

**Credit points: 40**

Semester 1			Semester 2	
SN	Subject Name	Credit	Subject	Credit
1	Basics of Guidance and Counselling	3	Psychoanalytical Approach of Counselling	3
2	Counsellor and Counselling Skills	3	Humanistic Approaches to Counselling	3
3	Understanding Maladaptive Patterns	3	Cognitive Approaches to Counselling	3
4	Vocational and Educational Guidance & Counselling	3	Assessment in Guidance and Counselling	3
5	Case Study Report Submission 1	8	Case Study Report Submission 2	8

### **Evaluation Methodology**

- Each course comprises of an assignment (30 marks) and computer-based examination (70 marks). Students should appear for the assessments on a timely basis and complete the program in the validity period.
- Assignments are of objective type and are available in the student login. Examinations include a subjective element in addition to the objective part.
- In Semester I & II, students are required to submit an online case study of 100 marks each.

**Sem 1**

**1. Basics of Guidance and Counselling**

1. Human Developmental Process
2. Concepts of Guidance and Counselling
3. History of Counselling and Counselling in India
4. Challenges of Counselling in 21st Century
5. Purpose, Goals and Types of Counselling
6. The Process of Counselling
7. Techniques of Guidance
8. Psychometric Assessment in Guidance
9. Referral and Transference
10. Ethics and Legal Issues in Counselling in India & Abroad

**2. Counsellor and Counselling Skills**

1. The Professional Counsellor
2. Basic Counselling Skills
3. Phases of Counselling Process
4. Follow-up Sessions
5. Parental Counselling
6. Adolescent Counselling
7. Career Counselling
8. Old-age Counselling
9. Multicultural Counselling
10. Counselling Skills Required for Special Groups
11. Guidance and Counselling for Special Problems
12. Self-Management Skills and Social Competency

**3. Understanding Maladaptive Patterns**

1. Abnormal Psychology
2. Anxiety and Other Types of Disorders
3. Substance-related Disorders
4. Mood Disorders and Suicide
5. Somatic Symptom Disorders & Dissociative Disorders
6. Eating Disorders
7. Personality Disorders
8. Sexual Variants and Dysfunctions
9. Schizophrenia and Other Psychotic disorders

**4. Vocational and Educational Guidance & Counselling**

1. Vocational Guidance
2. Educational Guidance and Counselling
3. Counselling and the Teacher
4. Communication in Counselling
5. Group Counselling and Guidance
6. Common Developmental Problems
7. Introduction to Special Education
8. Gifted Children
9. Children with Behavior Disorders
10. Handling Common Behavioural Problems in Children

**5. Case Study Report 1**

**Sem 2**

**1. Psychoanalytical Approach of Counselling**

1. Meaning and Definition of Psychoanalytical Approach to Counselling
2. Historical Context of Psychoanalytical Therapy
3. Sigmund Freud's Contribution to Psychoanalysis
4. Erickson's Contribution
5. Eric Berne's Contribution: Transactional Analysis
6. The Therapeutic Process
7. Application of Psychoanalytical Therapy
8. Personality Traits
9. Case Study on Psychoanalytical Approach to Counselling

**2. Humanistic Approaches to Counselling**

1. Introduction to Psychotherapy
2. Positive Psychology
3. Psychodynamic Psychology
4. Behavioural Psychology
5. Cognitive Psychology
6. Humanistic Psychology
7. Personality Psychology
8. Educational Psychology
9. Applications of Educational Psychology
10. Emotion and Emotional Intelligence

**3. Cognitive Approaches to Counselling**

1. Cognitive Behavioural Therapy
2. Cognitive Behaviour Therapy – Scope and Advantages
3. CBT and REBT Techniques
4. Steps in CBT
5. Affect, Behaviour and Cognition
6. Cognitive Distortions
7. Stress, Lifestyle and Health
8. Meichenbaum's Cognitive Behaviour Modification
9. Beck's Contribution

**4. Assessment in Guidance and Counselling**

1. Psychological Testing
2. Emotional Intelligence
3. Testing Emotional Intelligence and Training
4. Personality Tests
5. Intelligence and IQ testing
6. Testing Attitudes and Interests
7. Vocational Tests, Career Guidance and Counselling
8. Testing Spiritual Intelligence

**5. Case Study Report 2**