

CPE458: Basic Counselling Skills- Open elective

No.of Hrs.40

Objectives:*This paper aims at introducing the students to an overview of counseling. Special emphasis is laid on learning basic skills. The students are also introduced to ethical issues in counseling.*

UNIT I:

10Hrs.

Introduction to Counselling

Introduction: Meaning, definition and scope of counseling, Historical development of counseling; Characteristics/Qualities of an effective Counsellor; Counselor-counselee relationship – core conditions. The role of values in helping; Exposing values versus Imposing them; Value Conflict with Clients. Values in action- Humanizing the helpful profession. Ethical relationships and issues in counselling - counselors competence, client's autonomy, contracts, confidentiality, client protection

UNIT 2

10Hrs.

Approaches in Counselling

Different Approaches to counseling (in brief) – Psychodynamic, Cognitive Behavioural. Common Concerns of beginning Helpers- Exploring self doubts and fears, Transference and counter transference, Dealing with difficult clients – dealing with resistance and reluctance.

UNIT 3

10Hrs.

Basic Counselling Skills:

The Micro Skills approach; Attending Behavior- Introduction; Skills- Visual/ Eye contact, Vocal Qualities, Verbal Tracking, Attentive and Authentic Body Language, Usefulness of Silence; Observation skills, Listening – Kinds of listening, Reasons for inadequate listening, Responding - Kinds of Responses, Open and Closed questions, Encouraging, Paraphrasing, Summarization and Reflection of Feeling and Basic Empathy.

UNIT 4:

10Hrs.

Stages of Helping Process

The Skilled Client Model : Stage 1- Relating, Stage 2 – Understanding, Stage 3 – Changing. Gerard Egan's stage Model

Books for Reference

1. Corey, M., S. & Corey, G. (2003). *Becoming a helper*,(4th Ed) . Pacific Grove, CA.: Brooks/Cole Publishing Company. .
2. Corey, G. (2001). *Manual for Theory and Practice of Counseling and Psychotherapy* (6thEd) Pacific Grove, CA: Brooke/Cole Publishing Company.
3. Cromier, W., H., &Cromier, L., S. (1991). *Interviewing Strategies for Helpers: Fundamental Skills and Cognitive Behavior*. Pacific Grove, CA: Brooke/Cole.
4. Dryden, W., Horton, I. & Mearns, D. (1995). *Issues in professional counselors training*; London: Cassell.
5. Egan, G. (2001). *The skilled helper: A problem management approach to helping*.(7th Ed). Pacific Grove, CA: Brooke/ Cole Publishing Company.
6. Gibson R.L. & Mitchell M.H. (2008) *Introduction to counseling and Guidance*, 7th Ed). New Delhi: Prentice Hall of India Pvt, Ltd.
7. Ivey A., E. & Ivey M., B.(2003).*Intentional interviewing and counseling* (5th Ed). Pacific Grove CA: Brooke/Cole Publishing Company
8. Jones, R. N. (2002), *Basic Counseling Skills*. London: Sage Publications.
9. Jones, R. N. (2002), *Essential Counseling and Therapy Skills*. New Delhi: Sage Publications.
10. McLeod J., (2003) *An Introduction to Counselling* (3rd Ed). Jaipur, India :Rawat Publications.
11. Rao, S.N. (1991) *Counselling and Guidance* (2ndEd) . New Delhi: Tata McGraw Hill Publishing Co. Ltd.
12. Woolf, R., Dryden, W. & Strawbridge S. (2003) *Handbook of Counselling Psychology*. New Delhi: Sage Publications.