

# **Department of Social Work**

# Master of Social Work (MSW)

### IVSEMESTER-(SPECIALISATION-II)-(MPSW)

## Paper SWS 557: THERAPEUTIC COUNSELLING

#### **Objectives:**

- Develop knowledge and skills of different psycho therapeutic theories and to help the students to selectively utilize different theories in relation to individuals, families and groups.
- Develop competence to select and integrate therapeutic counseling skills when working with different client groups in different settings.

#### **Course Content:**

#### UNIT-I

**Counseling**: Meaning and definition, need and development, evolution of counseling, Skills of counseling, qualities of a counselor and ethics of counseling, Process and physical requisites for the Counseling atmosphere; Introduction to the terms: Guidance, Counseling, psychotherapy, psychiatry.

#### UNIT-II

Approaches to Counseling: client centered therapy, gestalt therapy, psycho – analytical therapy, behaviour therapy, rational emotive behaviour therapy, Reality Therapy, neuro – linguistic programming, Existentialist Approach. Theories of Personality and their significance in counseling: Erikson, Maslow, Freud, Adler.

### UNIT-III

**Counseling in different contexts:** Counseling in sexual problems; Personal Problems; Interpersonal problems; drug addiction and alcoholism; Chronic Absenteeism; Accident Proneness; Life Situations: Stress management; Crisis Management – Accident, Disaster, Loss of employment, Severe illness, Suicide, Retirement and geriatric counseling, counseling for women in distress and violence. **Key Techniques of Counseling:** Reflective discussion, advise, motivation, clarification, modeling, role-playing, reality orientation, confrontation, and reaching out.

#### UNIT-IV

**Special areas in counseling:** Counselling in HIV/AIDS- Pre and Post Test Counseling, adherence counseling; Counseling in medical termination of pregnancy, abortion cases, infertility; Counseling in adoption and foster care; Health Problems of industrial workers and employee counseling; Grief counseling, death counseling, counseling for organ transplantation; Working with the families in case of physical and mental handicap and genetic counseling; Counseling in the school set up; Counseling in palliative care; Helplines and crisis intervention, telephonic counseling for suicide prevention; Family and bereavement counseling

#### UNIT-V

Legal and ethical issues in Counseling: Counseling interventions, General Counseling, Group Counseling; Counseling in Family situation: Pre-marital and marital counseling;

Parent-child interactions in School; counseling in learning disability, ethical responsibilities of a counselor.

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Kim.T.Mueser & Shirley M, Glynn 1995	:	Behavioural Family Therapy for psychiatric disorders. London : Allyn & Bacon
Satish Chandra , Girimaji 1996	:	Counsellors Manual for family interventions in Mental Retardation New Delhi : ICMR
W. Robert Beavers 1977	:	Psychotherapy & growth. New York: Brunners / Mazel Publishers.
Guido L Burbatti , Ivana Castoldi & Lucia Maggi	:	Systemic Psychotherapy with families, Couples & Individuals. London :Jason Aronson Inc. UK

