



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Social Sciences, Humanities and ArtsChoice**  
**Based Credit System (CBCS) in Light of NEP-2020**  
**Generic Elective-IV Sem-2024**  
**Basics of Counselling Psychology**

COURSE CODE	CATEGORY	COURSE NAME	TEACHING & EVALUATION SCHEME								
			THEORY			PRACTICAL		L	T	P	CREDITS
			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
<b>GUPSY201</b>	<b>GE</b>	<b>Basics of Counselling Psychology</b>	<b>60</b>	<b>20</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>

**Course Educational Objectives (CEOs):**

- CEO1: To know nature and scope of counselling.
- CEO2: To understand areas of counselling.
- CEO3: To learn about techniques of counselling.
- CEO4: To familiarize about counselling applications.
- CEO5: To learn contemporary trends.

**Course Outcomes (COs):** The student will be able to:

- CO1: Explain the meaning and nature of counselling.
- CO2: Evaluate the areas of counselling.
- CO3: Explain techniques of counselling.
- CO4: Elaborate applications of counselling.
- CO5: Classify contemporary trends.

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**GUPSY201**  
**Basics of Counselling Psychology**

**Course Contents**

**Unit I**

**Introduction-** Meaning and aims/objectives, functions, and types of Counselling. Difference between Guidance, Counselling & Psychotherapy.

**Unit II**

**Essential Skills & Areas of Counselling:**

Basic knowledge of Psychology & ability to make rapport, communication skills, listening skills & patience. Honesty & confidentiality, Premarital Counseling, Career Counselling, Marriage and Family Counselling.

**Unit III**

**Techniques of Counselling-** Psychoanalytic techniques, Humanistic techniques, Behavioral techniques, Eclectic technique.

**Unit IV**

**Applications of Counselling-** Child Counselling, Family Counselling, Career Counselling, Crisis intervention: Suicide, grief and sexual abuse, Counselling for special cases: Orphans, ADHD children & Drug Addicts and Alcoholics.

**Unit V**

**Contemporary Trends-** Indian approaches: Yoga and meditation, Counselling and technology, Expressive techniques: Art, music & dance

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**Recommended Reading:**

- Hackney, H.L. & Bernard, J. M. (2017). The professional counselor: A process guide to helping (8<sup>th</sup> Ed.). New Delhi: Pearson.
- Nelson-Jones, R. (2015). Basic counseling skills: A helper's manual (4<sup>th</sup>Ed.). New York: Sage.
- Hansen, J.C. (2012). Contemporary counselling psychology. In E. M. Altmaier and J.C.Hansen (Eds) *The Oxford handbook of counselling psychology*. New York: OxfordUniversity Press.
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and family therapy. In E. M.Altmaier and J.C. Hansen (Eds.) *The Oxford handbook of counselling psychology*.NewYork: Oxford University Press.

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