

DISCIPLINE SPECIFIC ELECTIVE COURSE – 6 (DSE-6): COUNSELLING AND THERAPEUTIC INTERVENTIONS

Credit distribution, Eligibility and Prerequisites 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		
COUNSELLING AND THERAPEUTIC INTERVENTIONS DSE 6	4	3	0	1	12th Pass	NIL

Learning Objectives

The learning objectives of this course are as follows:

- To understand concept and process of counselling.
- To understand therapeutic relationships and the ethical principles associated with good practice.
- To learn skills and techniques of counselling and responsibilities of counsellors in therapeutic relationships.

Learning Outcomes

At the end of the semester the students will be able to

- Reflect conceptual clarity on counselling and associated concepts
- Demonstrate skills and techniques for practice of counselling and therapeutic sessions.
- Evaluate the value of therapeutic relationships and recognize ethical issues in counselling

SYLLABUS OF DSE- 6

Unit I: Conceptual Framework: Counselling

15 Hours

Unit Description: To introduce students to the concept, stages, process of counselling and role of counsellors

Subtopics:

- Counselling: Concept, elements, stages and process
- Therapeutic relationships and ethical principles for good practice in counselling
- Role of counsellors in providing effective counselling

Unit II: Developing counselling Skills**15 Hours**

Unit Description: To learn skills in effective listening, questioning and practice of counselling.

Subtopics:

- Developing effective listening skills, Barriers in listening
- Use of empathy, questioning and probing in counselling
- Reflection, Paraphrasing, Confronting, Summarising, counselling records

Unit III: Therapeutic Interventions with Various Groups**15 Hours**

Unit Description: To gain insights into therapeutic interventions and enhance professional practice in counselling

Subtopics:

- Children, Youth, Distressed Women, Pre-marital Counselling, Grief and Bereavement Counselling
- Family Therapy and family counselling, Marital discord counselling
- Therapeutic approaches: Behaviour modification, Crisis intervention and Art therapy

Practical component**30 Hours****Unit IV: Practice of counselling and therapeutic Interventions**

Unit Description: To gain insights into the important therapeutic interventions and enhance professional practice in counselling.

Subtopics:

- Case study/observation report highlighting concerns and issues of a child/youth/woman in distress
- Project report/case study: any one therapeutic approach (Behaviour modification, Crisis intervention & Art therapy)
- Counselling records highlighting counselling skills and process

Essential readings

- Evans, D.R., Hearn, M.T., Uhlemann, M.R., & Ivey, A.E. (2008). Essential Interviewing: A Programmed Approach to Effective Communication. Thomson: Brooks/Cole.
- Evans, T. (2015). Counselling skills for Becoming A wiser Practitioner-Tools, techniques and reflections For building practice wisdom. Jessica Kingsley Publishers.
- Feltham, C. (2007). Professional skills for counsellors – understanding the counselling relationships. Sage publication
- Goud, N. & Arko, A. (2006). Psychology and personal growth. Pearson, MA.
- Inskipp, F. (2004). Skills training for Counselling. Sage publications.
- Ivey, A.E., & Ivey, M.B.(2007). Intentional Interviewing and Counselling. Thomson: Brooks/Cole.

- Jones, R. N. (2005). Practical counselling and helping skills - text and activities for the life skills counselling model. (5th ed). Sage publications.
- Nair. A. Radhakrishnan, (2010). Life Skills Training for Positive Behaviour, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu
- Nelson-Jones, R. (2008). Basic Counselling Skills: A Helper's Manual. Sage Publications.

Suggested readings

- Bond, T. (1997). Standards and Ethics for counsellors in action. Sage
- Charles, G.J., & Bruce, F.R. (1995). Counselling Psychology. Harcourt Brace Publishers Essential Reading / Recommended Reading ·
- Corey, G. (2008). Student manual for Theory and Practice of Counselling and Psychotherapy (8th ed.). CA: Brooks/Cole.
- Corey, G. (2012). Theory and practice of counselling and psychotherapy (9th ed.). Belmont, CA: Brooks/Cole.
- Felthman, C., & Horton, I. (2000). Handbook of Counselling and Psychotherapy. Sage
- Gilland, B.E., & James, R.K. (1998). Theories and Strategies in Counselling and Psychotherapy. Singapore: Allyn and Bacon.
- Neukrug, E. (2011). The world of the counsellor: An introduction to the counselling profession. Nelson Education.
- Robert, G. L., & Marianne, M.H. (2003). Introduction to Counselling and Guidance. Pearson education, Inc.
- Sharma, R .N.,& Sharma,R. (2004). Guidance and Counselling in India

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