

UPSYVAC02 - Counselling Skills

Unit I Introduction

Counselling Psychology: Meaning. Goals and Stages Relationship between Counselling and Psychotherapy, Counsellor Effectiveness, Ethics in Counselling.

Unit II Approaches

Overview of Approaches to Counselling. Psychodynamic, Behavioral, Person-Centered, Cognitive-Behavioral approach, E-Counselling.

Unit III Counselling Process

Counselling Process: Concept, Negotiating Expectations, Assessment. Establishing a Working Alliance. Ending Counselling, Middle Part of Counselling: Assimilation of Problematic experiences, Change Events, Using Structured Exercises and Interventions.

Unit IV Applications

Family Counselling, School Counselling, Career Counselling, Counselling with economically Disadvantaged People. HIV-AIDS counseling

Unit V Ethics in Counselling

Need for Ethical Standards , Ethical Codes and Guidelines Rights of Clients, Dimensions of Confidentiality, Dual Relationships in Counselling Practices ,The Counsellor's Ethical and Legal Responsibilities , Ethical Issues in the Assessment Process.

Suggested Readings:

Cladding, S.T. (2012). Counseling: A Comprehensive Profession. (7thed).
Pearson.

Mc Lead. J_ (201[1].An Introduction to Counselling. (3 ied), Mc Craw Hill
Education.