

# MASTER OF SOCIAL WORK (MSW)

SYLLABUS  
(2016 Onwards)  
DEPARTMENT OF SOCIAL WORK



केरल के केंद्रीय विश्वविद्यालय

Central University of Kerala

*Established by the Parliament of India vide the Central University Act, 2009  
(No.25 of 2009)*

Tejaswini Hills, Periyar P.O., Kasaragod District, Kerala, INDIA – 671 316

[www.cukerala.ac.in](http://www.cukerala.ac.in)

## GENERAL INFORMATION FOR THE STUDENTS

---

### DEPARTMENT OF SOCIAL WORK

The Department of Social Work was started with a Master Programme in 2012. It was started as one among the department initiated at the university during its inception. The department aspires to become a centre of excellence in developing social work professionals for promoting justice and empowerment. With a judicious mix of theory and practice, the department has geared itself to be strong in teaching, research and learning. In the year 2016, Ph.D programme is also initiated at the department.

### VISION

To become a centre of excellence of learning, experience, research, training and services

### MISSION

To provide a conducive environment for participatory learning

To promote a just and equitable society through research and provisioning of professional services

### OBJECTIVES

To offer innovative teaching and learning in social work

To impart evidence-based intervention at individual, groups and community level.

Inculcate skills to conceptualize research with policy implication

Collaboration and co-operation with public, voluntary agencies, para-professionals for their capacity building

### SELECTION PROCESS

Students who have obtained any Bachelor's Degree from a recognized university under a minimum of 10+2+3 system are eligible to apply to the MSW programme provided they have secured the minimum marks/grades prescribed in the respective Programme Structure

Admission to MSW course shall be based on a written entrance test. Process of Admission, programme structure, registration, evaluation, declaration of results, award of degree and other particulars mentioned in the "REGULATIONS FOR POST-GRADUATE PROGRAMMES UNDER CHOICE BASED CREDIT AND SEMESTER SYSTEM" of Central University of Kerala shall be applicable to the students securing admission for MSW course at the Department of Social Work.

Any modification on the above-mentioned regulations at any period during the course shall be applicable to the students at the Department of Social Work

### SOCIAL WORK PROGRAM – AGLIMPSE

There are four theory papers along with concurrent field work cum rural camp in the first semester. In the second semester, along with the concurrent field work cum summer internship there are four theory papers that the students have to learn.

Specializations are offered in four areas namely medical and psychiatric social work, community organization and development practice, family and child welfare and human resource management. In the third and fourth semester, there is one common paper each to study. Apart from the same, students have to select two elective papers each in both these semesters respectively. Concurrent field work cum study tour has to be completed in the third semester.

In the fourth semester, a dissertation, concurrent field work and block placement has to be completed.

## **SOCIAL WORK PROGRAM – PRACTICALS#<sup>1</sup>**

The components of the practicals in the Social Work course include the following:

### **ORIENTATION VISITS**

Governmental and voluntary organizations in the field of Social Work will be visited as per the schedule of the Department of Social Work during the course

### **CONCURRENT FIELDWORK**

It shall be for 15 hours a week (including individual conference), spread over two days in all the four semesters.

### **RURAL CAMP**

Duration of the rural/tribal camp shall be between 7-10 days during the first semester

### **STUDY TOUR**

Duration of the study tour shall be between 1-2 weeks. Reputed organizations (Governmental/Voluntary) have to be visited during the exercise

### **INTERNSHIP AND BLOCK PLACEMENT**

Internship shall be undertaken by the student during the summer break within a week after the second semester end semester examination in a reputed agency related to the preferred specialization in the third and fourth semester of the course.

Block Placement shall be undertaken by the student within a week after the fourth semester end semester examination, in a reputed agency preferably related to the specialization opted by the student during the course.

Reflection of the block placement in the grade sheet/certificate shall be subject to the production of the 'block placement completion certificate' from the agency. The duration of both internship/block placements shall be for a period of 4-weeks (30 days).

