

Sem.	Course Code	COUNSELLING AND GUIDANCE	Total Marks :100		Hours Per week	Credits
II	17PBCCT204		CIA: 25	ESE: 75	4	4

Objectives:

- To acquire knowledge of the theoretical approaches to counseling.
- To understand the process of counseling.
- To understand the basic skills required for the counselor .
- To gain knowledge of practice of counseling in different setting.
- To understand the role of professional social worker in counseling field.

UNIT – I

Counseling: Meaning and Definitions, Characteristics, Goals, Essential Elements in Counseling; Types of Counselling; Qualities of an Effective Counselor; Characteristics of Counselee (Client); Voluntary and Non-Voluntary Clients; Skills of a Client/ Counselee; Guidance: Meaning, Objectives and Importance.

UNIT – II

Theories/ Approaches of Counselling: Psychoanalytic theory, Client Centered theory, Cognitive theory, Gestalt, Rational Emotive theory, Behaviour, Cognitive Behaviour, Marital and Family theory, Reality and Transactional Analysis, Eclectic approach in counselling, Indigenous Approaches: help and self-help (yoga, reflection, act of prayashchit)

UNIT – III

Counseling Process and stages of Counselling: Phases of Counselling: Relationship building Phase, Exploration and understanding phase, Problem solving phases, Termination and Evaluation Phase. Important of Counselling Relationship, Factors that promote Counselling Relationship, Regard, Respect, Authenticity, Empathy and Genuineness; Counselling Techniques; Counselling Skills.

UNIT – IV

Group Counselling: Meaning, Definition & Goals of Group Counselling Skills. Types of Groups; Counselling in Special Situations: Marriage, Couple and Family Counselling, School Counselling and Guidance, Industrial Counselling with Employers and Employees, Alcoholic and De-Addiction Counselling, Crisis and Trauma Counselling, Supportive Counselling for PLHIV, TB Patients, PWDs, Marital Problems, Counselling against suicidal thoughts and Community Counselling.

UNIT – V

Counsellor as Professional; Ethical standards in Counselling; Research; Relevance of counselling as a Social Work Practice; Role of Professional Social Worker in Counselling field; Roles and Responsibilities of NIMHANS; FCC in Counselling Profession; Do's and Don'ts in counselling.

Books for References:

1. Narayana Rao . S and Prem Sahajpal, 2003, Counselling and Guidance, Tata McGraw Hill, New Delhi. India.
2. Radhika Soundararajan, Counselling Theory , Skills And Practice , Tata McGraw-Hill Education Private Limited
3. Gibson Robert . L and Mitchell Marianne . H 1986, Introduction To Counseling And Guidance, New York Macmillan
4. Quazi Ferdoushi Islam 2012, Student Counselling And Mentoring, Pearson Education
5. Page Steve And Wosket Val,1994, Supervising the Counsellor: A Cyclical Model,

Informa company.

QUESTION PAPER PATTERN		
SECTION - A	SECTION - B	SECTION - C
10 x 1 = 10 Marks (Multiple Choice, Four options) Two questions from each unit	5 x 7 = 35 Marks (Either or choice) Two questions from each unit	3 x 10 = 30 Marks (Answer any three Questions) One Question from each unit

