

GUIDANCE AND COUNSELING

Vocational rehabilitation counseling is a helping process in the rehabilitation program to assist eligible consumers in analyzing, understanding, and using their assets (e.g., capacities and abilities) to overcome their social, emotional, educational, vocational, and/or physical limitations. Counseling includes the use of interpersonal contact and specialized professional functions such as assessment, adjustment counseling, coordination of services, identification and mobilization of resources, placement, and follow-up. These elements are not separate steps in a sequence but they are interrelated parts of a whole.

In contrast to therapy (which generally seeks personality change in some manner) the outcome expected from vocational rehabilitation counseling is that consumers initiate constructive action on their behalf and achieve a realistic vocational adjustment. Counseling and guidance must be an essential component of any case closed successfully rehabilitated and adequately documented in the case record.