

PSYC3001	COUNSELLING PSYCHOLOGY	L	T	P	S	J	C
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Pre-requisite	Understanding Psychological Disturbances						
Co-requisite	None						
Preferable exposure	None						

Course Description:

This course provides a basic training in psychotherapy and counseling theory and skills. It combines academic, practical and experiential components within a supportive and challenging environment. During this course, the students will be given an in-depth knowledge of some of the psychotherapeutic approaches including person-centred and cognitive behavioural approaches. They will gain an understanding of different therapeutic models and current developments in theory and practice, with the help of suitable case study examples.

Course Educational Objectives:

1. To familiarize the students with the nature and process of counseling, its major theories and techniques
2. To expose them to counseling and psychotherapy applications in different settings.
3. To educate them on different approaches to counseling and psychotherapy
4. To learn process and techniques of counseling and psychotherapy
5. Application in different settings and clinical populations

UNIT 1	INTRODUCTION	9 hours
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Emergence and growth of counselling; Counselling: Nature, related fields and scope; Counselling Expectations, goals, issues, ethics and legalities; Training of professional counsellors, key concepts in counselling

UNIT 2	COUNSELING PROCESS	9 hours
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Counseling: The Process, relationship and skills; Assessment in counselling: Psychological testing and diagnosis; Counselling Interview.

UNIT 3	COUNSELING PROCESS II and APPROACHES TO COUNSELING	9 hours
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Counseling Skills, Micro-counselling skills, Practical demonstration. Psychoanalytic approach; Client-Centered Approach; CBT, REBT; The individual versus group methods of counselling.

UNIT 4	COUNSELING APPLICATIONS	9 hours
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Counselling across human life span; Guidance and counselling in educational setting; career guidance, counselling adolescents; family counselling; Crisis intervention: suicide, grief and sexual abuse, special areas in counselling- LGBTQ Group, complexities of different groups.

UNIT 5

**COUNSELING APPLICATIONS and PRESENT STATUS OF
COUNSELLING**

9 hours

Community based approaches to counselling, primary secondary and tertiary levels, Evaluation in Counselling; The status of the guidance and counselling movement in India, Modern trends in counselling - Tele counselling

Text Books:

1. The Theory and Practice of Counseling Psychology by Nelson J., 1982, Holt Rinehart & Winston, New York.
2. Counseling: A Comprehensive Profession, by Gladding, Samuel T., 6th Ed. Pearson Education.

References:

1. Counseling and Psychotherapy: Classics on theories and Issues by Ben, Ard, Jr. (Eds.). Science and Behavior Books Co.
2. Therapeutic Psychology.: Fundamental of counseling psychotherapy by Brammer L. M. & Shostrom B.L., 3rd edition, 1977, Englewood Cliffs: Prentice Hall
3. Person Centered Counseling : Psychology – An Introduction by Ewan G., Sage
4. Counseling Psychology by Patri V., 2007.
5. Handbook of Counseling Psychology by Ray W., Windy, D., Sheelagh S., (Eds.) , II Ed.
6. Stress and its management by Yoga by Udupa K.N, 1985, Motilal Banarsi Das, New Delhi.
7. Counseling In Action by Windy, D. (Eds.), 1988, Sage Publication, New York.

Course Outcomes:

1. To understand the emergence of the field of counselling and its nature
2. To understand the process of counselling and relationship skills necessary
3. To demonstrate the counselling process practically and understand the principles of CBT, REBT etc.
4. To understand the importance of counselling across life span
5. To understand the present status of counselling in various settings.

CO-PO Mapping:

	Programme Objectives							Programme Specific Objectives			
	P O 1	P O 2	P O 3	P O 4	P O 5	P O 6	P O 7	PS O 1	PS O 2	PS O 3	PS O 4
CO1	2	3	2	2	3	1	3	3	2	2	3
CO2	3	3	3	3	3	1	3	3	2	3	3
CO3	2	3	3	3	3	1	3	3	3	3	3
CO4	3	3	3	3	3	1	3	3	3	3	3
CO5	3	3	3	3	3	1	3	2	3	3	3

Note: 1 - Low Correlation 2 - Medium Correlation 3 - High Correlation

APPROVED IN:

BOS :

ACADEMIC COUNCIL: 22nd AC (01/04/2022)

SDG No. & Statement:

SDG 4: Ensure an inclusive and equitable quality education and promoting lifelong learning opportunities for all.

SDG Justification:

The modules and topics mentioned in this course are designed to ensure all-inclusive and thorough education with equity to all persons and promote learning opportunities at all times.