

# **COUNSELING PSYCHOLOGY (SELF-SUPPORTING)**

## **THIRD SEMESTER**

### **PAPER-I : CPSY-301 : COUNSELLING PROCESS**

#### **Objectives:**

This Paper aims to enable the student to:

- Understand the meaning and definition of counseling
- Explain the use of counselling as helping profession.
- Counselling and its relation with guidance psychotherapy, Clinical psychology and social work.
- Legal. Professional and ethical considerations in counselling.
- The communications skills involving verbal and non verbal methods and effectively managing transference and resistance in the process of counseling.

#### **Unit I:**

- a) The concept of counselling – Definition of counselling – counselling as helping profession- helping relationship – counselling and related fields – guidance, Psychotherapy, clinical psychology and social work.
- b) Factors contributing to the emergence of counselling- Counselling movements in modern times – History of counselling movement- Present status of counselling in India

#### **Unit II:**

- a) Goals and expectations of counselling – The characteristics an effective counselor- The roles and functions of counselor- counselor skills
- b) Legal. Professional and ethical considerations in counselling – Conflicting responsibility – Confidentiality – Competence and representation and ethics in research – legal considerations – the legal recognition of counselors – Privileged communications – Expert Testimony and liability for negligence or malpractice.

#### **Unit III:**

- a) The counselling setup – Influence of external conditions.
- b) Phases of counselling – Phase I – Establishment of purpose  
Phase – II Definitions of the counselling process  
  
Phase – III Clarification and understanding of the clients needs  
  
Phase – IV Progress towards the goal  
  
Phase – V Consolidation and planning

#### **Unit IV:**

- a) Structuring the relationship – Verbal and non verbal techniques – Handling transference and resistance - value orientation in counseling process
- b) Types of counselling – Essentials of individual, family and group counselling – Evaluation of counselling.

#### **References:**

- Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
- Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6<sup>th</sup> edition) Brooks/Cole: Thomson Learning.
- Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
- Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
- Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
- Narayana Rao, S. (1991). Counseling and guidance (second edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
- Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row
- Richanrd Nelson, Jones (2005). Introduction to Counselling Skills, Tests and Activities (Second edition), New Delhi: Sage Publications,

## **PAPER-II : CPSY-302 : COUNSELLING SKILLS**

### **Course Objectives:**

1. This course aims to introduce to the micro- skills of counselling through a series of exercises and guided practice. These skills would be related to the different stages of counselling.
2. To involve students and work toward self – exploration with the aim of working toward a greater appreciation and understanding of the many facets of the self.
3. To provide a space where participants can grow, in the sense of allowing an encounter with them first and based on this encounter to achieve a better understanding of how they impact on other people.
4. To equip the students in terms of knowing personality types, ego states and different aspects of the self and the ability to assess others are envisaged.

### **Unit – I: Knowing and understanding the self**

- a. Understanding one’s personality type using MBTI - Understanding ego states
- b. Understanding different aspects of the using the Johari Window

### **Unit – II: Counselling Skills**

- a. Attending Behavior - Opening Communication - Observation Skills - Paraphrasing and summarizing – Skills in Three tire model of counseling
- b. Nothing and reflecting feelings - Confrontation (supporting while challenging)

### **Unit – III: Communication Skills**

- a. Non – Verbal communication - Verbal Communication - Listening Barriers
- b. Tips to Enhance Listening - Counsellor’s qualities.

### **Unit – IV: Three stages of counselling**

- a. The relating stage: Understanding the internal frame of reference starting the help process, managing resistance.  
The understanding stage: assessing feelings and physical reactions, assessing thinking, communication and action, challenges feedback.
- b. The changing stage: helping to solve problem, improving communication, actions and thinking, negotiating home-work termination.

**References:**

- Berne, E. (1964). *Game people play: The Psychology of Human relationships*, Harmonds worth: Penguin
- Hirsh, S.K., & Kummerow, J.M. (1990) *Introduction to type in organizations*, Palo Alto: Consulting Psychologists press.
- Ivery, A.E. & Ivery, M.B. (1999) *International interviewing and Counseling: Facilitating client development in a multicultural society*, Pacific Grove: Brooks/Cole.
- Nelson –Jones, R. (2005) *Introduction to counselling skills; Tests and activities*, London: Sage Publications Inc.
- Summerton, O. (1994), *Becoming OK: Transactional analysis Basic concepts*. Bombay: Alfreuby Publishers.

