

DISCIPLINE SPECIFIC ELECTIVE COURSE
DSE HP 7A3: FUNDAMENTALS OF COUNSELLING AND PARENTING

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		
Fundamentals Of Counselling And Parenting DSE HP 7A3	4	2	0	2	Class XII	Nil

Learning Objectives

- To appreciate and understand key concepts and strategies of guidance and counselling across different life stages.
- To understand concepts and models of parenting and attributes of positive parenting to aid development of children and adolescents.
- 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 understand and practice basic counselling skills.

Learning Outcomes

The students will be able to

- Acquire an overview of counselling techniques and parenting strategies.
- Understand the importance of effective communication and understanding child development.
- Be able to explore key concepts of counselling, practical skills for supporting families
- Gain insights about impact of parenting styles on child's behavior and development.

SYLLABUS OF DSE HP 7A3

THEORY
(Credits 2; Hours 30)

UNIT I: Introduction to Counselling

6 Hours

This unit introduces the various key concepts of counselling and other related determinants.

- Foundations of Counselling
- Skills required in Counselling
- Ethical Considerations in Counselling
- Personal and professional development of the counsellor

UNIT II: Parenting and Child Development

8 Hours

This unit focuses on how parenting styles and practices influence child and adolescent development across different

life stages.

- Parenting styles and their impact on child and adolescent development
- Influence of culture and context in parenting
- Impact of family structure on parenting

UNIT III: Communication and Emotional Support in Parenting

8 Hours

This unit discusses strategies for enhancing positive parent-child relationships and addressing children's emotional needs.

- Strategies for positive parent-child communication
- Managing conflict and discipline
- Supporting children's emotional needs
- Parental self-care and well-being

UNIT IV: Counselling for Effective and Inclusive Parenting

8 Hours

This unit explores how counselling supports parents in diverse family settings and promotes inclusive, nurturing environments.

- Cultural and socio-economic influences on parenting
- Creating supportive environments in diverse family structures
- Parenting and inclusion: Gender, sexuality, disability, multiculturalism
- Counselling approaches for diverse family forms
- Importance of community resources

PRACTICAL (Credit 2; Hours 60)

- Using recorded available Audio-visual aids to gain a basic understanding of the counselling process.
- Visit to the institutions offering counselling to children
- Conducting interviews and observation as a method of studying children and families.
- Workshop on Skills of counselling (Rapport building, Communication skills, Empathy skills, Active listening skills, Responding skills, etc.)
- Mock sessions to demonstrate and practice counselling skills.
- Cultural and Diversity in Parenting Panel Discussion
- Guidance strategy worksheets-Transition scenario cards (e.g., starting school, entering adolescence, marriage, retirement)
- Parenting Style Assessment and Analysis students identify and analyze different parenting styles and their impacts on child development.

Essential Readings

- Beidel, D.C., & Turne, S.M. (2005). *Childhood anxiety disorders: A guide to research and treatment*. New York: Routledge.
- Eanes, R. (2009), *Positive parenting*, J. P. Tarcher, U.S/ Perigee Bks, U.S.
- Kinra, A.K. (2008). *Guidance and counselling*. Pearson.
- Sahay, S, Deb, S. & Bhandra, S. (2019). *Childhood to Adolescence: Issues and Concerns*. Pearson.
- Seligman, L. & Reichenberg L.W. (2001). *Theories of counselling and psychotherapy: Systems, strategies and skills*. Pearson

Suggested Readings

- 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
- 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