

SEM 1

1. Basics of Psychological Counselling

1. Human developmental process
2. Concepts of guidance and counselling
3. History of counselling & counselling in India
4. Challenges of counselling in the 21st century
5. Goals 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. Phrases of Counselling Process
4. Follow-up sessions
5. Parental counselling
6. School counselling: Adolescence 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. Introduction to Abnormal Psychology

1. Abnormal psychology
2. Anxiety and other types of disorder
3. Substance related disorders
4. Mood disorders and suicide
5. Somatic symptoms of dissociative disorder
6. Eating disorders
7. Personality disorders
8. Sexual variants and dysfunctions
9. Schizophrenia and other psychotic disorders
10. Child abnormal behavioural disorders

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 on 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 (Person-Centered Therapy)

1. Introduction to Psychotherapy
2. Positive Psychology
3. Psychodynamic Psychology
4. Behavioral 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 Behaviour Therapy

1. Cognitive behavioural therapy
2. Cognitive behaviour therapy – scope & advantages
3. CBT and REBT techniques
4. Steps in CBT
5. Affect, Behavior and cognition
6. Cognitive distortions
7. Stress lifestyle and health
8. Meichenbaums cognitive behaviour modification
9. Beck's contribution

Case Study Report 2