

GE3: Fundamental of Counselling

Total Credit : 04, Credit Pattern : (L =45, T=8, P= 7)- (Contact hours 60)

(With Effect from 2019 -2021)

Semester	III	Total Credit	4
Course Code	GE	Credit Pattern	L-40, T-10, P-10
Course Title	FUNDAMENTALS OF COUNSELLING		

Course Objectives

1	To Familiarize the students with the prevalent counselling theories.
2	To orient about Counselling /Child Guidance Centers.
3	To develop skills required for Counsellors.

Course Outcomes: Students will be able to

1	Understand the need and application of various counselling techniques.
2	Identify the psycho-social issues, factors and their implications. Apply coping strategies to deal with them.

Syllabus:

Unit Number	Contents	Number of Sessions	
1	Counselling: Concept, , Definition, Principles, Assumptions, Objectives, Types Of Counselling: Educational, Career And Vocational, Personal, Social, Marriage And Family Counselling And Industrial.	L= 10	
		T= 3	P= 3
2	Stages and Scope Of Counselling In Various Set Up. Theories Of Counselling: Carl Rogers's Theory and Eric Berne's Transactional Analysis Theory.	L= 10	
		T= 2	P= 2
3	Stages of Human Development: Life Span; Concept of Attitude, Learning, Perception, Motivation And Emotions.	L=10	
		T=2	P=2
4	Adjustments: Concept Of Adjustment And Maladjustment, Conflict, Coping Devices, Frustration And Stress. Counselling Centres: Family Counselling Centres and Child Guidance Clinic: Functions And Importance.	L= 10	
		T= 3	P= 3

Learning Resources

1	Text Books	<p>Dave Mearas and Brian Thorne: Person centered counselling in Action published by Sage Publication .2000.</p> <p>Ramnath Sharma & Rachana Sharma: Guidance and Counselling in India, published by Atlantic Pub, Delhi 2004.</p> <p>Bharkin Mukupadhya: Counselling and Guidance</p> <ul style="list-style-type: none"> • Hurlock E.B. 1978: Child Development , 6th Edition, McGraw Hill Ltd ,International Edition • Morgan and King, 2000: Introduction to Psychology, Tata Macgaw Hill Publication , Delhi <p>Kuppuswamy B.1999: An Introduction to social psychology, Media Promoter and publications Pvt Ltd, Mumbai</p>
2	Reference books	<p>K.S Lakshmi: Encyclopedia of Guidance and Counselling, published A Mittal Pub, Vol.1,2,3,4. 2005.</p> <p>Mishra R.S.: Guidance and Counselling, Vol.1&2 published by APH Publication Corporation, New Delhi, 2004.</p> <p>Ramesh Chandra: Psychology, Counselling and Therapeutic Practices, published by Isha Books, Delhi 2004.</p> <p>Robert L. Gibson & Mariaune H. Mitchell: Introduction to Counselling and Guidance, published by Pearson Education, Delhi 2005.</p> <p>Tara Chand Sharma: Modern Methods of Guidance and Counselling, published by Swarup and Sons, New Delhi, 2002.</p>
3	Websites	<p>www.directhit.com/</p> <p>http://www.griffenmill.com/design15_counselling_website_design</p> <p>https://counsellingtutor.com/basic-counselling-skills/</p>
4	Journals	<ul style="list-style-type: none"> • British Journal of guidance and counseling • Indian Journal of social work
5	Supplementary Reading	<p>Steve Cooper: A comprehensive handbook for counselling, published by Infinity Books, New Delhi, 2005. Case studies</p>
6	Practical Component	<p>Apply their counselling skills at home and workplace</p>