## **PAPER-III: CPSY-303(a): THERAPEUTIC APPROACHES IN COUNSELING-I**

### **Objectives:**

- To enable the student to have an insight into the Therapeutic Approaches of counseling.
- To enable the student to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counseling.

### **Unit - I: Psychoanalytic Therapy**

- a. Psychoanalytic Therapy (Sigmund Freud)- Introduction – Key concepts –view of human nature, structure of personality – conscious and unconscious – anxiety- ego-Defense mechanisms – development of personality .
- b. The therapeutic process – therapeutic goals – Therapist’s function and role – clients experience in therapy – relationship between therapist and client – application – therapeutic techniques and procedures.

### **Unit – II: Behaviour Therapy**

- a. Behavior Therapy (Arnold Lazarus) – Introduction – Historical background – Four areas of development (Classical Conditioning- Operant Conditioning –Social learning approach – Cognitive Behavior therapy)

Key concepts – View of human nature - therapeutic goals – Therapist’s function and role – clients experience in therapy – Relationship between therapist and clients.

- b. Applications of therapeutic techniques  
Relaxation training and related methods - Systematic desensitization Exposure Therapies - Eye movement, desensitization and reprocessing - Assertion training - Self management and self directed behavior.

### **Unit III: Person Centered Therapy (Carl Rogers)**

- a. Introduction – Historical background – Existentialism and Humanism.  
Key Concepts: View of human nature- Basic characteristics – Therapeutic Process: Therapeutic goals – Therapist’s function and role - Client’s experience in therapy – relationship between therapist and client.
- b. Applications – Therapeutic techniques and procedures: Evolution of person- centered methods. The role of assessment – Areas of application.

#### **Unit IV: Existential Therapy (Viktor Frankl and Rollo May)**

- a) Introduction – Historical background - Key concepts – View of human nature –The capacity for Self-awareness – Freedom and responsibility– Striving for identity and relationship to others – The search for meaning.
  - Anxiety as condition for leaving – Awareness of death and non being.
  
- b) The Therapeutic Process:
  - Therapeutic goals – Therapist’s function and role – clients experience in therapy – relationship between therapists and client – application – Therapeutic Techniques and procedures.

#### **References:**

- Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
- Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6<sup>th</sup> edition) Brooks/Cole: Thomson Learning.
- Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
- Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
- Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
- Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
- Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row.
- Richanrd Nelson, Jones (2005). Introduction to Counselling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

## **PAPER-III: CPSY-303(b): COUNSELING IN ORGANIZATIONAL SETTINGS**

### **Objectives:**

- To introduce students to basic Principles of Organizational behaviour
- To educate students about the role and scope of a Workplace Counselor

**Unit-1 :** Introduction to Organizational Psychology Definition, Historical Influences in Organizational Psychology Placing the Counselor in the context of the Organization Differences between Workplace Counseling, Mentoring, Coaching and Training.

**Unit-2 :** Organizational Socialization Organizational Socialization - Definition, Dimensions, Stages Role of the Workplace Counselor at each Stage.

**Unit-3 :** Individual Behaviour in Organizations Productive and Counterproductive Behaviour in Organizations - definitions Job Satisfaction Employee Absenteeism Employee turnover Occupational Stress Special groups in organisational counseling: - Chronic absentees -Accident prone - Employees with family problems - Employees with alcoholism & drug addiction - Maladjusted employees - Indisciplined employees.

**Unit-4 :** Leadership behaviour Definition and theories Models of leadership behaviour, Management of Counterproductive Behaviour and Stress – Application of Basic Skills and Approaches of counseling to Specific Problems, Using techniques of Time-management, Stress Management, Cognitive Behaviour Approaches, Handling Procrastination and Perfectionist Behaviours at Workplace.

**Unit-5 :** Group Behaviour in organizations Definition and Characteristics of Groups Stages of Groups Impact of Groups on Individual Group Effectiveness – Determinants and Enhancement Intergroup Interactions – Types and patterns Intergroup Conflicts – Reduction Strategies, Stress management and Performance – From Analysis to Intervention Vocational counselling: counseling for career planning & development. Adjustment on the job. Promotion counseling.

