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| **Course Code** | **Course Name** | **L-T-P** | **Credits** |
| **PSY416** | **Counselling Psychology** | **5-1-0** | **6** |

**Module 1: Module-I: Introduction to professional counselling (15 lecture hours + 4 tutorial hours)**

Definition of counselling, historical context and origins of professional counselling, goals of counselling, roles of a professional counsellor, personal qualities of an effective counsellor, qualities of good counselling relationship, counselling and psychotherapy: similarities and differences, ethical principles of counselling practice.

**Suggested activities**

Group discussion on ethical practices in counselling, Group discussion on natural help seeking and supportive dynamics of human nature, Reflection exercise – becoming a counsellor, concerns of beginners and way forward, Comparative review of counsellor training programmes across the world, Field visit to a professional counselling setup.

**Module 2: Counselling process (15 lecture hours + 4 tutorial hours)**

Factors that influence counselling process. Building counselling relationships: the initial interview, informed consent, professional disclosure, establishing rules, assuring confidentiality, assessing expectation, collecting information, identifying problems, establishing goals, and developing a plan. Working in and terminating counselling relationships: core conditions of helping, changing perceptions, managing resistance and transference, conditions, and steps in terminating counselling relationship.

**Suggested activities:**

Demonstration sessions of counselling practice, Review of movies/documentaries demonstrating counselling practice, preparing informed consent form and professional disclosure form for counselling practice, Debate on benefits and ill effects of transference and countertransference, Group discussion on core conditions of helping in a counselling relationship.

**Module 3: Module - III: Skills of counselling (15 lecture hours + 4 tutorial hours)**

Skills of counselling: attending, observing, listening, responding (appropriate questioning, paraphrasing, reflecting, summarising) providing feedback, challenging, immediacy, self-disclosure, goal-setting, Developing counselling skills through practice.

**Suggested activities:**

Skill enhancement exercises, Roleplay sessions, Review of movies/documentaries demonstrating counselling practice, Group interaction with a professional counsellor.

**Module 4: Module - IV: Approaches and techniques of counselling (15 lecture hours + 3 tutorial hours)**

Insight oriented approaches to counselling: Psychoanalysis, person-centred counselling, existential counselling. Action oriented approaches to counselling: behavioural counselling, cognitive behaviour therapy, rational emotive behaviour therapy, Integrating Indian philosophical approaches to counselling practice, specific techniques and common therapeutic factors.

**Suggested activities**

Debate on topic 'specific techniques vs common therapeutic factors, what determines effectiveness of counselling', Review of documentaries demonstrating specific counselling techniques, Narrative review for comparing client experiences across different therapeutic approaches. Group discussion on Indian philosophical approaches and their utility in counselling practice. Review of recent researches examining effectiveness of counselling techniques

**Module 5: Speciality areas in counselling (15 lecture hours)**

Developmental counselling, relationship and family counselling, group counselling, professional school counselling, career counselling, addiction counselling, grief and trauma counselling, mental health counselling.

**Suggested activities**

Group discussion on human concerns across lifespan and specific issues of vulnerable groups

Group interaction with professional counsellors across different speciality areas of counselling, Field visit to speciality counselling clinics, Roleplay sessions, Case discussions/presentations.

**Additional Readings (Self-study topics)**

Historical development and current status of counselling profession in India,Training and supervision in counselling, Credentialing of counsellors (inspection, registration, certification, licensure) ,ACA code of ethics, Assessment and testing in counselling practice, Systems approach and structural family counselling, Integrative and eclectic approaches to counselling, Multi-cultural counselling: issues and concerns, Disability counselling, Geriatric counselling, Counselling in organizational settings.

**Readings**

1. Kottler, J. A. (2008). *Introduction to therapeutic counseling: voices from the field*. Pacific Grove, CA: Thomson-Brooks/Cole
2. Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions* (4th Ed.). Pearson: Delhi..
3. Corey, G. (2013). *Counselling and psychotherapy: theory & practice*. Singapore: Cengage Learning Asia Pte Ltd.
4. Galdding, S. T. (2009). Counseling : A comprehensive Profession. Pearson: Delhi
5. Aldridge, S. (2007). *Counselling skills in context*. London: Hodder Arnold.
6. Nelson-Jones, R. (2013). *Introduction to counselling skills: texts and activities*. London: SAGE.
7. 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

**Evaluation Pattern**

The course follows a continuous evaluation system with 30% weightage on internal components and 70 % on the end term examination. The internal component consists of a series of assignments which will be spread throughout the course.

**Evaluation Matrix**

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| Practicums | 5% |
| Individual assignments | 5% |
| Group assignments | 5% |
| Attendance | 5% |
| Mid-term Examination | 10% |
| End Term Exam | 70% |
| Total | 100% |

The assignments involved in the CIA will be subject to plagiarism checks. A submission with unexplained similarities exceeding 20% for MSc courses will be reverted for resubmission. The final submission is subject to score penalization as defined by the course instructor at the start of the course, with a clear communication of the same to all the registered candidates.