

**Ambedkar University Delhi**

**Course Outline**

**Monsoon Semester (July-December 2016)**

<b>School:</b>	Undergraduate Studies			
<b>Programme with title:</b>	BA (Honours)			
<b>Semester to which offered: (I/ III/ V)</b>	V semester			
<b>Course Title:</b>	Counselling Psychology			
<b>Credits:</b>	4 Credits			
<b>Course Code (new):</b>	<b>SUS1PS32</b>			
<b>Course Code (old):</b>	P14			
<b>Type of Course:</b>	Compulsory	No	Cohort	BA (H) Psychology
	Elective	No	Cohort	BA (H) other than Psychology

**For SUS only** (Mark an X for as many as appropriate):

1. Foundation (Compulsory)
2. Foundation (Elective)
3. Discipline (Compulsory)
4. Discipline (Elective)           X
5. Elective                            **X**

**Course Coordinator and Team:** Dr. Shifa Haq

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**Pre-requisites:** Students who have passed IV Semester and done History of Psychology

**Aim:** This elective course concerns to use psychological principles to help in bringing positive growth and well being in people. The course will teach aspects of counseling process beginning with a first

contact with a client to the point of termination of the counseling relationship. The emergence of Counseling as a distinct profession characterized by its role statements, code of ethics, licensure and other standards of excellence will be familiarized to students for better understanding into becoming effective counselors. Skills of listening, communicating and connecting with client and others in general will be taught in experiential workshop mode facilitating students in various role-plays. Few selected contemporary approaches to counseling like psychodynamic, client centered, and cognitive behavior counseling etc. will be discussed and demonstrate engaging in a therapeutic relationship based on benevolence, trustworthiness and authenticity through narratives from real life cases. The main objectives of the course are to enable students to:

1. Become more open to psychological realities of people living in different societies
2. Actively listen to clients and others in general and understand their core emotional and psychological distresses
3. Learn basic skills and techniques of helping people cope with their personal problems
4. Become acquainted with the working styles and conditions of a good counselor.

#### **Brief description of modules/ Main modules:**

Counseling Psychology is an applied course in which the theoretical concepts of psychology are put to use to understand psychological suffering and emotional well-being. This course familiarizes students to the contemporary counseling practices and techniques in the profession. The course uses case studies, role plays and documentaries to understand and engage with ways to understand emotional conflicts, their resolution and well-being.

#### **Contents of this course are:**

##### **1. Becoming a counselor**

This module will highlight and discuss core elements of counseling such as the desire to help, how to cultivate deep listening, counseling training, licensing, fields of counseling and choosing one's field, approach and style of counseling work etc. What it takes to become a counselor will be the focus of this module. Students will also be briefed about the ethical issues vis-à-vis counseling with reference to India.

##### **2. Understanding the counseling process**

This module will look into the differences and similarities in counseling and other modes of

guiding or helping people. Students will be taken through the journey of counseling process beginning with the first interaction with a client, getting started, working alliances, progressing through counseling and termination.

### **3. Connecting with clients or people in need of help**

In this module, students will be taught how to actively listen to other's problems and understand their core issues leading to those problems. An attempt will be made to establish basic essential skills of counseling such as, listening, communicating and empathizing in the classroom setting. Other variables of counseling such as, transference, counter-transference, using interventions and understanding resistance in the counseling situation will also be discussed.

### **4. Psychodynamic Counseling**

This module focuses on the Psychodynamic understanding of emotional conflicts, the past experiences and unconscious motives of a person that affects her/his present life situation. The importance and significance of interpersonal client/therapist relationship including non-verbal relating will be highlighted too. Various techniques used in psychodynamic approach counseling will be demonstrated through clinical cases as well.

### **5. Client Centered Counseling**

This approach will emphasize a non-directive way of helping clients in coping with their emotional and psychological distresses with the notion of human as continuously striving for positive self growth.

### **6. Cognitive Behavior approach to Counseling**

The focus of this approach will be on here and now problems of individuals in specific situations and systematic adoption of a problem focused approach towards treatment. It is based on the principle that behavior is the consequence of one's thought processes and attempts are made to change thoughts in order to bring positive changes in the manifested behavior.

### **7. Counseling Groups and Families**

Some of the major aspects of counseling different groups and families will be taught in this module. Various issues faced by children in general, how they are helped through counseling process in the family setting will also be integrated.

**References:** The course will use case studies from on-going clinical cases documented by the case instructor, recorded lectures by theoreticians or counselors and the text books listed below.

- Gladding S.T. (2012). Counseling: A Comprehensive Profession. New Jersey: Prentice Hall Publishers.
- Belkin, G.S. (1988). Introduction to Counseling. Virginia: WC Brown Company Publishers

**Tentative Assessment schedule with details of weightage**

<b>S.No</b>	<b>Assessment</b>	<b>Date/period in which Assessment will take place</b>	<b>Weightage</b>
1	Class Test	End August	30%
2	Role Play	Presentation and group participation in classes	35%
3	Case Submission	End November	35%