### **References:**

1. Jex, S.M. (2002). Organizational Psychology: A Scientist-Practitioner Approach. John Wiley and Sons. Inc, New York.
2. Arnol J., & Robertson, I.T., & Coopen, C.L. (1995). Work Psychology- Understanding human behaviour in workplace. London: Mcmillan.
3. Lilly Nerry Psychology at work, 2nd Edn. Tata McGraw Hill.
4. Kinicki, A., & Kreitner, R. (2006). Organizational behaviour: Concept, skill, practices, 2nd Edn. New Delhi: Tata Mc-Graw Hill.
5. Sonnentag, S. (2002). Psychological Management of Individual Performance. John Wiley & Sons Ltd.

## **PAPER-III : CPSY-303(c) : HEALTH PSYCHOLOGY**

### **Unit – I: Introduction**

- a. Introduction, definition - need for health psychology - relating health psychology to other fields - maintaining a healthy state and coping with illness – Biomedical and Biomedicosocial model.
- b. Environmental psychology - environmental effects on Human Behaviour - the effect of human behaviour environment, urban life - health care, Socio-cultural perspective - cross cultural studies - epidemiological studies - social pathology - divorce - communal violence.

### **Unit –II: Health Behaviour - Enhancement**

- a. Health Behaviour and Primary prevention Health behaviours - changing health habits through cognitive behavioural approaches - Transheoretical model and Social engineering – Health enhancing behaviours - Health compromising behaviours.
- b. Stress and Coping – Sources of stress and moderators of stress experience - coping resources and coping styles - Social support - Management of stress.

### **Unit-III: Management**

- a. Management of chronic illness - quality of life - emotional responses to chronic illness - personal issues - coping and rehabilitation - psychological intervention - heart disease, Hypertension, Stroke and diabetes.
- b. Psychological issues in advancing to hospital care - problems of survivors. Psychoneuro immunology, AIDS, Cancer and Arthritis.

### **Unit – IV: Future**

- a. Challenges for the future Health promotion - Stress and Management - Health services - Management of serious illness - Trends for the future - Becoming a health Psychologist.
- b. Organized efforts to mental health - governmental and voluntary organisations; international efforts for mental health - limitations in mental health efforts.

### **References:**

- Baron, R.A & Byrne, D. (1999). Social Psychology. New Delhi: Prentice Hall of India Pvt. Ltd.
- Coleman, J.C. (1975). Abnormal Psychology and Modern Life. Bombay: Taraporeval Sons & Co.,
- David F. Marks, Michael Murray, Brian Evans & Emeé Vida Estacio (2011). Health Psychology (Third Edition). New Delhi: Sage Publications India Pvt. Ltd.,
- Hans Selye (1980). Selye's Guide to stress research, Van Nostrand, New Delhi: Reinhold Company,



Sarason, I.G & Sarason, B.R. (2000). *Abnormal Psychology*. New Delhi: Prentice of Hall of India, N.D.

Taylor, S.E (2006). *Health Psychology* (6<sup>th</sup> edition) New Delhi: Tata McGraw Hill.

Teisi Thou (2011). *Health Psychology*. New Delhi: ABD Publications.

## **PAPER-V: CPSY-3.5: STRESS MANAGEMENT & COUNSELING PSYCHOLOGY**

### **Objectives:**

1. To introduce meaning of stress and coping styles
2. To understand the techniques of stress management
3. To comprehend and implement the techniques of stress management and counseling

### **Stress Management and Counseling Techniques**

#### **Unit-I: Scientific Foundations**

- a) Definition
- b) Indian and Western Concept of Stress
- c) Theoretical models of Stress

#### **Unit-II: Stress: Physiological Arousal and Behaviour Change**

- a) Sources of stress  
(Neuro-endocrinology, personality, environment, intrapersonal and interpersonal sources of stress)
- b) Consequences of stress
- c) Stressful Behaviour and Health Status- somatic and anxiety problems

#### **Unit-II: Life Situations and Perception of Stress**

- a) Stress among children and adolescence
- b) Family stressors and interventions
- c) Stress among the elderly
- d) Stress among trauma victims

#### **Unit-IV: Stress and Coping**

- a) Concepts and theoretical perspectives of coping
- b) Personal coping resources c) Coping styles and strategies
- d) Coping with adjustive demands

#### **Unit-V: Assessment of Stress, Management and Counseling Techniques**

- a) Assessment of stress and coping
- b) Behavioural Techniques of Management Syllabus- Applied Psychology, C.U., 2018 28
- c) Health promoting and health damaging lifestyles
- d) Cognitive Behavioural techniques of management
- e) Social Skills Training
- f) Indigenous techniques

