



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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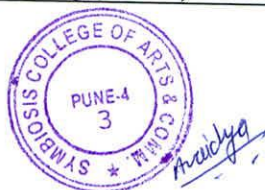
Title of Subject (For M.A. Part-I I as per the approval of BOS)	COUNSELLING SKILLS AND PSYCHOTHERAPY
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Objectives	1. To Familiarize students with the various counselling skills 2. To acquaint students with various approaches & therapies of counseling
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Unit	Contents of the syllabus	Number of Lectures
1	1. INTRODUCTION TO COUNSELLING SKILLS 1.1 Helpers and Counselling Skills 1.2 Creating Your Mind(mind skills) A. Understanding your mind a. What is Mind ? b. Levels of mind . B. Empowering your mind. a. Creating self talk. b. Creating visual images. c. Creating rules. d. Creating perceptions. e. Creating Explanations. f. Creating Expectations. 1.3 Creating Your Communication and Feelings. A. Verbal Communication . B. Vocal Communication. C. Bodily Communication. 1.4 The Client Therapist Relationship.	10
2	2. COUNSELLING SKILLS 2.1 Listening Skills: Active listening, showing that you are listening, paraphrasing Skills, reflecting-feeling skills, listening mistakes. 2.2 Questioning Skills: Types of questions, areas of questions, information. 2.3 Challenging Skills: Feedback skills, disclosing skills. 2.4 Monitoring Skills: Referral skills, identifying unhelpful thinking.	10
3	3. COUNSELLING THERAPY 3.1 Psychoanalytic Theory a. Freud's Psychoanalysis: The Instincts, Levels of Mind, Structure of Personality, Anxiety, Psychosexual Development Process of therapy and Therapeutic Interventions. b. Jung's Analytical therapy: Basic concepts, Structure of Psyche, Dynamics of Psyche. Psychological Types Process of therapy &Therapeutic Interventions 3.2 Person-centered Theory ; Carl Rogers 3.3 Transactional Analysis : Eric Berne 3.4 .Logo Therapy :Victor Frankl . B .Multimodal Therapy ; Arnold Lazarus .	10
4	4. BEHAVIOUR AND COGNATIVE THERAPIES 4.1 Bandura's Social Cognitive Therapy. 4.2 Reality Therapy: William Glasser. 4.3 Rational Emotive Behavioural Therapy; Albart Ellis 4.4 Cognitive Therapy: Aron Beck. 27 (3.2 to 4.4: while teaching these therapies following points should be covered. Basic concept, Acquisition, Maintenance, Therapeutic Goals, The process of Therapy, Therapeutic Relationship &Interventions)	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. Bangalore: Prism books Pvt.Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th ed.). Delhi: Pearson education Pte.Ltd.



5. Rao, S.N. (2006). *Counseling 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) *Samupadeshan: Shasrtiya Prakriya va upayojan*. Unmesh Prakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). *Counseling and Psychotherapy: theories and interventions* 4thEdn. Pearson Education: India.
12. Corey, G. (2008). *Theory and practice of group counseling*. Thomson Brooks/Cole: Belmont CA
13. Nelson R., Jones (2009) *Theory and Practice of Counselling and Therapy* (4th Ed) Sage Publication.
14. Gladding S.T (2009) *Counselling*(6th Ed)Pearson Education.
15. Gladding S.T. (2014) *Counselling: A Comprehensive Profession* (7th Ed)Dorling Kindersley(India) Pvt.Ltd. of Pearson Education. 28

