

Course related to Professional Ethics

Sem	Course Code	Skill Based:	Total Marks:	Hours Per Week	Credits
III	20UAVST304	COUNSELLING PSYCHOLOGY	75 CIA : 20 ESE : 55	6	4

Course Objectives:

1. Develop knowledge of the core theoretical areas, major models, and basic techniques of counseling
2. Demonstrate theories and methods of cognitive and personality related to counseling
3. Apply skills and knowledge of counselling in various settings.
4. Understand the theories of counselling
5. Familiarize the evaluation of counselling

Course Outcomes (CO): On completion of the course, students should be able to

CO 1	To apply the counselling models across all stages of development	K1 – K4
CO 2	To evaluate about need of counselling in career and work, and dealing life transition	
CO 3	Understand the role of counselling in Crisis intervention, disaster and trauma.	
CO 4	Analysis the different models of counselling psychology	
CO 5	Apply in relationship difficulties-including marital and family difficulties	

K1 :Remember; K2 :Understand; K3 :Apply; K4 :Analyze

Unit –I	Introduction to Counselling
Definition.Goals of Counselling.Role of a counsellor.Ethical issues.Professional issues.	

Unit – II	Theories of Counselling
Theoretical approaches- Psychodynamic approaches (Freud).Behavioural- cognitive approaches (Albert Ellis).Humanistic approaches (Rogers).Eclectic approaches.	

Unit – III	Counselling Process
Counselling Process - Stages of the Counselling Process: Basic skills for Counselling (Observing, Attentive listening, Responding, Probing, Paraphrasing, Respect, Empathy, Diagnosing, Goal setting),communication and relationship skills. Characteristics of an effective counselor.	

Unit – IV	Special areas of Counselling
Areas of Counselling - Group Counselling, Counselling Families, Child Counselling, Counselling The Delinquent, Pre-marital Counselling, Marriage Counselling , Counselling Drug Addicts, Crisis Intervention Counselling and Career Counselling.	

Unit – V	Recent Trends in Counselling
Assessment and formulation in Counselling - Formulation of case and planning for counseling. Counselling: Counseling around the globe. Professional association for counseling. Modern trends. Counselling in India.	



Dr. N. RAMAN
PRINCIPAL,
KONGU ARTS AND SCIENCE COLLEGE
(AUTONOMOUS)
NANJANAPURAM, ERODE - 638 107


TEXT BOOK	
1.	Jones, R.N.(2005), Practical Counselling and Helping Skills, Sage Publication Ltd, London
2.	Nelson-Jones R., (2012). Basic Counselling Skills: A Helper's Manual, SAGE South Asia
REFERENCE BOOK	
1.	Patri, VasanthaR , (2001). Counselling Psychology, New Delhi: Authors Press
2.	NarayanaRao, S. (2013), Counseling and Guidance -3rd edition, Tata McGraw Hill, New Delhi
3.	Gladding, S.T (8 th ed). Counselling: A comprehensive Profession. Englewood cliffs. N.J: Merri
WEB RESOURCES	
1.	https://www.edx.org/course/counseling-and-psychotherapy-theory


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

Mapping of COs with POs and PSOs:												
PO/PSO CO	PO							PSO				
	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CO 1	S	S	M	M	M	M	S	M	S	S	M	S
CO 2	M	M	S	M	S	M	M	M	M	M	S	S
CO 3	M	M	M	S	M	S	M	S	S	M	M	S
CO 4	M	S	S	S	M	S	S	M	S	S	M	M
CO 5	S	M	M	S	M	S	M	M	M	S	M	M

S-Strong, M-Medium, L-Low




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 HEAD OF THE DEPARTMENT
 DEPARTMENT OF PSYCHOLOGY
 KONGU ARTS AND SCIENCE COLLEGE
 (AUTONOMOUS)
 ERODE - 638 107.