

B. A III Psychology 2016-17 –Semester VI
DC Title- Counselling Psychology

No. of Credits-4,

Marks 100 (25 internal, 75 external)

Course Objectives:

The learner will be able to:

- gain In-depth understanding in the subject of Counselling Psychology
- describe the process, scope, ethical issues and major theories in Counselling Psychology
- explain the applications in the field Counselling Psychology

Module I: Introduction to Counselling

Objective: After studying the module, the learner will be able to

- describe the concept of counselling
 - explain the nuances of the helping relationship
 - discuss the jobs settings in which the counselors work.
 - explain various theories in the field of Counseling Psychology.
- 1.1 Understanding Counselling as a process, meaning and goals
 - 1.2 Perspectives on Effective Helping Relationship
 - 1.3 Job Settings & Scope for Counsellors.
 - 1.4 Ethics in Counselling
 - 1.5 Individual counseling theory and techniques- Cognitive, Brief approaches

Module II: Counselling Process

Objective: After studying the module, the learner will be able to

- describe the stages and skills involved in Counselling
 - explain the stage wise counselling process
- 2.1 Stages of Counselling
 - 2.2 Factors influencing Counselling Process
 - 2.3 Counselling skills
 - 2.4 Counselling Interview
 - 2.5 Termination

Module III: Application of Counselling

Objective: After studying the module, the learner will be able to

- explain functional significance of counselling
 - describe wide scope and application of the Counselling process
- 3.1 Gender Specific Counselling
 - 3.2 Geriatric Counselling
 - 3.3 Marital Counselling
 - 3.4 Counselling children
 - 3.5 Grief Counselling
 - 3.6 Vocational Counselling
 - 3.7 Rehabilitation Counseling

Module IV: Prevention and Wellness

Objective: After studying the module, the learner will be able to

- apply the prevention model of mental health
- explain the need to construct and implement programmes promoting mental health

4.1 Role of Prevention

4.2 Prevention in non school settings

4.3 Counselling Programme development

4.4 Counselor self care

Internal Assessment:

- Class test
- Educational film/documentary and classroom discussion
- Field visit
- Topic based assignment

Books for study

Gladding, S. T. (2009). Counseling: A Comprehensive Profession. (6th Ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt Ltd.

References:

Gelso C.J, Fretz B,(2000). Counseling Psychology.(2nd Edition) Wadsworth Publishing.

Gibson R., Mitchell M. (2007).Introduction to Counselling and Guidance.(7th Edition) , Merrill.

Rajhans, Manasee (2010) Rang Samupadeshanaache. Goa: Asus Prakashan, Goa

Welfel E.R, Patterson L.E,(2004)The Counseling Process: A Multitheoretical Integrative Approach, 6th Edition, , Thomson/Brooks/Cole