way. That’s why there are many, many different couples counseling techniques.

Couples’ counseling is an important tool if those conflicts are starting to jeopardize the relationship as a whole. An occasional argument is probably healthy, but if it’s all the time, it’s a source of stress and unhappiness. Conflict cannot always be avoided in relationships because no two people are exactly alike, so learning how to deal with conflict ensures a successful and healthy union. Relationship challenges arise in different ways, and being able to communicate with your partner is an integral part of a healthy relationship. Functional communication leads to better understanding between you and your partner, and understanding is the key to a successful union. An introduction to the different forms of therapy will guide your decision on which type of marriage counseling best suits your needs.

1) Gottman Method
Gottman Method Couples Therapy has the benefit of three decades of research and practice in clinical settings with more than three thousand couples. The Gottman Method uses couples counseling techniques to increase affection, closeness, and respect. These techniques help you resolve conflict when you feel like you’re at an impasse. You and your partner learn to understand one another and to discuss problems calmly.

The Gottman Method of couples counseling shows you how to build love maps, which help you learn about your partner’s psychological world by mapping your partner’s worries, stresses, joys, hopes, and history. Fondness and admiration are strengthened by expressing respect and appreciation for each other. This is a method of couples therapy that allows you to state your needs, and it stresses conflict management rather than conflict resolution. You and your partner learn to speak honestly about your aspirations and convictions. Trust and commitment to a lifelong relationship are reinforced.

2) Narrative Therapy
One of the couples counseling techniques, narrative therapy, seeks to separate the problem from the person by externalizing issues of concern. A therapist will ask you to describe your problems in narrative form, and then help you to rewrite the negative parts of the story. By acknowledging a problem doesn’t define a person but is something a person has, you gain a new perspective on the situation.

Narrative therapy helps you view your problem from different angles: emotionally, politically, and socially. By stating negative issues in the narrative form, you become the dynamic in the story. The dynamic has the ability to change the story. Narrative therapy allows you to explore the past to bring to light negativities that otherwise remain hidden. By exploring conceptions and behaviors, you gain insight into facts that have been troubling you and your partner. Thus, you find new ways to deal with your problems, effectively rewriting the narrative of your relationship.

3) Emotionally Focused Couples Therapy
Emotionally focused therapy was developed by Dr. Susan Johnson. This type of marriage counseling was first developed for couples, but it has proven useful for family counseling as well. Dr. Johnson’s method is used worldwide in hospitals, clinics, private practices, and training centers. Although emotionally focused therapy is helpful in most situations, it especially should be considered if depression is a suspected culprit of relationship woes.

Typically a short-term approach, emotionally focused therapy has three main goals. It encourages the expansion and reorganization of key emotional responses. It seeks to secure a tight bond between you and your partner. The therapy repositions each partner’s stance during interactions and creates new, beneficial interactions in your partnership. Emotionally focused therapy has been found to move