



MANGALORE UNIVERSITY
CENTRE FOR WOMEN'S STUDIES

PROPOSED and APPROVED Training Course in Gender and Counselling

Context

We live in a patriarchal society where male related values, dominate the culture in both private and public spaces. Such power structures affect people particularly women psychologically, with the result that today more and more people take recourse to counselling with the hope of taking control of their lives. A counsellor needs to be aware of the issues of gender, gender roles, power relationships, gender- specific expectations and help the clients explore their issues, without being gender biased. At the same time, a counsellor needs to ruthlessly question their own assumptions on gender.

Unit-I

7 hours

Definition, Nature and Scope of Counselling

1. Understanding Guidance and Counselling.
2. Types of Counselling.
 - Individual counselling, Family counselling, Group counselling.
3. Challenge Areas in Counselling.
 - Emotional, adjustment interpersonal, Career, Educational and Social Skill Development.
4. Setting in which counsellors work - clinical, Educational Institution, Medical, Organisational, Correction, Family Courts, Community and rehabilitation.
5. Role of a counsellor and ethics in counselling
Rights of Clients, dimensions of confidentiality, the Counsellor's ethical and legal relationship with clients, characteristics of a good counsellor.

Unit-II

5 hours

Basic Skills Rapport Building, Characteristics and qualities of counsellor, Importance of Counselling

1. What is patriarchy gender roles in society Sex, Gender, Patriarchy, patriarchy in Institution, Patriarchy in Family places, Patriarchy and State. Relationship, Counselling and psychotherapy – Rational, Emotive, Behavioural Therapy.
2. Psychological Impact Gender Based Violence.
 - Within the family; Domestic Violence, Incest, Sexual Abuse, Sexual Harassment in Work Places, Gender Based Violence through Media, Dowry, Rape.

Unit-III

9 hours

Counselling process

1. Rapport Building, Characteristics and qualities of a good counsellor, Importance of counselling, Counselling and Psychotherapy, Behavioural therapy Goals and Methods Qualities of a Helping Relationship, use of standardized assessment techniques, informed consent, issues of confidentiality
2. Gender Aware Counselling
 - Power Relationships in Counselling.
 - Male Counsellor/Female Client.
 - Female Counsellor/ Male Client.
 - Male Counsellor/ Male Client.

Unit-IV

9 hours

Family Therapy and Couple Counselling

1. Family Therapy System Theory –Key Concepts
2. Sources of Conflict in Marriage, Common Marital Problems.
3. Family and Marital Counselling – Skills and techniques Assessment of Families, Couples, Interview, Family Interview, Approaches to Family Counselling, Family and Couple Group Counselling. Risks and advantages
4. Geriatric Counselling
 - Gerontology and geriatrics
 - Mid life and Late life issues- Menopause, retirement, adjustment

to age related problems.

- Counselling issues- bereavement, illness, loneliness, Grief, death and dying.

Reference Books

1. Richard –Nelson- *Jones-Basic Counselling Skills: A helpers Manual, Harper Collins :* London, 2005.
2. Randi Etther - *Gender Loving Care –A Guide to Counselling Gender Variant Clunts,* Penguin:New York, 2008.
3. Jocelyn Chaplin –*Feminist Counselling in Action,* Sage: London, 2007.
4. Colin Lago, Barbara Smith- *Anti Discriminatory Practise in Counselling and Psychotherapy.*
5. Unitu –*Culture and Gender Sensitive Guidance and Counselling – Unitu. it /archive/gelso/download/.../good-Practises- Booklet.*
6. Jocelyn Chaplin – *Feminist Counselling in Action,* Sage: London, 1999.
7. Linda Martin Alcoff- *Visible Identities Race, Gender and the Self,* OUP: London 2006.