---

# Changes in the practicals is subject to the decisions of the faculty council and/or board of studies, Department of Social Work



CENTRAL UNIVERSITY OF KERALA

## COURSE STRUCTURE FOR MASTERS OF SOCIAL WORK (MSW) PROGRAMME (2016-18 ONWARDS)

Course Code	COURSE TITLE	Contact Hours/Week				CREDITS
		L	P	T	Total	
<b>SEMESTER I</b>						
HMS 5101	History and Development of Professional Social Work	3		1	4	4
HMS 5102	Fundamentals of Psychology for Social Work Practice	3		1	4	4
HMS 5103	Social Case Work	3		1	4	4
HMS 5104	Social Group Work	3		1	4	4
HMS 5109	Concurrent Field Work and Rural Camp <sup>§</sup>		15 <sup>#</sup>		15	4
Total						20
<b>SEMESTER II</b>						
HMS 5201	Social Sciences for Social Work	3		1	4	4
HMS 5202	Community Organization & Social Action	3		1	4	4
HMS 5203	Social Work Research and Statistical Applications	3		1	4	4
HMS 5204	Social Welfare Administration	3		1	4	4
HMS 5209	Concurrent Field Work and Internship*		15 <sup>#</sup>		15	4
Total						20
<b>SEMESTER III</b>						
HMS 5301	Theory and Practice of Counselling	3		1	4	4
<i>Elective 1</i>	<i>Two courses from the approved list as per opted specialization</i>	2		1	3	3
<i>Elective 2</i>		2		1	3	3
HMS 5309	Concurrent Field Work and Study Tour <sup>@</sup>		15 <sup>#</sup>		15	4
Total						14

SEMESTER IV						
HMS 5401	Social Policy and Legislations	3		1	4	4
<i>Elective 3</i>	<i>Two courses from the approved list as per opted specialization</i>	2		1	3	3
<i>Elective 4</i>		2		1	3	3
HMS 5408	Dissertation			4	4	4
HMS 5409	Concurrent Field Work		15 <sup>#</sup>		15	4
HMS 5410	Block Placement	4 weeks				-
Total						18
Total for Core Courses (all 4 semesters)						60
Total for Elective Courses (all 4 semesters)						12
Total Credits for Core and Elective Courses (all semesters)						72

Note: ( a) L: Lecture, P: Practical, T: Tutorial

#: total hours of field work including individual conference per week

§: 7–10-day duration, \*: 4 weeks duration, @: 1-2weeks

## ELECTIVE COURSES

(SPECIALISATION: MEDICAL AND PSYCHIATRY)

Course Code	COURSE TITLE	Contact Hours/Week				CREDITS
		L	P	T	Total	
<b>SEMESTER III</b>						
HMS 5001	Medical information for Social Workers	2		1	3	3
HMS 5002	Medical Social Work	2		1	3	3
<b>SEMESTER IV</b>						
HMS 5003	Introduction to Psychiatric Social Work	2		1	3	3
HMS 5004	Advanced course in Psychiatric Social Work	2		1	3	3

## ELECTIVE COURSES

(SPECIALISATION: COMMUNITY ORGANIZATION AND DEVELOPMENT PRACTICE)

Course Code	COURSE TITLE	Contact Hours/Week				CREDITS
		L	P	T	Total	
<b>SEMESTER III</b>						
HMS 5005	Tribal and Community development	2		1	3	3
HMS 5006	Urbanisation and Urban Governance	2		1	3	3
<b>SEMESTER IV</b>						
HMS 5007	Environmental Conservation and Sustainable Development	2		1	3	3
HMS 5008	Social Planning and Development for Marginalised	2		1	3	3

## ELECTIVE COURSES

(SPECIALISATION: FAMILY AND CHILD WELFARE)

Course Code	COURSE TITLE	Contact Hours/Week				CREDITS
		L	P	T	Total	
<b>SEMESTER III</b>						
HMS 5009	Social Work Practice with Families	2		1	3	3
HMS 5010	Social Work Practice with Children and Youth	2		1	3	3
<b>SEMESTER IV</b>						
HMS 5011	Child Rights and Protection	2		1	3	3
HMS 5012	Rights of Women and Gender Justice	2		1	3	3

