

FAMILY AND MARITAL COUNSELLING

Unit I

Family as system, Family development tasks. Changing pattern of family in India. Family Life Cycle. Communication in family: Importance, patterns of communications, factors affecting communications in families.

Unit II

Theoretical foundations for counselling: Cognitive – Developmental cognitive behavioral, Humanistic Theories, Existential counselling, Adlerian Systems theory, Post modern theories.

Unit III

Understanding the Dysfunctional family: Factors contributing to dysfunctional family system, broken families, single parent families. The impact of broken families on children.

Unit IV

Marriage and family; aims and types of marriage. Factors contributing to marital conflicts.

Unit V

Counselling : Definition, Family counselling; Marital Therapy; Pre-marital Counselling; approaches to marital Therapy.

References:

Ackerman N.W. Psycho Dynamics of family welfare, Basic books Inc, New York.
Fonseca Mabe : Counselling for marital happiness, Leensufala, Bombay.
Indian Social Institute : The family in the change and challenge of the seventies sterling publications, New Delhi.
Core, M.S. Urbanisation and family change, popular, Bombay.
Kapadia, K.N. Marriage and family in India; Oxford University Press, Delhi.
Gupta, Girija: Family and Social change in Modern India (Ed.) Vol.II, Vikas pub. Delhi.