

Bachelor of Arts

Syllabus for UG Psychology -Semester VI

Old Syllabus	Proposed Syllabus
Title of the Paper: Counselling Psychology	Title of the Paper: Counselling Psychology
Subject Code: 645610	Subject Code:61605

Title of the Paper	Cr	L	P/T	D (EE)	EE	IE	T
	4	4	--	2.5 hours	75	25	100

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration, EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
<p>Objectives: The learner will be able to</p> <ol style="list-style-type: none"> 1. Gain In-depth understanding in the subject of Counselling Psychology 2. Learn the process, scope, ethical issues and major theories in Counselling Psychology 3. Understand the applications in the field Counselling Psychology 	<p>Objectives:</p> <ul style="list-style-type: none"> • To gain In-depth understanding in the subject of Counselling Psychology • To learn the process, scope, ethical issues and major theories in Counselling Psychology <p>Learning Outcomes: On completion of the course, the learner will be able to</p> <ul style="list-style-type: none"> • Understand the various processes involved in counselling • Explain the ethics involved in counselling • Apply the concepts of counselling to various settings

Old Syllabus		Proposed Syllabus							
Unit	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weight age	Instruc tion Time	Credit s	Evaluation	
								IE Weightag e	EE Weightag e
1	1.1 Understanding Counselling as a process, meaning and goals 1.2 Perspectives on Effective Helping Relationship 1.3 Job Settings & Scope for Counsellors. 1.4 Ethics in Counselling 1.5 Individual counseling theory and techniques- Cognitive, Brief approaches	Introduction to Counselling	After studying the module, the learner will be able to <ul style="list-style-type: none"> Understand the concept of counselling Gain an understanding about the job settings in which the counselors work and the ethics. Understand various applications of Counseling 	1.1 Understanding Counselling as a process, meaning and goals 1.2 Counselling Profession- Job setting, Ethics 1.3 Applications to Counselling - Developmental- a. Child Counselling b. Adolescent Counselling- Vocational c. Adult Counselling- Premarital, Marital, Gender Specific, Geriatric d. Other- Rehabilitation, Grief Counselling	25	15	1	5	20
2	2.1 Stages of Counselling 2.2 Factors influencing Counselling Process 2.3 Counselling skills 2.4 Counselling Interview 2.5 Termination	Counselling Process	After studying the module, the learner will be able to <ul style="list-style-type: none"> Gain an insight into the stages and skills involved in Counselling Examine the stage wise counselling process 	No Change	25	15	1	5	20
3	3.1 Gender Specific Counselling 3.2 Geriatric Counselling 3.3 Marital Counselling 3.4 Counselling children 3.5 Grief Counselling	Theories of Counselling	After studying the module, the learner will be able to <ul style="list-style-type: none"> Understand the various perspectives and approaches to 	3.1 Psychoanalytic Approach and Techniques 3.2 Behavioural Approach and Techniques 3.3 Cognitive Approach-	25	15	1	5	20

	3.6 Vocational Counselling 3.7 Rehabilitation Counseling		counselling	Cognitive Therapy, CBT, REBT 3.4 Humanistic Approach- Person Centered Therapy 3.5 Transactional Analysis					
4	4.1 Role of Prevention 4.2 Prevention in non-school settings 4.3 Counselling Programs development 4.4 Counselor self-care	Prevention and Wellness	After studying the module, the learner will be able to <ul style="list-style-type: none"> Understand the prevention model of mental health Learn about the need to construct and implement programs promoting mental health 	No Change	25	15	1	5	20

Evaluation Scheme:

A. Internal Exams: Total Marks: 25

MCQs on various concepts

Group Presentations

Educational film/documentary and classroom discussion

Topic based assignment

Internship/Observership

B. External Exams: Total Marks: 75

Student has to answer any 4 questions from Q1 to Q6. Q7 is compulsory

Question No.	Question Type	Marks
Q1	Essay type Question from Module I	15
Q2	Essay type Question from Module II	15
Q3	Essay type Question from Module III	15
Q4	Essay type Question from Module IV	15
Q5	Essay type Question from Module I or II	15

Q6	Essay type Question from Module III or IV	15
Q7	Short Notes (any 2 out of 4) One short note each from every Module	15

References:

A. Essential Reading:

Gladding, S. T. (2018). *Counseling: A Comprehensive Profession* (8th Edition). Pearson.

B. Additional Reading:

Gelso, C. J., Williams, E. N., & Fretz, B. R. (2014). *Counselling Psychology: Vol. 3rd Edition*. APA.

Gibson, R. L., & Mitchell, M. H. (2015). *Introduction to Counselling and Guidance* (7th Edition). Pearson.

Welfel, E. R., & Patterson, L. E. (2004). *The Counseling Process: A Multitheoretical Integrative Approach* (6th Edition). Brooks/Cole, Cengage Learning.