

OBJECTIVES: To enable the students to

- Acquire simple and comprehensive knowledge of all the important aspects of the field.
- Understand the concepts and techniques of counseling.
- Develop an awareness of the need for counseling in our country.
- Take up counseling as a profession.

COURSE:

UNIT I: EMERGENCE AND GROWTH OF COUNSELLING PSYCHOLOGY:

Meaning, Purpose and Goals of Counselling.

UNIT – II: PROFESSIONAL PREPARATION & TRAINING FOR COUNSELLING:

Counsellor preparation and professional issues – Academic preparation – Practical skills – Ethical standards – Selection and training of counsellors.

UNIT – III: APPROACHES TO COUNSELLING:

Psychoanalytic approach – Humanistic approach Client – Centered counseling – Behavioristic approach – Reciprocal inhibition technique – Behavior modification. Transactional analysis. EGAN'S 3 Stage model Indian contributions – Yoga and meditation. Counselling in India – Need and present status.

UNIT – IV: COUNSELLING PROCESS:

Introduction – Steps in Counselling process - Pre-counselling interview – Process of counseling – Reasons for making an appointment – Referral – Counselling relationship – Physical setting – Value orientations — Essential aspects of interviewing – Non-verbal communication in interviews – Degree of lead, silence, transference, counter-transference – Resistance – Handling resistance. Ending and follow up. Counselling skills – Basic Listening skills.

UNIT – V: COUNSELLING APPLICATIONS:

Counseling in Schools, Teenage Counselling, Career Counselling, Couple and Marriage Counselling, Counselling for suicidals, Group Counselling.

REFERENCES:

1. Rao, Narayana S. (2003) Counselling Psychology. Tata McGraw-Hill Publishing Co .Ltd. New Delhi.
2. Nelson, R and Jones (1988), Practical Counseling and Helping skills. St. Paul's Press Training School Bombay.
3. Dryden, W and Thorne, B. (1994) Training and Supervision for Counselling in Action. Saga Publications. New Delhi.

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COURSE:

Unit -1: Guidance meaning- Definition – Nature and scope – need objectives – principles – basic Assumptions of guidance – Guidance and Education – Major areas of Guidance.

Unit-2: Career Counselling Meaning- Definition- Nature Scope - Importance – types - Career counselling with diverse population – Career counselling with college students career Counselling for adults – career counselling for women- Ethics of Career counselling.

Unit-3: Career counselling services in schools – orientation services – pupil information services – Inventory services – educational and occupational Guidance service - -Group Guidance – Counselling services – support services – placement services - follow up services – role Counsellor in schools.

Unit -4: Career maturity – concept of career maturity- meaning – Definition- significance Characteristics – Dimensions – factors influencing career maturity and implications for career Counselling.

References; Gideon Arulnagmani – (2004) Career counselling: A Handbook – Tata Mc Graw Hill Publishing Company Ltd. New Delhi.
S. Narayana Rao Counselling and Guidance

w.e.f (2015 -16) AC Batch

PAPER VIII B-3

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COURSE:

Unit-1: Case studies – conduct two case studies on career –planning and career choice for Adolescents (13-18 years) career profiling – preparation of detailed report – referral services (If needed)

Unit -2 Case studies – conduct two case studies on adults (19-25 years) on career development (in depth analysis by conduct skill analysis- job involvement- job satisfaction- work stress and provide employee counselling

Unit-3; Group Guidance- A group at least 3 members (students 14-16 years) and administer one test each of personality, aptitude – intelligence and interest profile along with detailed report.

Unit 4: Career Exhibition - students should organize 2 days career exhibition/ one day career awareness programme at least in one school – prepare a report for evaluation.

Unit-5: Field visits- Visits for two Institutions for field visits and submit a detailed report about the Organization and its activities.

Each student should identify a successful person (male/Female) from any occupational field including self-employment and write his/her biography in detail along with their career graph and submit for evaluation.