

COUNSELLING: THEORY AND PRACTICE

Introduction:

Counselling help is called upon in developmental, preventive, facilitative and crisis situations throughout the life span during different phase/stages and various life events. The courses aim to equip learners with skills of counselling and understanding various approaches in various settings

Objectives:

1. To develop a holistic understanding of counselling as a tool for help
2. to acquire knowledge of various approaches, their theoretical underpinning for goals, values, process and techniques
3. To develop skills of application to real life situations
4. To develop ability to recognise and synthesize attitudes and values that enhance investment of self in the counsellor's role
5. To develop ability to use the tools/scales in various settings

Unit I

Introduction to Counselling: Meaning, Definition, Need and importance of counselling and professional counselling.

Basic principles of Counselling : Participation, Individualisation, Confidentiality, communication, acceptance, self confidence, self awareness and other principles governing the counselling relationship.

Unit II

Theories of counselling : Psychoanalytic, Adlerian, Client centred, Behavioural, Rational emotive, Reality, Gestalt, Transactional analysis and eclectic Theories.

Unit III

Counselling process, Interview and its significance in counselling – Use of observation in counselling and understanding of emotions in counselling.

Unit IV

Types of counselling – Individual and group Counselling, Family Counselling, Marital Counselling, Student Counselling and Industrial Counselling.

Techniques of group counselling, strategies and structure – barriers to effective counselling sessions; Counselling evaluation.

Unit V

a. Components of effective counselling : Personality of the counsellor's skills – Role and functions of the counsellors in schools, industries, family, hospital and rehabilitation institution.

b. Application of test (only for practice not for Examination)

The following standardized tests must be practiced in counselling settings. personality, intelligence, interpersonal relations, stress, anger, self esteem, anxiety, assertiveness, depression, adjustment, mental health and family intensive.

References:

1. Burnett. J. : Counselling with young people
2. Fred Machinery :Counselling for personal Adjustment
3. Shestroin Everlett, Brammer M. Lawrence : The dynamics of counselling process.
5. Tpbbert, E.L. Introduction to counselling
6. Colin Fertham, Controversis in psycho therapy and counselling, Sage publications, New Delhi, 1999.
7. Kathryn Geldard & David Geldard, Counselling Children, A practical Introduction, Sage publication, New Delhi, 1997.
8. Fullmer, D.W. & Bernard H.W. : Counselling content and process
9. Harms E & Schreiber : Handbook of counselling Tecniques
10. Kennedt. E : On becoming a counsellor – A basic Guides for non-professional counsellors, Macmillan, New Delhi.
11. Development theories of E.B. Harlock and Robert kegan
12. Psychological theory(Eric Erickson, Need Hierarchy (Maslow's) Cognitive theory (Jean piaget)