

BA APPLIED PSYCHOLOGY

Core course Title : Counselling Psychology

Course category : PS205

Schedule of Offering : 4th Semester

Course Credit Structure : 4 Credits

- **Lecture : 3 Hours per week**
- **Lab : 2 hours per week**

Contact Hours per week : 5 Hours per week

Course Instructor : Mr. Sarin Dominic

1. Introduction

To develop understanding of basic concepts, processes, and techniques of Counseling. The aim of the course is to help students to gain an understanding in using various counselling techniques and to acquaint with the challenges of Counseling. The course will prepare students to take up advanced courses in applied psychology.

2. Course Objectives

- To learn the basic concepts and theories of counselling and understand the important skills required for practice
- To gain an understanding in using various counselling techniques and acquaint with the challenges of counselling
- To gain understanding on doing counselling in the Indian context

3. Pre-requisites

Registration as a student in B. A Applied Psychology program

4. Readings & Reference

Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions* (4th Ed.). Pearson: Delhi..

Corey, G. (2013). *Counselling and psychotherapy: theory & practice*. Singapore: Cengage Learning Asia Pte Ltd.

Galdding, S. T. (2009). *Counseling : A comprehensive Profession*. Pearson: Delhi

Kapur, M. (2011). *Counselling children with psychological problems*. Pearson : Delhi

Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Mishra (Ed): *Psychology in India. Volume 3 : Clinical and Health Psychology*. New Delhi. ICSSR/Pearson

5. Module-wise topics

Module 1: Introduction of Counselling Psychology (3 sessions)

Topics:

- Definitions and Goals
- Counselling and Psychotherapies: Similarities and Differences
- The effective counsellor: personality characteristics
- Counselling status of counselling psychology in India

Readings:

Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions* (4th Ed.). Pearson: Delhi..

Galdding, S. T. (2009). *Counseling : A comprehensive Profession*. Pearson: Delhi

Module 2 : Counselling Process and Techniques (14 sessions)

Topics:

- Building counselling relationships
- Working in a counselling relationship
- Closing counselling relationships
- Person centered approach
- Psychodynamic approach
- Existential Approach

Readings:

Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions* (4th Ed.). Pearson: Delhi..

Galdding, S. T. (2009). *Counseling : A comprehensive Profession*. Pearson: Delhi

Module 3 : Counseling skills: Western and Indian (14 sessions)

Topics:

- Behavioral Counselling
- Cognitive behavior therapy
- Yoga and Meditation

Readings:

Kapur, M. (2011). *Counselling children with psychological problems*. Pearson : Delhi

Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Mishra (Ed): *Psychology in India. Volume 3 : Clinical and Health Psychology*. New Delhi. ICSSR/Pearson

Module 4: Counseling in Diverse Settings (14 sessions)

Topics:

- Group counseling
- Marital and Family Counseling
- School
- Career

Readings:

Corey, G. (2013). *Counselling and psychotherapy: theory & practice*. Singapore: Cengage Learning Asia Pte Ltd.

Galdding, S. T. (2009). *Counseling : A comprehensive Profession*. Pearson: Delhi

Kapur, M. (2011). *Counselling children with psychological problems*. Pearson : Delhi

Practicals:

Concept	Experiments
Aspiration	Level of Aspiration by Mahesh Bhargava
Personality	16PF Indian Plan Form A or C
Adjustment Functions	Adjustment Inventory for College Students by Sinha.
Aptitude	Aptitude Battery for Career Counselling David's Battery of Differential abilities (DBDA)
Intelligence	Culture Fair Test of Intelligence by Cattell and Cattell.
Learning Disability	Diagnostic Test of Learning Disability by S. Swarup and D. H. Mehta.
Motivation	Motivation Analysis Test by R.B Cattell, J.L Horn and A. B. Sweney
Mental Development	Developmental Screening Test (DST) by Bharath Raj

6. Pedagogy

The teaching learning of the course will be organized through lectures, practical sessions and presentations. Students will be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. Practicum is incorporated as an important component in most of the course. ICT and mass media and web based resources (like documentaries, videos, films etc.) will be used to make teaching learning process, interactive, interesting and fruitful.

7. Evaluation Pattern

The mode of evaluation will be through a combination of examination (Mid and End Semester Exam) 70 marks and internal assessment 30 marks. The internal assessment include individual and group presentations and practicum submissions as a part of overall assessment of the students.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Presentation: 15 %
- Practicals: 15 %