

SEMESTER – VI

COURSE STRUCTURE

GE-04A : Generic Elective - 4 Intervention Beyond Mental Illness

B.A. (Hons.) Humanities & Social Sciences - Semester VI Cluster Innovation Centre, University of Delhi

Credit Distribution, Eligibility and Pre-requisites of the Course						
Course Title & Code	Credits	Credit Distribution			Eligibility Criteria	Pre-requisite
		L	T	P		
Intervention Beyond Mental Illness (UPC: 3124100007)	4	3	1	0	Class XII Pass	Students must have studied at least 3-4 papers/courses in Psychology or Applied Psychology

L = Lecture; T = Tutorial; P = Practical/Practice; UPC = Unique Paper Code

Learning Objectives

The Learning Objectives of this course are as follows:

- To provide students with a comprehensive understanding of intervention beyond the concept of mental illness.
- To introduce students to the theory and practice of counselling and psychotherapy.
- To train students on basic skills of effective counselling that will meet the demands of the multi-faceted challenges of a counselling set-up.

Learning Outcomes

Upon completion of this course the students:

- Will gain a comprehensive understanding of the need for holistic intervention in the well-being of individuals.
- Will be able to integrate theory and practice to understand and deal with the diverse challenges of the counselling process.
- Will demonstrate technical skills and competencies to deal with a myriad of problems that get presented in a counselling set up.

SYLLABUS

Unit I: Basic Issues in Counselling (9 Hours)

Defining counselling; counsellor as a person; anxieties of young counsellors; ethical issues of practice and concern in counselling; current issues and challenges in counselling.

Unit II: Theories & Techniques in Counselling (12 Hours)

Psychoanalytic Therapy; Person Centred Therapy; Cognitive-Behaviour Therapy; Postmodern Approaches in Counselling.

Unit III: Process of Counselling (12 Hours)

Counselling skills; stages of counselling; process of counselling; barriers in the therapeutic process; evaluating effectiveness of intervention.

Unit IV: Integration and Application (12 Hours)

Using clinical case studies, discussions will be centred around integrating various therapeutic techniques in the areas of crises, adjustment difficulties, relationship breakdown, educational needs, behavioural problems, developmental needs, lifestyle issues, mental illness etc. Students will be required to develop an intervention plan for each case discussed.

Practical component – (30 Hours)

Students will be required to do fieldwork as part of the practical component. In their fieldwork students will be expected to collaborate with organisations/institutions and work on projects centred around the following areas:

- a. Counselling and Youth, Gender & Diversity
- b. Counselling with survivors of trauma
- c. Counselling in relationship issues
- d. Counselling and education

Readings

1. Corey, G. 2013. Theory and Practice of Counselling & Psychotherapy. 9th Edition. Cengage Learning.
2. Feltham, C and Dryden, W. 2006. Brief Counselling: A Practical Integrative Approach. 2nd Edition. Open University Press, England.
3. Gladding, S. T. and Batra, P. 2018. Counselling: A Comprehensive Profession. 8th Edition. Pearson Education.
4. Hough, M. 2021. Counselling Skills and Theory. 5th Edition. Hodder Education, London.
5. Nelson-Jones, R. 2015. Basic Counselling Skills: A Helper's Manual. 4th Edition. SAGE Publications Ltd.
6. Sue, D. W. and Sue, D. 2015. Counselling the Culturally Diverse: Theory and Practice. 7th Edition. Wiley.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.
