

In Malaysia, guidance and counseling are continuously developing in various ways. First, many are interested in making guidance and counselling their professional career. We also have individuals who wish to extend a helping hand to the community, helping others in one way or another who choose to become volunteers. Apart from the above, we have individuals who choose to teach others to become practicing counsellors or academicians and there are others whether willingly or reluctantly become the "receivers" of professional service. In other words, these individuals become clients, wanting to help themselves to become better human beings. Whatever their personal intents or aspirations, the one common element shared by all (service providers or counsellors, academicians and clients) is the recognition of the importance of knowledge and skills. On the part of the service providers, knowledge and skills are required to guide and help others live a better life. On the part of the academicians, knowledge and skills are the necessary tools to be conveyed to their students. On the part of the clients, knowledge and skills could give them the strength to cope with their issues and challenges in life.

It is hoped that this book will enlighten the readers with the various issues and challenges related to guidance and counselling. Moreover, the chapters in this book will provide the readers with knowledge to deal with these issues and challenges. The point is that challenges are increasing and they come in many forms. The problems faced by individuals are becoming more complicated. Thus, as professional helpers, we need to be fully prepared with the necessary tools, be aware of issues and challenges, when giving a helping hand.



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