

Paper-XI (Optional) Counselling Psychology

Main Objectives :

- To provide students a perspective on Counselling Psychology
- To familiarize the students to the theory, Practice and techniques of counselling

The Scheme of question paper :

- The paper will consist of Five Units.
- There will be two chapters in each Unit.
- Every chapter in the Unit should be given equal weightage in examination.
- Total Marks : 100
 70 External Examination
 30 Internal Examination
- Duration of Examination : 3 Hours
- The Paper will consist of the following five units :

Units	Topic of Unit	Marks of Unit
1	The Nature and Need of Counselling	14
2	Counsellor : Preparation, Training, Characteristics, Work and Ethics	14
3	Counselling Process, Relationship and Group Counselling	14
4	Counselling Interview and Counselling Techniques	14
5	Using Tests in Counselling, Career Counseling and Decision Making	14
	Total Marks	70

Unit-I The Nature and Need of Counseling

Chapter-I The Nature of Counseling

- What is Counselling ?
- Counselling and Psychotherapy
- Goals of Counselling
- Specific Fields of Counselling
 - School Counselling
 - Career Counselling
 - Rehabilitation Counselling
 - Mental Health Counselling
 - Cyber Counselling
 - Marriage Counselling
 - Individual Counselling
 - Group Counselling

Chapter-2 The Need of Counseling

- Why Counselling ?
- Who provides Counselling ?
- When provides Counselling ?
- Problems of Indian Students
- Counselling to College students in India
- Hazards in the field of Counselling in India

Unit-2 Counsellor Preparation, Training, Characteristics, Works and Ethics

Chapter-3 Professional Preparation and Training for Counsellor

- The Need of Counsellor for Counselling Service
- Problems of Counsellor's Selection
- Training of Counsellor
- Important Factors of Training of Counsellor

Chapter-4 Characteristics and Work of Counsellor and the Ethics for Counselling Profession

- Characteristics of effective Counsellor
- Work and Role of Counsellor
- Counsellor as a consultant
- Ethics of counselling profession
- Recommendation of code of ethics for the counselling Profession

Unit-3 Counselling Process, Relationship and Group Counselling

Chapter-5 Counselling Process and Counselling Relationship

- Counselling Process
 - o Steps of Counselling Process
 - o Variables influencing Counselling Process
 - o Support and Crisis
- Counselling Relationship
 - o Concept of Counselling Relationship
 - o The Therapeutic Climate
 - o Dimensions of Counselling Relationship

Chapter-6 Group Counselling

- Meaning of Group Counselling
- Difference between Individual Counselling and Group Counselling
- Common Helping Groups [Types of Groups]
 - o Why Counsel in Groups?
 - o Considerations in Group Formation
 - o Effective Group leader Behaviour

Unit-4 Counselling Interview and Counselling Techniques

Chapter-7 Counselling Interview

- The Counselling Environment
- The Initial Counselling Interview
- Methods of Counselling Interview
- Principles of Counselling Interview
- Aims and Advantages of Counselling Interview
- Recording of Counselling Interview
- End of Counselling Interview

Chapter-8 Counselling Techniques

- Meaning of Techniques
- Various Counselling Techniques [In Brief]-

Unit-5 Using Tests in Counselling, Career Counselling and Decision

Making

Chapter-9 Using Tests in Counselling

- Meaning of Psychological Test
 - o Functions of Test in Counselling
 - o Principles of Using Tests in Counselling
 - o Selection of Tests
 - o Interpretation of Test Material
 - o Using Test Results in Counselling Process

Chapter-10 Career Counselling and the Process of Decision Making

- Importance of Work
- The changing World of Work
- What is Career Counselling ?
- Approaches to Career Development
- The process of Decision Making in Career Counselling

Books

1. Dr. Somabhai T. Patel“Salah Manovignan”3rd edition University Granth Nirman Board Ahmedabad.
2. George R.L. and Cristiani T.S.“Counselling : Theory and Practice” 4th edition 1995, Allyn and Bacon Co. Boston, U.S.A.
3. George G.“Counselling : They and Practice” 4th edibion 1995, Allyn and Bacon Co. Boston, U.S.A.
4. Belkin Gray“An Introduction to Counselling” 3rd edibion 1988. W.C.Brown Publishers.
5. Hansen J.C., Stevic R.R. and Warner R.W. “Counselling-Theory and Process” 4th edition 1986, Allyn and Bacon Co. Boston, U.S.A.