

SRI VENKATESWARA UNIVERSITY
BA/B Sc. DEGREE COURSE IN PSYCHOLOGY
SEMESTER SYSTEM WITH CBCS
(Effective from the Academic Year 2015-16)
SYLLABUS

Semester VI- (Elective-II) Cluster Paper II- Counseling Psychology

I. Unit- Introduction to Counseling

- A. Emergence and growth of counseling psychology
- B. Definition, nature and scope of counseling, need for and goals of counseling
- C. Counseling and psychotherapy, counseling and clinical psychology

II. Unit- Counseling Process

- A. preparation for counseling, pre counseling interview
- B. Process of counseling- physical setting, establishing the relationship
- C. Conducting counseling interview, problems involved in counseling interview, termination of the counseling.
- D. Variables affecting the counseling process- counselors and counselee factors characteristics of effective counselors

III. Unit-Counseling Skills

- A. Pre- helping skills- attending and listening skills
- B. Stage-I skills-primary level empathy, genuineness, respect and concreteness.
- C. Stage-II skills- advanced level accurate empathy, self disclosure, immediacy and confrontation.
- D. Stage III skills- action programs

IV. Unit- Counseling Children and Adolescents

- A. Counseling children with behavioral and emotional problems
- B. Counseling children with special needs
- C. Counseling adolescents with behavioral and emotional problems
- D. Educational and career counseling

V. Unit- Counseling for Special Groups

- A. Counseling clients with chronic illnesses
- B. Family and marital counseling
- C. Employee counseling
- D. Geriatric counseling

References:

- Margaret, H. (2006) *Counseling Skills and Theory*
- Narayana Rao, S. (2000) *Counseling psychology*
- Jones, R. N. (2008). *Basic counseling Skills: A helper's manual* (2nd Ed.). New Delhi: Sage Publications.

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