## References :

1. Bramer, L.M. and Shostrom, E.L. (1982). *Therapeutic Psychology. Fundamentals of Counseling and Psychotherapy*. New Jersey Prentice Hall.
2. Chen, D.D. (2017). *Stress Management and Prevention: Applications to Daily Life*, Taylor and Francis, 3rd Edition.
6. Garfield, S.L. (Ed) (1980). *Psychotherapy: An Eclectic Approach*. New York, John Wiley and Sons.
7. Gelso, S. and Fretz, B. (2001). *Counselling Psychology: Practices, Issues and Intervention* (India Edition). Cengage Learning.
8. Goldberger, L. & Brezenitz, S. (1982). *Handbook of stress: Theoretical and Clinical Approaches*. NY Free Press.
9. Greenberg J. S., (2009). *Comprehensive Stress Management*, 10th Ed. Tata McGraw-Hill Publications. 10. Hodges, S. (2003). *Counselling adults with learning disabilities*. Palgranemacmillan.
11. Horn, S. & Munajo, M. (1997). *Theory Research and Intervention*. Open Univ Press.
12. Kar, C. (2013). *Exceptional Children: Their Psychology and Education*. Sterling Publishes Pvt. Ltd.
14. Lazarus, R.S. and Folkman, S. (1984). *Stress Appraisal and Coping*. Springer. N Y.
15. Lines, D. (2006). *Brief Counselling in Schools: Working with Young People from 11 to 18*. (2nd Edition). Sage Publication. New Delhi.
16. Lovallo, W.R. (2004). *Stress and Health: Biological and Psychological Interactions* (Behavioral Medicine and Health Psychology), 2nd Edition. Sage Publications.
17. Mishra, G. (1999). *Psychological Perspective of Stress and Health*. Concept.
18. Palmer S., (2015). *The Beginners Guide to Counselling and Psychotherapy*, 2nd edition. Sage Publications. Syllabus- Applied Psychology, C.U., 2018 29
19. Palmer, S. and Dryden, W. (2010). *Counselling for Stress Problems*. Sage. New Delhi.
22. Scott, M., Stradling, S.G. & Dryden, W. (1995). *Developing cognitive behavioural counselling*. Sage.
23. Wolberg, L.R. (1988). *The Techniques of Psychotherapy* (4th Ed) Part 1 & 2, New York, Grune and Stralton.

## **PAPER-VI : CPSY-306(a): PERSONALITY DEVELOPMENT**

### **Unit – I: Introduction**

Personality – definition – nature – biological, psychological and socio cultural determinants

### **Unit – II: Theories & Assessment**

Theoretical Perspectives – Psychoanalytical, behavioural, humanistic, factor analytical (trait) and cognitive.

Assessment of Personality.

### **Unit – III: Soft Skills - I**

Soft skills Development 1: Communication Skills; Interpersonal Skills – Planning – decision making – Competence development – perceptual, social and academic

### **Unit – IV: Soft Skills - II**

Soft skills Development – II: Promoting healthy personality – Positive thinking, developing self confidence and self efficiency, stress management, time management and leadership development

Practicals for 50 marks.

### **References:**

- Baron, R.A. & Byrne, D. (2001). Social Psychology: Understanding Human Interaction. New Delhi: Prentice – Hall India Pvt. Ltd.,
- Berko, Roy, M. Wolvin, A.D. & Curtis Hall Ray (1990). The Business of Communicating (4<sup>th</sup> edition), Dubuque, IA: Brown.
- Gelb, M. (2002). Present yourself. London: Aurum Press.
- Guirdham, M. (2001). Interpersonal skills at work. London: Prentice – Hall.
- Hardingham, Alison (1990). How to get things done, London: Sheldon Press.
- Haris, T.A. (1993). I m OK-you're OK London: Pan Books
- Hind. T.A. (1993). Transferable personal skills: A students guide. Sunderiand: Business Education Publishers.
- Proctor, R.W. & Dutta, A. (1995). Skill acquisition and human performance. Thousand Oaks: Sage.
- Ram. U. (1998). Suffering and stress management: West versus East: Pune: Deep Publications.
- Smith. Robert, M . (1990). Learning how to learn: Applied theory for adults. Buckingham: Open university Press.
- Townsend, A. (1996). Assertion training, Oxford: FPA Education Unit.

