

Department of Liberal Education
Era University, Lucknow
Course Outline
Effective From: 2023-24

Name of the Program	B.A. / B.Sc. (LIBERAL EDUCATION)			Year/ Semester:	3rd / 5th
Course Name	Counseling Psychology	Course Code:	PSY303	Type:	Theory
Credits	04			Total Sessions Hours:	60 Hours
Evaluation Spread	Internal Continuous Assessment:	50 Marks		End Term Exam:	50 Marks
Type of Course	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
Course Objectives	Studying these disorders can help students implement effective therapies to improve the quality of life for those living with them and their loved ones. Students will have significant talents, information, and possibilities to have a positive influence not only on their own lives but also on the well-being of others, foster mental health, and bring value to the discipline of counseling psychology.				
Course Outcomes (CO): <i>After the successful course completion, learners will develop following attributes:</i>					
Course Outcome (CO)	Attributes				
CO1	Developing an elementary understanding of counseling as a profession.				
CO2	Understanding the basic approaches, theories and techniques in counseling.				
CO3	Developing cognizance about the existing concerns and challenges in counseling.				
CO4	Learners will become familiar with the fundamentals of communication and oversight as well as how to apply them to achieve set objectives.				
Pedagogy	Interactive, discussion-bases, student-centered, presentation.				
Internal Evaluation Mode	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
Session Details	Topic			Hours	Mapped CO
Unit 1	Counseling: Meaning, Purpose and Goals; Types of Counseling: An Overview. Theoretical Bases of Counseling: Psychoanalytic; Humanistic; Cognitive-Behavioural. <i>Activities</i> 1. Prepare a report on which theoretical base is more suitable. 2. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)			15	CO1, CO2, CO3, CO4
Unit 2	Counseling Processes: Rapport Building and History Taking; Counseling Interview, Phases of Counseling; Counseling Microskills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing. Termination of a counseling relationship <i>Activities</i>			15	CO1, CO2, CO3, CO4

	<ol style="list-style-type: none"> 1. Role Play 2. Interview 3. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional) 		
Unit 3	<p>Counseling Approaches: Techniques: Psychodynamic, Person centered and Cognitive- Behavioural (Beck and Albert Allis); Feminist and Narrative approaches.</p> <p>Child & Adolescents Counseling; Counseling in Schools; Family Counseling. Career, Marriage and Group Counseling.</p> <p>Activities</p> <ol style="list-style-type: none"> 1. Report on Cognitive Restructuring 2. Case Study Analysis 3. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional) 	15	CO1, CO2, CO3, CO4
Unit 4	<p>Counseling for Substance-abuse, Child Abuse, and Behavioral and Adjustment Issues. Professional Issues and Counseling Ethics; Referrals and Reporting.</p> <p>Activities</p> <ol style="list-style-type: none"> 1. Case Study Analysis 2. Prepare a Counseling report in a prescribed format <p>Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)</p>	15	CO1, CO2, CO3, CO4

CO-PO and PSO Mapping

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	2	3	2	2	2	1	3	3	1	3
CO2	2	3	1	2	1	1	3	2	3	1	2	3	2	3
CO3	2	2	2	2	2	1	2	2	3	3	3	3	3	3
CO4	2	2	2	3	3	3	2	2	3	2	3	3	3	3

Strong contribution-3,

Average contribution-2,

Low contribution-1,

Suggested Readings:

Text- Books	<ul style="list-style-type: none"> • Edward, N. (2011). Counseling Theory and Practice. Cengage Learning. • Kapur, Malavika (2011). Counseling Children with Psychological Problems. Pearson Publications. • Nelson-Jones, R. (2011). Theory and Practice of Counseling & Therapy. New Delhi: sage South Asia Edition
Reference Books	<ul style="list-style-type: none"> • Patri, V. R. (2008). Counseling Psychology. New Delhi: Authors Press. • Woolfe, R., Dryden, W. & Strawbridge, S. (2003). Handbook of Counseling Psychology (2nded.). London: Sage Publication Ltd.
Para Text	<p>Suggested Articles/ Movies/Short Film/ Videos</p> <p>Unit 1</p> <ul style="list-style-type: none"> • https://www.egyankosh.ac.in/bitstream/123456789/77461/1/Unit-1.pdf (What is Counseling Psychology) • https://www.counseling.org/resources/library/vistas/2011-v-online/Article_51.pdf (Approaches to Counseling) <p>Unit 2</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=AOkVH-8zn5A (Demonstration of Beginning a Counselling Session) • https://www.youtube.com/watch?v=ahchwHkc1wk (stages of counseling) <p>Unit 3</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=O9SIxOWgTeo (Counseling Therapies) <p>Unit 4</p>

- <https://www.youtube.com/watch?v=AB2xhDsYL0c> (Substance Abuse)
- https://link.springer.com/referenceworkentry/10.1007/978-0-387-79948-3_1241 (Referrals and Reporting)

Movies-

- Dear Zindagi
- One Flew Over the Cuckoo's Nest
- 28 Days
- At Imitating Life
- Ordinary People

Recapitulation & Examination Pattern

Internal Continuous Assessment:

Component	Marks	Pattern
Mid Semester	20	Section A: Contains 10 MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries 0.5 mark. Section B: Contains 07 descriptive questions out of which 05 questions are to be attempted. Each question carries 03 marks.
Activity	10	Will be decided by subject teacher
Class Test	05	Contains 05 descriptive questions. Each question carries 01 mark.
Online Test/ Objective Test	05	Contains 10 multiple choice questions. Each question carries 0.5 mark.
Assignment/ Presentation	05	Assignment to be made on topics and instruction given by subject teacher
Attendance	05	As per policy
Total Marks	50	

Course created by: Dr. Madhu Pandey

Signature:

Approved by: Prof. Meenakshi Gupta

Signature:

