

SSW 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

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