## **PAPER-VI: CPSY-306(b): INTER PERSONAL COMMUNICATION SKILLS**

### **Unit – I: Introduction:**

- a. Interpersonal Relations – Need for affiliation, basic role of affect and attraction.
- b. Interpersonal determinants of attraction. Attraction theory.  
External determinants of Attraction – proximity – Similarity – Reciprocal liking or Disliking. Ideal Interaction patterns.

### **Unit – II: Self and Social Perception**

- a. Concept of self in relationships – Person Perception – Self perception of self, Social penetration theory and Johari Window.
- b. Social Perception and factors, influencing social perception, Attribution theory, Social Identity Theory.

### **Unit – III: Social Influence - Exchange**

- a. Culture and Intercultural issues. Theory of Uncertainty Reduction
- b. Social Influence – Social Exchange – Interaction as the outcome of Rewards – Socio-cultural Context – Reciprocity – Strategies of Exchange, General Principles of Social Exchange, Equity theory and Reciprocity of Social exchange

### **Unit – IV: Communication**

- a. Communication: Basic Principles of Communication, Nonverbal Communication, Non-verbal expectancy, Violation theory – Verbal communication
- b. The affect and control dimensions – Negotiation and bargaining, rewards and costs of communication.

### **References:**

- Baron, R.A., & Byrne, D. (1988). *Social Psychology; Understanding Human Interaction*, New Delhi: Prentice – Hall of India Pvt. Ltd.,
- Lipp, R.A. (2008). *Introduction to Social Psychology*. Balmont, California: Wordsworth Publishing Company.
- Seidenberg, B., Sandowsku, A. (1976). *Social Psychology, An Introduction*. New Delhi: The Free Press, Macmillan Publishing Co. Inc.,

## **FOURTH SEMESTER**

### **PAPER-I: CPSY-401: APPLICATIONS OF COUNSELLING IN SPECIAL AREAS**

#### **Objectives:**

1. To sensitize students about the special counseling needs or concerns in different stages of life –span.
2. To provide an opportunity to understand the applications of Counseling to Handle special concerns of Counseling in different area of life.
3. To learn to organize Counseling programs to handle special concerns in Different settings viz., School, college, community and so on.

#### **Unit – I: Introduction**

- a. Life Span Development & Counseling - Characteristics and developmental needs of life span – infancy & Childhood- Later Childhood- Adolescence – Early adult – The mid Life years – the later years of life.
- b. Counseling Needs of Childhood and Adolescence - Children with special needs and their Counseling Concerns – Educational and Behavioral problems.

#### **Unit – II: Counseling Needs of Young Adulthood**

- a. Career counseling – Its relation to personal Counseling - employee- employer relationship in the context of changing world of work.
- b. Career Counseling for women, minorities, the poor, people with disability – dual career couples - career counseling theories.
- c. Counseling Needs in the adult years - family interactions - social interactions - marital relationships - theories of family counseling

#### **Unit – III: Focused Counseling- Special Groups**

- a. Addiction – Alcohol/ substance abuse counseling - symptoms of addiction and abuse – cause – addiction problems - special counseling technique - abuse in special population – the youth, the elderly the disabled.
- b. Counseling the Special concern groups - the clients from multicultural contexts - homosexuals – gays and lesbians - the persons with HIV and their families - the chronically disabled and their families - concerns of the aged – health & disability, terminally ill, empty nest, post retirement years, bereavement – facing death- crisis counseling

#### **Unit – IV: Rehabilitation Counseling**

- a. Vocational rehabilitation, psychiatric rehabilitation, drug addict - rehabilitation, rehabilitation of retarded, physically disabled - health counseling- preventive counseling (medical & surgical counseling - nutritional counseling) – health and stress control – fertility counseling – planned pregnancy counseling & problems of pregnancy control.
- b. Development of Counseling Programme - Need assessment, development of programme, organization of counseling centers in schools, college and universities - counseling programs in the community

#### **References:**

- Osipow, S.H. (1983). Theories of Career Development. New Jersey: Prentice Hall: Inc.,
- Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counseling. New York: Brooks – Cole.,
- Gorge, R.L, & Christian, T.S (2000). Counseling: Theory & Practice. New Delhi: Jersey: Prentice Hall.
- Street, E. (1994). Counseling for Family Problems. London: Sage Publications.
- Thomas, R.Murray (1990). Counseling and Life Span Development. New Delhi: Sage Publications India Pvt.Ltd.

