

# **Basic Principles of Counseling**

## **1. Principle of Acceptance**

**Accept the client with his physical, psychological, social, economical and cultural conditions.**

## **2. Principle of Communication**

**Communication should be verbal as well a non verbal and should be skilful.**

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a. It is a universal service which can be given to any client of any age, sex or nationality. There should be no discrimination.

b. It can be given in groups or individually. No discrimination depending on the nature on the problem faced in the client

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k. Building up of trust and maintenance of total confidence is another principle to be achieved. The client will trust you only if you can enthuse confidence in him that whatever he is telling you will be maintained confidentially.