



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
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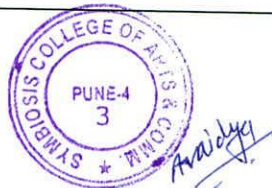
Title of Subject (For M.A. Part-I I as per the approval of BOS)	COUNSELLING PROCESS
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Objectives	<ol style="list-style-type: none"> 1. To familiarize students with the nature and process of counselling. 2. To acquaint students with various assessment techniques 3. To expose the students to the various types of intervention and strategies.
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Detailed syllabus

Unit	Contents of the syllabus	Number of Lectures
1	1. NATURE AND GOALS OF COUNSELLING 1.1 Definition and Goals of Counselling 1.2 Training, Job Setting and Activities of Counsellor 1.3 Stages of the Counselling process 1.4 Written Communication and Counselling a. Aims and objectives of record keeping b. File composition	10
2	2. BUILDING THE RELATIONSHIP AND IN-DEPTH EXPLORATION 2.1 Communication and Building the Counselling Relationship 2.2 The Core Conditions of Counselling 2.3 Counsellor's Actions that Impede Communication 2.4 In Depth Exploration c. Goals and methods d. Advanced empathy e. Immediacy f. Confrontation g. Interpretation h. Role playing	10
3	3. COMMITMENT TO ACTION AND TERMINATION 3.1 The Process of Goal Setting 3.2 Design and Implication of Action Plans 3.3 Termination 3.4 Ethical Principles of Counselling.	10
4	4. PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS IN COUNSELLIN 4.1 Components of Effective Assessment 4.2 Inter-disciplinary Implications and Guidelines for Human Assessment 4.3 Non-standardized Techniques for Human Assessment a. Observations b. Rating Scales c. Anecdotal Reports d. Autobiography e. Questionnaire f. Structural interview and Intake interviews 4.4 Standardized Techniques for Human Assessment a. Intelligence Test b. Aptitude Test. c. Interest Test d. Achievement Test. e. Personality Test f. Diagnostic Test	10
Total Number of Lectures		40

Suggested Reference Books



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
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. Deshpande C.G. and et. al. (2010) Samupadeshn: Shasrtiya Prakriya va upayojan. Unmesh Prakashan Pune.
11. Gladding S.T (2009) Counselling(6th Ed)Pearson Education.
12. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed)Dorling Kindersley(India) Pvt.Ltd. of Pearson Education.