## **PAPER-II : CPSY-402 : THERAPEUTIC APPROACHES IN COUNSELLING-II**

### **Objectives:**

1. To enable the student to have an insight into the Therapeutic Approaches of counselling
2. To enable the students to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counselling

### **Unit I: Gestalt Therapy (Fritz Perls and Laura Perls)**

- a. Introduction – Key concepts – View of Human nature – some principals of Gestalt therapy theory – The therapeutic process- therapeutic goals – therapist's- function and role – Client's experience in therapy – relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – the experiments in Gestalt therapy – preparing clients for Gestalt experiments – the role of confrontation – techniques of gestalt therapy.

### **Unit II: The Reality Therapy (William Glasseer)**

- a. Introduction- Key concepts – view of human nature – a choice theory explanation of behavior – characterizes of reality therapy. The Therapeutic process – therapeutic goals – therapist function and role – client's experience in therapy – relationship between therapist and client.
- b. Application – therapeutic techniques and procedures – the practice of reality therapy – the counselling environment – procedures that lead to change – The 'WDEP' System (W= Wants, D= Direction, E= Evaluation and P= Planning), Applications of reality therapy

### **Unit III : Cognitive Behavior Therapy(Albert Ellis and Aaron T. Beck)**

- a. Introduction: Development of rational emotive behavior therapy.  
Key Concepts: view of human nature – view of emotional disturbance- A-B-C Theory of personality. Therapeutic process), therapeutic goals – Therapist's function and role – Client's experience in therapy relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – The practice of rational emotive behavior therapy – Applications of REBT to client populations.



#### **Unit IV An Integrative Approach :**

- a. Introduction: The trends towards psychotherapy integration – The future of psychotherapy – some predictions – integration of multi cultural issues and counselling – Integration of spiritual / religious issues in counselling – the challenges of developing an Integrative perspective.
- b. Issues related to therapeutic process: Therapeutic goals – Therapist function and role – clients experience in therapy – Relationship between therapist and client.

#### **References:**

- Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
- Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6<sup>th</sup> edition) Brooks/Cole: Thomson Learning.
- Hensen, J.C., Steive, R.R. & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
- Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
- Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
- Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
- Patterson, C.J. (1973). Theories of Counseling and Psychotherapy (Second edition) New Haper and Row.
- Richanrd Nelson, Jones (2005). Introduction to Counseling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

## **PAPER-III : CPSY-403(a) : COUNSELING IN HOSPITAL SETTINGS**

### **Objectives:**

- a. To introduce the students to the basic concepts of Health Psychology
- b. To help students to understand the Process of Illness and the Psychological Factors associated with it
- c. To provide students with the understanding about the role and scope of a Counselor in Hospital Settings

### **Unit-I:**

Relevance of Health Psychology Mind-body relationship Need for Health Psychology. Relating health psychology to other fields. Bio medical and Bio-psychosocial models in Health Psychology Health enhancing behaviours and Health compromising behaviours in Individuals Individual Differences and Personal Characteristics Life Styles and Risk factor. Trans theoretical Model of Change Modifications of health behaviour, Changing Health beliefs, Cognitive behavioral approaches, Social Engineering, Social Cognitive theory, Self-regulative theory Concepts from Positive Psychology - Positive Mental Health, Happiness, Well-being Models of Well-being

### **Unit-II:**

Psychological Factors in Health and disease General psychological Factors in Health and disease, psychological Factors in General Specific Disease process. Coronary heart diseases and Type-A behaviour pattern Anorexic and Bulimic Syndromes. Essential Hypertension. Recurrent Head Ache. Psychogenic physical diseases. Biological factors, psychological Measures, Socio-cultural measure. Diabetes, Obesity, Cardiovascular Disorders

### **Unit-III:**

The Process of Illness Concept of health, illness, disease and well being Help-seeking – Psychological Triggers Illness as an Expression of Emotional needs, The sick role. Medical Communication and Role of Counselor Process of Medical Care – Premises Language in Medical Care – Verbal and Non-verbal Communication in Patient care – Variations, Listening to Patients, Educating Patients, Helping Patients to ask Questions, Helping Patients to Remember

### **Unit-IV:**

Pain and its management Definition. Significance of Pain. Nature of Pain. Overview of Theories of Pain. Pain Control Techniques- Cognitive-behavioural methods, Behaviour Modification Management of Chronic pain. Medical Treatment of Pain

## Unit-V:

Chronic Illness and Terminal Illness Chronic Illness and Disability Dealing with Chronic Illness Page 32 of 36 Chronic Illness Across Lifespan Caring for the Terminally Ill Existential Issues – Meaning Making, Patient's experience of Dying Grief and Bereavement Counseling.

