

DISCIPLINE SPECIFIC ELECTIVE COURSE

DSE HH 8A4: PARENTING, GUIDANCE, AND COUNSELLING ACROSS THE LIFESPAN

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		
Parenting, Guidance and Counselling Across the Lifespan DSE HH 8A4	4	2	0	2	Studied Semester VII	Nil

Learning Objectives

- To appreciate and understand key concepts and strategies of guidance and counselling across different life stages.
- To analyse the impact of various parenting styles and guidance techniques to child and adolescent development.
- To understand guidance and counselling strategies to support families and children facing developmental challenges.
- To familiarize with assessments to discern the psychological needs of children and families.
- To understand intervention techniques for addressing family and individual crises across the lifespan.

Learning Outcomes

By the end of this course, students will:

- Have core counselling skills, such as empathy, effective communication, and active listening, to support parents and caregivers in diverse cultural and social contexts.
- Be able to critically evaluate the effectiveness of different parenting approaches and guidance strategies for managing developmental, behavioral, and emotional challenges.
- Have personal and professional development in the fields of parenting, guidance, and counselling, encouraging reflective practice and continuous learning.

SYLLABUS OF DSE HH 8A4

THEORY (Credits 2; Hours 30)

UNIT I: Parenting and counselling throughout life span: Childhood and Adolescence 12 Hours

This unit introduces the various key concepts of sex, gender sexuality and other related determinants

- Basic theories in guidance, and counselling
- Lifespan perspective on family dynamics and parenting
- Developmental characteristics and needs of early, middle childhood adolescents
- Communication and interpersonal relationship in parent/caregiver
- Guidance and counselling for parents and adolescents (sexuality, high risk behaviours, career decisions, psychosocial and emotional issues, conflict resolution)
- Life Skills Training during adolescence

UNIT II: Parenting and family dynamics: Adulthood and Transitions 6 Hours

- Parenting and Family Dynamics in Adulthood
- Aging, Grand parenting, and Late-Life Parenting
- Guidance and Counselling Across Developmental Transitions (marriage, divorce, aging, retirement, loss, and grief)

Unit III: Parent counselling and diverse family systems 6 Hours

- Counselling Families in Crisis
- Intervention in cases of abuse, neglect, addiction, and mental health issues
- Parenting and Counselling for diverse family structures

UNIT IV: Parenting, counselling and well-being 6 Hours

- Parental Self-Care and Well-being
- Premarital counselling
- Genetic counselling
- Resources for parent education

PRACTICAL (Credit 2; Hours 60)

1. Conducting interviews and observation as a method of studying children and families.
2. Workshop on (any one atleast)
 - a. Skills of counselling (Rapport building, Communication skills, Empathy skills, Active listening skills, Responding skills, etc.)
 - b. Vocational guidance and counselling
 - c. Life Skills Education
3. Familiarising students with the specific Intelligence tests, Rating scales, checklists etc. through demonstrations and simulated practice in class.
4. Family Dynamics: Role-Play and Reflection Workshop

5. Parenting Style Assessment and Analysis: Students identify and analyze different parenting styles and their impacts on child development.
6. Visit to the institutions/child guidance centres/counselling centres providing counselling to children
7. Cultural and Diversity in Parenting Panel Discussion
8. Guidance strategy worksheets-Transition scenario cards (e.g., starting school, entering adolescence, marriage, retirement)
9. To equip students with practical skills in crisis counselling by simulating family crises. Crisis scenario cards (e.g., family conflict, mental health issues, addiction)

Essential Readings

- Kinra, A.K. (2008). *Guidance and counselling*. Pearson.
- Sahay, S, Deb, S. & Bhandra, S. (2019). *Childhood to Adolescence: Issues and Concerns*. Pearson.
- Parikshit Jobanputra. (2011). *Successful parenting (2nd ed.)* . SAGE India Publications Pvt. Ltd.
- Seligman, L. & Reichenberg L.W. (2001). *Theories of counselling and psychotherapy: Systems, strategies and skills*. Pearson.

Suggested Readings

- Eanes Rebecca, (2009), *Positive parenting*, J. P. Tarcher, U.S/ Perigee Bks, U.S.
- Edworthy, A. (2000). *Managing stress*. Buckingham: Open University Press.
- Gladding, S.T. (2009). *Counseling: A comprehensive profession*. New Delhi: Pearson.
- Golden, B. (2003). *Healthy anger: How to help children and teens manage their anger*. NY: Oxford University Press.
- Gumbiner, J. (2003). *Adolescent assessment*. New Jersey, NJ: Wiley & Sons.
- Jacobs, Ed. E., Mason, R.L., & Harvil, R.L. (2009). *Group counselling: Strategies and skills*. Canada: Cengage learning.
- Jolley, R.P. (2010). *Children & pictures: Drawing and understanding*. UK Wiley Blackwell
- Kinra, A.K. (2008). *Guidance and counselling*. New Delhi: Dolley Kindersley.
- Luz, R., George, A., Vieux, R., & Spitz, E. (2017). Antenatal determinants of parental attachment and parenting alliance: How do mothers and fathers differ?. *Infant Mental Health Journal*, 38(2), 183-197.

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