## ELECTIVE COURSES

(SPECIALISATION: HUMAN RESOURCE MANAGEMENT)

Course Code	COURSE TITLE	Contact Hours/Week				CREDITS
		L	P	T	Total	

SEMESTER III						
HMS 5013	Human Resource Management	2		1	3	3
HMS 5014	Industrial Relations and Labour Welfare	2		1	3	3
SEMESTER IV						
HMS 5015	Labour Legislation	2		1	3	3
HMS 5016	Organizational Behaviour and Organizational Development	2		1	3	3

**THIRD SEMESTER**



# HMS 5301 - THEORY AND PRACTICE OF COUNSELLING

## Course Objectives

- Have a holistic understanding of counselling as a helping method
- Attain advanced understanding of various approaches, process and techniques in counselling
- Familiarize counselling settings and application of counselling
- Inculcate appropriate attitudes and values for professional counselling practice

## Course Outline

### Unit 1 Counselling as a helping profession

- Definition, characteristics, goals of counselling and elements of counselling Scope and significance of counselling practice
- Client-counsellor relationship Qualities of a counsellor Characteristics of the client Skills in counselling
- Values and professional ethics in counselling

### Unit 2 Theories and approaches

- Psychoanalytic approach, client-centered approach Cognitive-behavioural approach, TA, REBT
- Crisis intervention, eclectic approach Couple and marital therapy

### Unit 3 Techniques of counselling

- Ventilation, empathy, listening, explanation, re-assurance Externalization of interest, recreation and relaxation Improving problem solving skill, change of attitude/life style
- Encouraging healthy defence mechanisms - sublimation, altruism and humour Reinforcement, social support

### Unit 4 Stages of counselling

- Getting started
- Introductory talk
- Identifying the issues
- Facilitating expression of feelings
- Practical plan of action
- Implementing the plan
- Evaluation and termination Transference and counter transference Do's and don'ts in counselling

### Unit 5 Counselling settings

- Child and adolescent guidance Clinic, schools/ colleges/universities Family court, de-addiction centres, HIV/AIDS counselling
- Palliative care centres, industrial settings, etc. Lay counselling

## References

Bessell, R. (1971): Interviewing and Counselling, London: B.T. Botsford Ltd.

Bond, Tim and Mitchels, B (2009): Confidentiality and Record Keeping in Counselling and Psychotherapy, New Delhi: Sage.

Brown, D. and Srebalu, D.J. (1988): Introduction to Counselling Profession, Englewood Cliffs:Prentice Hall

Brown, Steven D., (Ed), Lent, Robert W., (Ed) (2000), Handbook of Counseling Psychology, Wiley; 3rd edition.

Clarkson, Petruska (2004), Gestalt Counselling in Action, Sage Publications

Corey, G (2009). Theory and Practice of Counseling and Psychotherapy. Eighth Edition, USA, Thomson Brooks/Cole.

Corsini, Raymond, J. Current Psychotherapies, Illinois: F.E. Peacock Publishers Inc.

Currie, Fr. (1976): Barefoot Counsellor: A Primer in Building Relationships, Bangalore: Asian Trading Corporation

Dave, Indu (1983): The Basic Essentials of Counselling, New Delhi: Sterling Publishers Private Limited

Garbarino, James and Eckenrode, John (1997) Understanding Abusive Families: An Ecological Approach to Theory and Practice, Jossey - Bass, Revised Ed.

Geldard, Kathryn & Geldard, David (2003), Counselling Children: A Practical Introduction, Sage Publications

Gilbert, P. (2000) Counselling for Depression. New Delhi/ London, SAGE Publications.

Jacobs. M. (1998), Psychodynamic Counselling in Action, Sage Publications.

Mearns, D. and Thorne, B. (1988), Person-centered Counselling in Action, Sage Publications, London.

Nelson, Richard (2002), Basic Counselling Skills: A Helper's Manual, Sage Publications.

Seden, J. (2005) Counselling skills in Social Work Practice. England, Open University Press.

Worden, William J. (2004), Grief Counselling and Grief Therapy: A Handbook for the Mental Health Practitioner, Brunner-Routledge