### References:

1. Sarafino, P.E. Health Psychology: Bio-psychosocial interactions, 3rd Edn.
2. Taylor, E. Health Psychology. 2<sup>nd</sup> Edn, Mcgraw Hill.
3. Asha Kaul. Effective communication methods
4. Carr, A. (2008) Positive Psychology – The science of Happiness and human strengths. London, Routledge.
5. Bornstein, M.H, Davison, L, Keyes, C.I.M., & Moore, K.A. (Eds) (2003) Well being – Positive development across the life course. London, Lawrence Erlbaum associates.
6. Snyder, C.R. & Lopez, S.J. (2007) Positive Psychology – The scientific and practical explorations of human strengths. Thousand Oaks, Sage Publications.
7. Shith Toe, R.W. Psychology and Diabetes: Psycho social factors in management and control. London: Chapman and Hall.
8. Gibson, H.B. (Ed). Psychology-Pain and Anesthesia.
9. Neil, N. (1994). Health Psychology: An Introduction for Nurses and other health care professionals. London: Churchill living stone.
10. Dunne EJ Melntosh, J, Dunne Maxim, K. (eds) Suicide and its After math. Understanding and Counseling the Survivors. New York. WW Norton. 1987

## **PAPER-III : CPSY-403(b) : COUNSELING IN COMMUNITY SETTINGS**

### **Objectives:**

- To introduce students to the basics of Community Psychology and the underlying Principle
- To prepare students with a theoretical perspective for conducting action research
- To introduce students to the variety of models and techniques used in Community settings.

### **Unit-I:**

Principles and Theories of Community Psychology Community Psychology – Description, History and Evolution, Related concepts Principles of Community psychology Ecological Approach to Mental Health Problems – Contributions of James Kelly General Systems Theory –Application to Mental Health Problems.

### **Unit-II:**

Action Research Types - Practical and Emancipatory Action Research Methods of Data Collection – Experiencing, Enquiring, Examining Community Needs Assessment - Conducting Surveys, Using SWOT analysis, Analyzing Community Problems Other Qualitative methods - Focus Group discussions, Interviews – personal and group, Using Public records and Archival data Project Implementation and Evaluation.

### **Unit-III:**

Risk, Resilience and Empowerment Psychosocial Stress – Key determinants of community functioning Identification of risk and protective factors in the community Working with various groups in the community – Child, Adolescent, Old-aged, Persons with Disability, Role of Advocacy, Self-help Groups in the Community.

### **Unit-IV:**

Methods of Community Intervention I Prevention – Primary, Secondary, Tertiary Crisis Intervention – features, techniques, and current status, Disaster Management Consultation – Definition, Types, Functions of a Consultant, Phases of Consultation, Methods of Community Intervention II Mental Health Education – Practice of Mental Health Education, Technique, Target group, Content, Effectiveness of Mental Health Education Psychosocial Rehabilitation – Principles and Methods Partnerships with Local Self-government, and other agencies.

## References:

1. Korchin, S. J. (1986). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. CBS Publishers and Distributors.
2. Sanborne, E. (2002). *A Value Framework for Community Psychology*.
3. Levine, M., Perkins, D. D. & Perkins, D. V. (2005). *Principles of Community Psychology*. III Edition. Oxford University Press.
4. Kagan, C., Barton, M. & S. Asiya() Pre publication Draft of Chapter in *Handbook of Qualitative methods in Psychology*.
5. Dalal, A. (). *Psychosocial Interventions for Community Development*. In G. Misra (Ed.), *Psychology in India*, Vol. 3. New Delhi: Pearson. 6. Souvenir. *National Seminar on Psychology in India: Past, Present, Future*. 200

## **PAPER-IV : CPSY-403(c): FAMILY COUNSELING**

### **Objectives:**

1. To impart training to students in Family issues and Importance of Counselling.
2. To acquire skills to handle family issues.

### **Unit- I: Introduction**

- a. Definition and Nature of Counseling.
- b. Areas of Counseling, Family Counselling.

