

<b>Part A: Introduction</b>			
Program: <b>Certificate Course</b>		Class: <b>B.A. I Sem.</b>	Year: <b>2022</b> Session: <b>2022-2023</b>
1	Course Code	BPsyST201	
2	Course Title	Counseling 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)	<p style="color: blue;">Following are some course learning outcomes of this course</p> 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 : 02	
8	Total Marks	Max. Marks: 50	Min. Passing Marks : 17

<b>Part B: Content of the Course</b>		
<b>Total No. of Lecture (in hours per week):</b>		
<b>Total Lecturer:</b>		
Sr.No	Topics	No. of Lectures
I	<p style="text-align: center;"><b><u>Introduction to counseling</u></b></p> <ul style="list-style-type: none"> <li>➤ Defining counseling, goals of counseling, professional counselors, basic counseling skills</li> <li>➤ Understanding counseling process: Development of helping relationship, counselor –counselee relationship.</li> </ul>	10

	<p>➤ Ethical considerations in counseling</p>	
<p>II</p>	<p><b>Specific Counseling Skills</b></p> <ul style="list-style-type: none"> <li>• Paraphrasing and reflecting feelings, asking questions, self-disclosing, facilitating problem solving</li> <li>• Inside and outside skills of counselling, Self-monitoring skills as a counsellor</li> <li>• Training clients in relaxation</li> </ul> <p style="text-align: center;">Improving client’s self-talk and self-perceptions</p>	<p>15</p>
	<p style="text-align: center;"><b>Suggested Practical Work (Illustrations only):</b></p> <p>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.</p> <p>2) <b>Experiential activities for counselling skills (to be conducted in group settings):</b></p> <ul style="list-style-type: none"> <li>- <b>Exchange your shoes:</b> In this activity dyads exchange their shoes and walk in other person’s shoe literally.</li> <li>- <b>Blindfold activity</b> for trust and support: One person in the dyad becomes the guide and the blindfolded person is helped traverse a path full of impediments.</li> </ul>	

<b>Keywords:</b>		

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

