

## **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 I 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 II Theories and approaches**

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

#### **Unit III 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 IV 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 V 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

- Course Outcome**
- The learner will be able to understand the issues of the client/s
  - The learner will be able to practice counselling session with different needy social groups
  - The learners will develop the skill of counseling the persons in distress
  - The learner will be able to utilize the theories, techniques and skills of counselling.

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