### **Unit –II: Counselee characteristics – Process**

- a. Characteristics of Counselee - Characteristics of an effective counselor
- b. Counseling process - the Counseling set up - Structure and Influence of external conditions - phase of counseling - Termination and follow up. Handling transference and resistance

### **Unit-III: Counselling Techniques**

- a. Counseling techniques — verbal and non-verbal techniques – tools of counseling, the psychological tests used in counseling.
- b. Evaluation of counseling — Value orientations in counseling

### **Unit – IV: Family Counselling**

Family Counseling - Family Interactions – Dynamics, Intergenerational Issues, couple counseling – areas of family counseling - Marital Relationships - Interventions for Family Counseling

### **References:**

- Brammer, L.H. & Schostorn (1968). EL Therapeutic Psychology (2<sup>nd</sup> Edition), New Delhi: Prentice Hall.
- McGowan & Lyle D Schmidt. (1962). Counseling Readings in Theory and Practice. New York: Holt & Reinhart.
- Street, E. (2014). Counseling for Family Problems. London: Sage Publications.
- Thomas, R. & Murray (2008). Counseling and Life Span Development. New Delhi: Sage Publications India Pvt. Ltd.

## **PAPER-IV : PCPSY-406(a) : LIFE SKILLS**

### **Objectives:**

1. To learn the concept of life skills and its importance in relation to personality development of an individual.
2. To become aware of the components of life skills and the method of imparting knowledge of life skills.

### **Unit – I: Introduction**

Introduction to life skills, the performance of life skills, the relationship between life skills and individual personality development, life skills development and its effects on relationship patterns.

### **Unit – II: Types of Life Skills**

Types of life skills: Thinking skills – Decision making, Goal Setting and Motivation, Positive Thinking. Overcoming doubt, fear, procrastination and perfectionism. Problem solving, Creativity.

### **Unit – III: Life Skills in Specific**

Interpersonal Skills – Coping Skills – Communication skills, Negotiation skills, Leadership, Team Building. Presentation Skills.

### **Unit – IV: Management**

Self-management skills: Self-awareness, building confidence and self-esteem anger management, stress management, relaxation techniques. designing life skills intervention – assessment of life skills – designing modules.

### **References:**

- Baron.A. Robert. Branscombe, R. Nyla et al. (2010). (12<sup>th</sup> Edition) New Delhi: Tata McGraw Hill.
- Bishop, S. (1999). Assertiveness skills – A source book of activities, New Delhi: Viva Publishers Pvt. Ltd.
- Burnard, P. (1999). Interpersonal Skills – A source book of activities, New Delhi: Viva Publishers Pvt.Ltd.
- Kelly, J. (1987). Career Skills. London: MacMillian Press.

- Prakash B. (Ed). (2003). Adolescence and life skills Common Wealth Youth Program, Asian Center, Common wealth Secretariat. New Delhi: Tata McGraw Hill.
- Shulman, L. (1979). Skills of Helping: Individuals & Groups. Chennai: Ezhilagam Publications.
- Stella Cottrell, (2005). Critical Thinking Skills: Developing Effective Analysis and Argument, Noida: Palgrave Macmillan Ltd., RGNIYD.



## **PAPER-IV : CPSY-406(b) : BEHAVIOUR CHANGE**

### **Unit – I: Introduction**

- a. Introduction – What is behaviour modification – Theoretical foundations of behaviour modification.
- b. Merit and limitations of behavioural approach – Behavioural analysis.

### **Unit – II: Behaviour Modification Techniques - I**

- a. Behaviour Modification Techniques – I - Jacobson's Progressive Muscular Relaxation and Muscular Relaxation Techniques.
- b. Systematic Desensitization - Assertiveness Training

### **Unit – III: Behaviour Modification**

- a. Behaviour Modification Techniques – II – Operant Conditioning Techniques and other learning principle – their applications
- b. Cognitive Behaviour Modification

### **Unit – IV: Applications**

- a. Application of Behaviour Modification – Behavioural Problems in children & Adolescents & adults - Anxiety disorders, psychoactive substance use disorders.
- b. Sexual disorders – psychotic disorders – personality disorders – childhood disorders – Biofeedback principles and clinical applications.

### **References:**

- Bellaack. A., Hersen. M. & Kazdin. A.E. (1985). International Handbook of Behaviour Modification and Therapy. New York: Plenum Press.
- Bergin, A.E. Garfield, S.L. (1994). Handbook of Psychotherapy and Behavioural change. New York: John wiley & Sons. Inc.
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- Dattilio, F.M. & Kleefer, J. (1997). *Therapeutic Psychology. Introducing and Building social skills.* American Guidance Service. MH.
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