CONTENTS

Preface ix

Chapter 1: Socio Cultural Development of Persons in India 1

Psychology of Indian Folklores 2
Psychology of Our Rituals 3
Psychology of Womanhood In India 5
Psychology Inbuilt in Our Mythology 7
Ethical Values in Indian Society 8
Psychology of Asramadhara 9
Culture and Counseling in India 10

Chapter 2: Various Approaches to Counseling 13

Integration of Psychology and Practical Theology 14
Humanistic Psychology and Eastern Value Orientation 16
Change: The Implicit Mindfulness 18
Major Shifts in the Study of Psychology 21
Person Centered Approach of Carl Rogers 22
The Nouthetic Approach 23
Biblical Counseling Approach 24
Counseling as Problem Solving Approach 25
Pastoral Care and Counseling 25

Chapter 3: Definition and Practice of Counseling (With Special Emphasis to the Context of India) 29

Definition of Counseling 29
Ethical Issues in Counseling 32
How to Avoid Burn Out in Counseling 35
Practice of Counseling 39
1) The Prerequisites 39
2) The Introductory Phase 41
3) The Exploratory Phase 42
4) The Solution Phase 49

Chapter 4: Counseling Children 53
Impact of Family in a Child's Growth 53
Life Script and Children 58
Family Imposed Roles 58
Birth Order Characteristics 61
Single Parenting and Its Challenges 62
Children with Special Needs 66
Autism 66
ADHD 67
Conduct Disorder 68
Separation Anxiety Disorder 69
Sleep Problems of Children 70
Night Terrors 70
Bed-Wetting 71
Learning Disabilities 72
Steps Parents Can Take 74
Abuse Faced by Children 76
Popular Myths Related to Abuse and Exploitation of Children 82
Strategies to Consider While Helping Children 84
Christian Parenting 86
Chapter 5: Counseling Adolescents 91
Early Adolescence 91
Mid - and Late Adolescence 93
Innocent Zone, Age Ten Through Twelve 93
The Danger Zone (Twelve to Sixteen Years) 93
The Release Zone (Age Seventeen Through Nineteen Years of Age) 94
Transitions in Adolescence 94
Transition in Religious Belief 95
Transition in Morality 96
Transition in Emotion 96
Social Transition 97
Transition in the Family 99
Transition in Sexuality 100
Youth and Sexual Abuse 102
The Reactions to Abuse 103
Physical Effects of Abuse 103
Emotional Effects of Abuse 103
Behavioural Effects of Abuse 104
The Relational Effects 105
Spiritual Effects 105
Counseling the Abused Adolescents 106

Helping Low Self Esteem 108
Addiction to Pornography 111
Anger Workout For Adolescents 113
Handling Depression in Adolescence 115
Handling Agression Among Adolescents 116
Handling Negativity in Adolescence 118
Drug Abuse and Prevension 119
Parenting Tips for Handling Adolescents 121

Chapter 6: Counseling Families 125

Family in India Today 126
Causes of Family Problems 130
Infertility and Stess 133
Family Sexuality 137
Handling Domestic Violence 144
Premarital Counseling 148

Chapter 7: Counseling the Elderly 159

Physical Transition in Old Age 161
The Psychological Transition 164
The Social Transition 168
Spiritual Transition 170
Stresses at Old Age 173
Biblical Reflection on Elderly 178
Helping Elderly Through Grief and Loss 180

Chapter 8: Helping People with Disability 187

Paralysis 188
Helping the Blind 190
Dealing with the Deaf 193
Mental Retardation 197
Cerebral Palsy 200
Down Syndrome and Potential Difficulties 205
Parental Tips for Management of Disability 209

Chapter 9: Disaster and Crisis Management 211

Approach to Trauma 217
Helping Rape Victims 219
Suicide and Care 223
Mid Life Crisis 231

Chapter 10: Counseling the Sick and Hospitalized 237

Reaction to Sickness 238
Spirituality in Sickness 239
Chronic Illness 241

Helping Skills in Hospital Setting 246
Ministering to the Surgical Patients 250
Use of Spiritual Resources in Hospital Setting 251
Chaplain/Chaplaincy in Hospital 253

Chapter 11: Behaviour Therapy 257

Systematic Desensitization 259
Relaxation Techniques 260
Aversion Therapy 262
Modelling Therapy 265
Assertiveness Training 269
Contingency Management 271
Behaviour Modification 274
Behaviour Shaping 274
Token Economy 274
Self Control 276

Bibliography 279