

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) , VISAKHAPATNAM

Time: 4Hrs/Week

COUNSELING AND GUIDANCE

Marks: 100

OBJECTIVES: To enable the students to -

- Have an insight into the needs of counseling children and adolescents.
- Help them to understand the techniques used to counsel and guide individuals at Different stages.

COURSE:

UNIT I: Meaning and principles of counseling

- a) Meaning, need and scope of counseling and guidance
- b) Principles of guiding the children and adolescents.

UNIT II : The counselor

- a) The role of counselor
- b) Qualification and qualities of a counselor

UNIT III: Basic counseling skills and techniques

- i. a) Listening skills b) Non verbal communication
- c) personal qualities – empathy, genuineness, concreteness
- d) open questions, counselor self- disclosure
- ii. a) Direct and indirect counseling
- b) Play techniques and psychodrama
- iii. Counseling setting.
- iv. Common errors in counseling.

UNIT IV : Counseling process

- a) stages b) common problems for beginning counselors

UNIT V : Child guidance

- a) organizing child guidance clinic
- b) guidance clinics in India

References:

1. Briyastava, K.K.,(2003), Principles of guidance and counseling, Kanishka Publishers and Distributers, New Delhi.
2. Chaturvedi. R., (2008), Career guidance and counseling, Crescent Publishing corp., New Delhi.
3. Correy.G. (2000)., Art of integrative Counseling, Brooks Col, Australia.
4. Dash,D.N. (2003), Guidance and services in schools, Dominant Publishers and distributors, New Delhi.
5. Gelso, Charles, (2001). Counseling Psychology, Harcourt College Publishers, New York.
6. Gibson. R.L and Mitchell.M.H., (2005), Introduction to counseling and guidance, 6th edition, Pearson Educational Publication, Singapore.
7. Jones.R.N.,(2008), Basic counseling skills- A helper's manual, 2nd edition, Sage Publications, New Delhi.

ST.JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) , VISAKHAPATNAM

Time: 2Hrs/Week

**COUNSELING AND GUIDANCE
PRACTICALS**

Marks: 50

OBJECTIVES: To enable the students to

- Have an insight into the needs of counseling children and adolescents.
- Help them to understand the techniques used to counsel and guide individuals at different stages.

COURSE:

UNIT I : Observing the techniques used in a guidance clinic.

UNIT II: Observing counselors and their skills.

UNIT III: Basic counseling skills

- a. Role play
- b. Setting up of counseling situation.

UNIT IV: Counseling practices and their problems

UNIT V : Visit to guidance clinics.

References:

1. Briyastava, K.K.,(2003), Principles of guidance and counseling, Kanishka Publishers and Distributers, New Delhi.
2. Chaturvedi. R., (2008), Career guidance and counseling, Crescent Publishing corp., New Delhi.
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