

## GENERIC ELECTIVE- BASICS OF COUNSELLING PSYCHOLOGY

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibilit y criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>GE</b> <b>Basics of</b> <b>Counselling</b> <b>Psychology</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>Class XII Passed</b>	<b>Nil</b>

### Learning Objectives

- To acquaint the students with the basic concepts, processes, and techniques of Counselling.
- To develop a comprehensive understanding of counselling psychology as a profession.
- To make the students understand counselling psychology and its applications in the Indian context
- To guide students regarding the basic counselling skills, relationship building and rapport formation skills.
- To acquaint students with applications of counselling psychology in various developmental domains.

### Learning Outcomes

- Understand concept and goals of counselling.
- Understand the importance of ethical guidelines required to be followed as a professional counsellor.
- Acquire basic skills of a professional counsellor
- Understand the process of counselling to be followed in a professional set up.
- Learn a few basic psychotherapeutic approaches and techniques of Counselling.
- Develop skills of empathy, self-awareness, active listening, and objectivity.

### Syllabus

#### UNIT I - Introduction

**(12 hours)**

Introduction: meaning, definitions and Goals of counseling; Ethics in counseling; effectiveness of a counselor; Counselling Psychology in Indian context

#### UNIT II - Processes of Counselling

**(12 hours)**

Therapeutic alliance, Johari's window, process of counseling

### **UNIT III - Techniques of Counselling (12 hours)**

Techniques of Counselling: Psychoanalytic Techniques; Humanistic Techniques: Person-Centered Approach; Cognitive Therapy

### **UNIT IV - Applications of Counselling (9 hours)**

Applications: Child Counselling, School Counselling, Career Counselling.

### **Suggested Tutorial activities (15 hours)**

- Rapport formation
- Self-awareness activity with Johari's window
- Empathy skills
- Active listening skills
- Role play on therapeutic alliance
- Behavioural therapy
- Career counseling related assessments
- Cognitive restructuring skills for cognitive distortions

### **Essential/ recommended readings**

- Corey, G. (2009). *Counselling and psychotherapy: Theory and practice* (7th Ed.) New Delhi: Cengage Learning.
- Ertelt, Bernd-Joachim & Schulz, William & Frey, Andreas. (2022). Counsellor Competencies: Developing Counselling Skills for Education, Career and Occupation. 10.1007/978-3-030-87413-1.
- Gladding, S. T. (2012). *Counselling: A comprehensive profession*. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). Contemporary counselling psychology. In E. M. Altmaier and J.C. Hansen (Eds). *The Oxford handbook of counselling psychology*. New York: Oxford University Press.
- McLeod, John. McLeod. *Counselling Skills: Theory, Research and Practice 3e*. S.I: OPEN UNIV PRESS, 2022. Print.
- Mahon, Daryl. (2023). Evidenced-Based Counselling and Psychotherapy for the 21st Century Practitioner. 10.1108/9781804557327.
- 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.
- Safran, J. D. & Hunter, J. (2020). *Psychoanalysis and Psychoanalytic Therapies (Theories of Psychotherapy Series)*. APA.
- 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 Counselling* (3rd Ed.). Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and psychotherapy*:

- Theories and interventions* (4th Ed.) New Delhi: Pearson.
- Gibson, Robert, L. Mitchell, Marianne, H. (2015). *Introduction to counselling and guidance* (7thEd.). 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.