SW 4955  : COUNSELLING

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Total Hours : 45
Credits : 4

Objectives:

- To acquire knowledge of the theoretical approaches to counselling.
- To understand the process of Counselling.
- To gain knowledge of practice of Counselling in different settings

UNIT I

Counselling foundations: definitions, types of counselling, various influences on counselling. Qualities of an effective counsellor, Counsellor as a helper. Characteristics of clients, Voluntary and non-voluntary clients. Expectations of Counselling- goals of counselling.  (9 Hours)

UNIT II

Theoretical foundations of counselling: Psychoanalysis, Adlerian, Client-centered, Transactional, Existential counselling, Gestalt approach, Rational emotive therapy, Behaviour therapy and Reality therapy.  (9 Hours)

UNIT III

Counselling relationship- regard, respect, authenticity and empathy. Counselling process-initiating counselling, attending skills: non verbal, interacting with clients, termination. Counselling techniques: listening, responding, goal setting, exploration and action.  (9 Hours)

UNIT IV

Counselling in special situations: Family counselling, alcoholism counselling, Deaddiction counselling, sex counselling, career counselling, crisis counselling.  (9 Hours)

UNIT V

Counselling as a profession- counsellor as a professional, ethical standards. Research, relevance of counselling as a Social Work practice.  (9 Hours)
REFERENCES:


- Egan, Gerard, 2006 The skilled helper: A problem management and opportunity, Development Approach to helping, Wadsworth publishers, Boston, USA

- Hough & Margaret, 2006 Counselling skills and theory, Hodder Arnold publishers, UK

- Lapworth, Phil, 2001 Integration in Counselling and Psychotherapy: Developing a personal approach, sage publications, New Delhi.

- Mcleod & John, 2003 Introduction to Counselling, Open university press, UK

- Mearns & Dave, 1999 Person-Centred Counselling in Action, Sage Publications, New Delhi, India

- Palmer, 2004 Counselling, The BAC Counselling reader, British Association for Counseling, Vol. 1 & 2, Sage publications, New Delhi, India

- Rao, Narayana, 2003 Counselling and Guidance, Tata McGraw Hill, New Delhi, India

- Sanders, 2002 First steps in Counselling, PCCS Books Ltd, UK.