

## **MSWE302: COUNSELLING: THEORY AND PRACTICE**

### **Objectives**

1. To acquire knowledge of the theoretical base underlying counselling as a method of helping.
2. To develop attitudes and values that enhance investment of self in the counsellor's role.
3. To develop skills in counselling.
4. To identify indigenous approaches of help and self help available in Indian culture and their relevance in counselling.

### **Course Contents**

1. Counselling as a method of helping. Counselling in social work. Common and differential factors counselling and psychotherapy. Evaluation of counselling as a field of practice. Scope of counselling in various fields of social work and for social development.
2. Approaches and Theories of counselling psychoanalysis, client – centred, existential, rational emotive, cognitive and behavioural, multi – model approach to counselling.
3. Goals of counselling: Short and long term, direct and indirect; processes and goal.
4. Characteristic of holistic counselling – Remedial, ameliorative preventive and developmental.
5. Counsellor as a professional – personality, coping, awareness, gender, values, burn – out, self renewal, etc.
6. Client as a person – voluntary and non – voluntary; expectation, communication, etc. socio – cultural aspects of counselling practice.
7. Counselling techniques – initiating contact / intake, rapport, establishing structure, interaction, listening, observation, and responding.
8. History of counselling in India, indigenous approaches of help and self – help like Indian values, attitude, yoga, meditation etc.
9. Group counselling – Importance, advantages and disadvantages, process and stages.

### **References**

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