

Category III

Psychology Courses for Undergraduate Programme of study
with Psychology as one of the Core Disciplines
(B.A. Programme with Psychology as Minor discipline)

DISCIPLINE SPECIFIC CORE COURSE - III COUNSELLING

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSC-11 Counselling Psychology	4	3	0	1	Passed Class 12 th	Basic knowledge of introductory psychology

Learning Objectives

The Learning objectives of this course are as follows:

- To develop an understanding of basic concepts, processes and techniques of counselling.
- Having a comprehensive understanding of the profession of counselling, particularly in the Indian context.

Learning Outcomes

After completing this course, the student will be able to:

- Define counselling and its goals.
- Acquiring basic counselling skills of problem identification, and relationship building (e.g., empathy, listening, paraphrasing, unconditional positive regard).
- Developing qualities of an effective counsellor including increasing self-awareness, reflexivity, self-monitoring and objectivity.
- Helping clients having mild concerns in life; for instance, acting as peer counsellors in the college/community.

SYLLABUS OF DSC-11

UNIT – I

Introduction-Nature and Goals; Ethics in counseling; Characteristics of a professional counselor; Status and practice of Counselling Psychology in India. (9 hours)

UNIT – II

(12 hours)

Therapeutic Process- Building Therapeutic Relationships; Working in a Therapeutic Relationship; Termination.

(24 hours)

UNIT – III

- A. **Techniques of Counseling-** Psychoanalytic Techniques (Freud); Behaviour Therapy; Person-centered Therapy; Cognitive Therapy.
B. **Applications:** Family Counselling; Crisis Intervention: Suicide, Grief, and Sexual Abuse

(30 Hours)

Practical component –

Suggestive list of practicals:

1. Need for Counselling among college students/ children/ adolescents using any standardized test.
2. To study the self-efficacy of counsellors using any scale for better understanding of
3. personality characteristics of a professional counsellor.
4. Information-oriented first interview (Cormier & Hackney, 2008).
5. Practical based on any 3 micro skills (Pre-post design).
6. Construction of a Genogram.
7. Aptitude and Interest Assessment in Career Counselling.

Essential/recommended readings

- Corey, G. (2017). *Theory and practice of counseling and psychotherapy* (10th ed.). New Delhi: Cengage Learning.
- Gladding, S. T. (2012). *Counseling: A comprehensive profession*. (7th ed.) . New Delhi: Pearson.
- Nystul, M. S.(2016). *Introduction to counselling: An art and science perspective* (5th ed.). New Delhi: Sage.
- Rao, K. (2010). Psychological interventions: From theory to practice. In G. Misra (Ed.): *Psychology in India. Volume 3: Clinical and health psychology*. New Delhi. ICSSR/ Pearson.
- Seligman, L. & Reichenberg, L.W. (2010). *Theories of counseling and psychotherapy: Systems, strategies, and skills* (3rd ed.). New Delhi: Pearson.
- Sharf, R. S. (2012). *Theories of psychotherapy & counselling: Concepts and Cases* (5th ed.). Boston: Brooks/ Cole Cengage Learning.

Suggestive readings

- Belkin, G. S. (1998). *Introduction to counseling* (3rd ed.). Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). *Counseling and psychotherapy: Theories and interventions* (4th Ed.) New Delhi: Pearson.
- Gibson, Robert, L. Mitchell, Marianne, H. (2015). *Introduction to counseling and guidance* (7th Ed.). New York: Pearson.

James, R. K. (2008). *Crisis intervention strategies* (6th ed.). Australia. Thomson Brooks/Cole.

Hillman, J.L (2002). *Crisis intervention and trauma: New approaches to evidence-based practice*. New York: Kluwer Academic/Plenum Publishers.

S.N. & Sahajpal, P. (2013). *Counselling and guidance*. New Delhi: Tata McGraw Hill.

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