

INTRODUCTION TO COUNSELLING.

Unit 1:

Introduction to Counselling: Meaning, definition, need and importance of counselling & professional ethics in counselling.

Unit 2: Basic Principles of Counselling:

Participation, individualisation, confidentiality, communication, acceptance, self confidence, self awareness and other principles governing the counselling relationship.

Unit 3:

Counselling process, interview and its significance in counselling- Use of observation in counselling and understanding of emotion in counselling.

Unit 4:

Techniques of group counselling, strategies and structure- barriers to effective Counselling sessions: Counselling evaluation.

Unit 5:

Components of effective counseling; Personality of the counselor's skills- Role and functions of the counselor in schools, industries, family, hospitals & rehabilitation institutions.

References:

1. Burnett.J :Counselling with young people
2. Fred Machinery : Counselling for personal Adjustment
3. Morrisco C. Engine: Counselling with Young people
4. Shesrom Everlett, Brammer M.Lawrence: The Dynamics of counselling process
5. Tobbert,E.L: Introduction to counselling
6. Colin Feltham, Controversies in psycho therapy and counselling, Sage publications, New Delhi, 1999.
7. Kathryn Geldard & David Geldard, Counselling Children, A practical Introduction, Sage Publications,New Delhi, 1997.
8. Charles J.O.leary, Counselling Couples and Families. A Person centred Approach,, sage Publications, New Delhi,1999.
9. Keith Tudor, Group Counselling, Sage Publications, New Delhi, 1999.
10. Don. C.Locke, Jane, E.Mayers, Edwin I.Iless, the Hand book of Counselling, Sage publication, International Educational and professional Publishers, New Delhi-2001.
11. Tara Chand Sharma, Modern Methods of Guidance and Guidance and Counselling Sarup & Son's, New Delhi 2002.