

**Paper No- 11. Counseling psychology**

**Maximum Marks: 100+50 (Practicum)**

**Contact Hours: 48**

**Objective:** To help the student understand the basic concepts, processes and key applications of counseling.

**1. Introduction:** Meaning and goals; Counseling process and relationship; Counselor effectiveness and ethical considerations, Counseling in the Indian context (10 hours)

**2. Approaches:** Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral (12 hours)

**3. Techniques:** Play, art, drama, music, dance; Yoga and meditation (12 hours)

**4. Applications:** Family Counseling; School and Career Counseling; Crisis intervention (14 hours)

**Practicum:** Students are required to carry out any 2 practical (based on PSY 10) from an illustrative list given below;

- Exercises on listening skills or empathy in role play.
- Role play of an intake interview with different types of clients.
- Interview or survey on persons of different age groups or socio-cultural backgrounds to assess their needs for professional counseling.
- Preparation of a case study of a person dealing with a stressful life situation, conflict or crisis with suggested interventions.
- Using standardized psychological tests to assess the relationship between any 2 variables such as family environment, marital adjustment, school or college adjustment, work satisfaction, career interests, daily stressors and problems.

**Readings:**

1. Garrett, J. Expressive Techniques (2007) ) <http://jgarrett43mu-mucoun607.blogspot.in/2007/11/chapter-6-expressive-techniques.html> Retrieved on 15 April 2013 (chapter 5)

2. Gladding, S. T. (2012) Counseling: A Comprehensive Profession. (7th ed). Pearson (Chapters 2, 3, 6, 7, 8 15, 16, 17)

3. Rao, K. (2010) Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson (Chapter 5)
4. Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill. (Chapters 2, 3, 4, 5, 7, 11, 12, 13, 14, 16, 17)
5. Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson. (Chapters 3, 6, 8, 13, 14, 16, 18)