

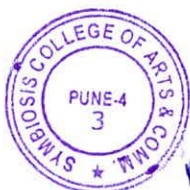


SYMBIOSIS

# Symbiosis College of Arts and Commerce

(An Autonomous College Affiliated to University of Pune)

Subject code	Semester	I	II	III	IV	V	VI	M.A.	I	II	III	IV
Title of Subject (For M.A. Part-I I as per the approval of BOS)		<b>AREAS OF COUNSELLING</b>										
Objectives	1 To acquaint students with different areas of personal counselling 2 To introduce them to special areas of counselling											
<b>Detailed syllabus</b>												
Unit	Contents of the syllabus											Number of Lectures
1	<b>1 HELPING TROUBLED CHILDREN AND ADOLESCENTS</b> 1.1 Emotionally Disturbed Children; characteristics, assessment ,measures and treatment. 1.2 .a. ADHD ; diagnosis , types ,causes ,treatment. b. Learning Disabilities ; meaning and definitions ,characteristics ,causes ,identification and educational provisions. 1.3 Slow Learners ; definitions ,types ,causes ,identification and diagnosis ,treatment 1.4 Mentally Retarded ; definition and characteristics ,identification ,classification , causes and treatment .											<b>15</b>
2	<b>2. FAMILY COUNSELLING</b> 2.1 Premarital Counselling: Nature, Important factors in selecting a mate, Counselling methods and Principles. 2.2 Marital Counselling: Factors Related to Good Marital Adjustment 2.3 Family Counselling and Couple Counselling: Nature , Basic Concepts, Principles and techniques 2.4 Counselling for Women.											<b>15</b>
3	<b>3. COUNSELLING FOR SPECIFIC PROBLEMS</b> 3.1 HIV/AIDS; Orientation, Pre-test and Post- test Counselling. 3.2 a. P.T.S.D. : Effect of Trauma and interventions b. Anger Control: Nature and Symptoms, anger and its Associated Problems and Treatment. 3.3 Handling suicides and Para suicides. : Nature, Definition and types, Sociological and Psychological Explanation, Suicide Potentiality and Presentation. 3.4 Counselling for psychosomatic problems.											<b>15</b>
4	<b>4. SPECIAL AREAS OF COUNSELLING</b> 4.1 Counselling at Work Place: Nature and Skills. 4.2 Occupational Stress and Counselling. : Meaning and Types, Causes- Extra-organizational Stressors, Organizational stressors, Group Stressors, Individual Stressors; Coping strategies for occupational stress. 4.3 Geriatric Counselling: Pre-retirement and retirement counselling; Old age adjustment strategies. 4.4 Counselling - Sports Anxiety. : Definition, Anxiety and Personality, Effect of anxiety no performance, types of Sports anxiety, Coping Strategies.											<b>15</b>
	Total Number of Lectures											<b>60</b>
<b>Suggested Reference Books:</b>												
1. Feltham, C., & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd ed.). London: Sage Publication.												
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th ed.). Delhi: Pearson education Pte.Ltd.												
3. Gelso, C. J., Fretz, B.R. (1995). Counselling psychology. Banglore: Prism books Pvt.Ltd												



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4. Gregory, R.J. (2005). Psychological Testing (4th ed.). Delhi: Pearson education Pte.Ltd.
5. Rao, S.N. (2006). Counselling and guidance (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co.Ltd.
6. Patterson, L.E., Welfel E.R. (2000). The counselling process (5th ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson R. Jones (2000). Introduction to counselling skills: Text and activities. London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th ed.). Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.
10. Mangal S.K (2007) Educating Exceptional Children ; An Introduction to Special Education. Prentice –Hall of India Pvt. Ltd. New Delhi.
11. Deshpande C.G. (1999) Suicide and Attempted Suicide. Uma Publications ,Pune.
12. Kumar U. and Mandal M.K.(2010). Suicidal Behaviour :Assessment of People- at- Risk. Sage Publication.
13. Luthans, F. (2013) Organizational behaviour: An Evidence – based Approach (12thEd.) ND : McGraw-Hill Edu (India) Pvt. Ltd.
14. Robbins, S.P.; Judge, T.A.; & Sanghi, A. (2009). Organizational behaviour. N.D.: Pearson Prentice Hall .
15. Weiten, W. and Lloyd, M. India Edition 8th (2007). Psychology applied to modern life: Adjustment in the 21st century. Thomson.
16. Deshpande C.G. and et. al. (2010) Samupadeshan: Shasrtiya Prakriya va upayojan. Unmesh Prakashan Pune.
17. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed)Dorling Kindersley(India) Pvt.Ltd. of Pearson Education.
18. Kapur Malvika(2011) Counselling Children with Psychological Problems (1st) Dorling Kindersley(India) Pvt.Ltd. of Pearson Education.

