

# **Syllabus for Certificate Program in**

## **Basic Skills in Psychological Counseling**

**Unit I** Introduction to Psychology: Meaning and Definitions of Psychology Methods of studying behavior- observation, experimentation, survey, and case study. Meaning and definitions of Personality; types, theories and assessment methods; Stress, Health & Coping

**Unit II** Introduction to Counseling and Types of Counseling

**Unit III** Basic skills in Counseling process

**Unit IV** Basic counseling techniques.

**Unit V** Counseling intervention and the purpose of intervention

**Unit VI** Characteristics of a good counselor .Confidentiality and ethics.

### **Reference Books:**

1. Pearson: Theories of Counseling and Psychotherapy, Harper 1989
2. Bordin,E.S.(1968):Psychological Counseling II Edition, Mc.Graw Hill.
3. Adams,J.F: Problems in Counseling.
4. Jones,A.J.(1970)Principles of Guidance, Sixth Edition, Mc.Graw Hill. New York.