

- ELECTIVE I A:GUIDAUEPYA22 NCE AND COUNSELLING PSYCHOLOGY

Year/ Sem	Course Code	Title of the Course	Course Type	Course Category	H/W	Credits	Marks 100
III / V	UEPYA22	Guidance and Counselling Psychology	Theory	Elective	5	3	40+60=100

OBJECTIVE:

To give students a comprehensive overview of counselling with theoretical and practical components.

COURSE OUTCOMES (CO):

On completion of the course, the students will be able to: (all to be made as one verb)

Summarize the nature, goals and fields of counselling.

Infer relevant approaches for different counselling cases.

Use appropriate diagnostic tools to identify the presenting issues

Nurture qualities and skills required for effective counselling

Describe different areas in counselling.

CO/PSO	PSO					
	1	2	3	4	5	6
CO 1	H	H	H	M	M	M
CO 2	H	H	H	H	M	H
CO 3	H	H	H	H	H	H
CO 4	H	H	H	H	H	M
CO 5	H	H	H	M	H	H

CO/PO	PO					
	1	2	3	4	5	6
CO 1	H	L	M	H	H	H
CO 2	H	L	H	H	H	M
CO 3	H	L	M	H	L	H
CO 4	L	H	H	H	H	H
CO 5	H	L	M	M	H	H

Low-L, Medium-M, High-H

UNIT I: NATURE AND SCOPE OF GUIDANCE AND COUNSELLING [11 Hours]

Counselling and Guidance: Meaning, Nature (K2)

Need and Functions of Guidance and Counselling (K2)

Fundamental Precepts of Effective Helping (K1, K2, K3)

Emergence of Guidance and Counselling in India (K2)

Goals and Scope of Guidance and Counselling (K1, K2)

Types of Counselling Services (K1, K2, K3, K4)

UNIT II: APPROACHES TO COUNSELLING AND THE COUNSELLING PROCESS

[16 Hours]

2.1 Directive and non-directive approaches: Humanistic approach (K1, K2, K3)

2.2 Behaviouristic approach (K1, K2, K3)

2.3 Existential Approach (K1, K2, K3)

2.4 Eclectic Approach (K1, K2, K3)

2.5 Counselling Process: Preparation for counselling (K1, K2, K3, K4)

2.6 Steps in the counselling process (K1, K2, K3)

UNIT III: PSYCHOLOGICAL TESTING AND DIAGNOSIS

[16 Hours]

3.1 Use of psychological tests in guidance and counselling (K1, K2)

3.2 Types of psychological tests (K1, K2)

3.3 Nature of a good psychological test (K2)

3.4 Test interpretation in counselling (K2, K3, K4)

3.5 Limitations of psychological tests, Diagnosis and its limitations (K1, K2, K3, K4)

3.6 Mental Status Examination (K2, K3, K4)

UNIT IV: COUNSELLOR QUALITIES, SKILLS AND ETHICAL RESPONSIBILITIES

[16 Hours]

4.1 **Qualities of an effective counsellor:** Empathy, Attending Behaviour, Therapeutic Alliance (K1, K2, K3)

4.2 RESPECTFUL model, Diversity and Multicultural Competence (K1, K2, K3)

4.3 **Counsellor skills:** Building Trust, Building Rapport (SOLER), Observational Skills (K1, K2, K3)

4.4 Micro Skills hierarchy (K1, K2, K3)

4.5 **Ethics in Counselling:** Code of Professional Ethics (K1, K2, K3)

4.6 Common Ethical violations by Professional Counsellors (K2, K3, K4)

UNIT V: SPECIAL AREAS IN COUNSELLING

[16 Hours]

5.1 Family group consultation: Counselling with Parents, Counselling Families Concerning Children (K2, K3)

5.2 Premarital and Marriage Counselling (K2, K3.3 Career Guidance, Career Counselling; Adolescent Counselling (K2, K3)

5.4 Counselling the differently-abled person (K2, K3)

5.5 Counselling children in conflict with the law (K2, K3)

5.6 Role of the Counsellor in developing subjective and holistic well-being, (post covid) (K2, K3, K4)

TEXTBOOKS:

1. Rao, N. (2013). Counselling and Guidance. Chennai, India: Tata McGraw Hill.
2. Gladding, S.T. (2017). Counselling: A comprehensive profession. Chennai, India: Pearson.
3. Gibson, R. L., & Mitchell, M. H. (2007). Introduction to counselling and guidance (7th ed.). Upper Saddle River, NJ: Prentice-Hall.
4. Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2014). Intentional Interviewing and Counselling, Facilitating Client Development in a Multicultural Society (8th Edition). Belmont, CA: Cengage Learning.

REFERENCES:

1. Nayak, A. K. (2007): Guidance and counseling. New Delhi, India: APH Publishing.
2. Barki, B. G., & Mukhopadhyay, B. (2008): Guidance and counselling manual. New Delhi, India: Sterling.
3. Kochhar, S. K. (1984). Guidance and counselling in colleges and universities. New Delhi, India: Sterling.