The psychological needs and issues associated with the genetic counseling process are many and complicated. There is need to cope and come to terms with emotionally traumatic information, and they need to make decisions in future reproductive plans and may also need to make fundamental alternations to their feeling about themselves and about interpersonal relationship. 14, 15, 16.

For a counsellor to achieve the goal of psychological homeostasis and be in a position to make the important decisions that are necessary, they must have experienced the 4 phases of coping process known to follow the exposure to stressful situation. 1

These phases are:
1st Phase : Shock
2nd Phase : Denial , Anger
3rd Phase : Guilt, Anxiety
4th Phase : Depression

Awareness that these phases are the natural course of events, their identification can help the counsellor to plan his approach more successfully.

CONCLUSION:

The molecular genetic technology coupled with appropriate genetic screening and counselling not only provides primary prevention but also helps in creating an awareness regarding genetic disease and its prevention among the population.

Apart from the obvious problem of finding effective treatments for genetic disorders, there is an important need to ensure that genetic advice is made as widely available as possible. There is evidence that there are many people in the population who are unaware of this. Increasing knowledge of genetics and appreciation of the risks by physicians will help to reduce this problem. There seem to be very good reasons, both ethical as well as financial, for encouraging efforts to develop and extend the preventive approach to genetic disease.

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