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| **Part A: Introduction** | | | | | | |
| Program: **Certificate Course** | | Class: **B.A. I Sem.** | | | Year: **2022** | Session:**2022-2023** |
| 1 | Course Code | | BPsyST201 | | | |
| 2 | Course Title | | Counsling skills-I | | | |
| 3 | Course Type | | Theory | | | |
| 4 | Pre-requisite  (if any) | | 1. 10+2 in any discipline 2. This course can be opted by the students who has opted psychology as a core subject. | | | |
| 5 | Objectives | | 1. To Develop the comprehensive understanding of the profession of counselling 2. To understand the counseling skills. 3. To understand what counselors actually do. | | | |
| 6 | Course Learning  Outcomes (CLO) | | Following are some course learning outcomes of this ccourse   1. Having a comprehensive understanding of the profession of counselling, particularly in the Indian context. 2. Developing proficiencies to assist professional counsellors during intake interviews**.** 3. Acquiring basic counselling skills of problem identification, and relationship building (e.g. empathy, listening, paraphrasing, unconditional positive regard). | | | |
| 7 | Credit Value | | Theory : 0**2** | | | |
| 8 | Total Marks | | Max. Marks: 50 | Min. Passing Marks : 17 | | |

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| **Part B:** **Content of the Course** | | |
| **Total No. of Lecture (in hours per week):**  **Total Lecturer:** | | |
| Sr.No. | Topics | No. of Lectures |
| I | **Introduction to counseling**   * Defining counseling, goals of counseling, professional counselors, basic counseling skills * Understanding counseling process: Development of helping relationship, counselor –counselee relationship. * Ethical considerations in counseling | 10 |
| II | **Specific Counseling Skills**   * Paraphrasing and reflecting feelings, asking questions, self-disclosing, facilitating problem solving * Inside and outside skills of counselling, Self-monitoring skills as a counsellor * Training clients in relaxation   Improving client’s self-talk and self-perceptions | 15 |
|  | **Suggested Practical Work (Illustrations only):**   1. Analysis of movie entitled “Good Will Hunting” for various themes of counselling, focusing on the process of counselling and the client-counsellor relationship. Watching the structure of the sessions, from initiation to termination, looking into both the client's and the counsellor's life, and the dyadic relationship the two share, and use of several counselling techniques like confrontation, paraphrasing, self-disclosure, unconditional positive regard. 2. **Experiential activities for counselling skills (to be conducted in group settings):**  * **Exchange your shoes**: In this activity dyads exchange their shoes and walk in other person’s shoe literally. * **Blindfold activity** for trust and support: One person in the dyad becomes the guide and the blindfolded person is helped traverse a path full of impediments. |  |
| **Keywords:** | | |

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| **Part C - Learning Resource** |
| **Text Books, Reference Books, Other Resources** |
| **Suggested Readings:**    **References:**  Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.  Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.  Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*.(7th Ed.) New Delhi: Cengage Learning.  Feltham, C., & Horton, I. E. (2006). *The Sage handbook of counseling and psychotherapy*. London: Sage Publications.  Jones, R. N. (2008). *Basic counselling Skills: A helper’s manual* (2nd Ed.). New Delhi: Sage Publications. |

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| **Part** D: **Assessment and Evaluation** | | |
| **Suggested Continuous Evaluation Methods:**  MaximumMarks:50  Continuous Comprehensive Evaluation (CCE):  Marks University Exam(UE): | | |
| Internal Assessment:Continuous Comprehensive Evaluation (CCE) | Class TestAssignment/PresentationThere shall be formative assessments (in-semester activities) including tests and assignment of 15 marks each. Average scores of one best test score and assignment are to be taken into account. | **Total Marks** |
| External Assessment:University Exam (UE) Time: 02.00 Hours | Section(A): Very Short Questions/MCQ, 2 questions from each unit with no choice.Section(B): Short Questions, 2 questions from each unit with choice (solve any one from each unit)Section (C): Long Type Questions, 2 questions from each unit with choice (solve any one from each unit) |  |
|  |  | Total **Marks:** |