

S.S. JAIN SUBODH P.G. COLLEGE, JAIPUR

GENERIC ELECTIVE COURSE

COURSE TITLE: COUNSELLING

NODAL DEPARTMENT: PSYCHOLOGY

COURSE CODE: 23GEC_6306T

MARKING SCHEME

Tutorial (Hours)	Time Allowed ESE (Hrs)	Course Credits	Total Marks	End Semester Exam (Max. Marks)	Assignment	Minimum Marks
30	2	2	50	35	15	20

COURSE OBJECTIVES:

1. To impart knowledge of basics of Counselling.
2. To familiarize the students with applied and positive perspectives of Counselling.
3. To impart knowledge about the nature of Counselling along with the competencies and responsibilities of a counselor.
4. To provide understanding of the Counselling process.

COURSE CONTENTS:

Definition of Counselling, Types of counseling, Counselling process. Characteristics of a good counsellor. Active Listening: Understanding the Client's Internal Frame of Reference.

(15Hours)

Counselling Techniques: Psychoanalytic, CBT, Behaviour Therapy, Humanistic Existential Therapy.

(15Hours)

SUGGESTED READINGS:

1. Pearson: *Theories of Counselling and Psychotherapy*, Harper 1989
2. Bordin, E.S. (1968): *Psychological Counselling* II Edition, Mc.Graw Hill.
3. Adams, J.F: *Problems in Counselling*.

COURSE OUTCOMES:

On successful completion of the course the students will be able to:

1. Understand the of basics of Counselling.
2. Understand the different types of Counselling.
3. Understand the competencies and responsibilities of a counsellor.
4. Understand the counselling process.



(Prof. K. B. Sharma)

Principal



Supriya Paliwal
Head of the Department