

ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
MANGALORE UNIVERSITY  
(Accredited by NAAC with 'A' Grade)



ಕ್ರಮಾಂಕ/No. MU/ACC/CR6/CBCS-PG(SLB)/2017-18/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ  
ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199  
ಕರ್ನಾಟಕ, ಇಂಡಿಯಾ  
Office of the Registrar  
Mangalagangothri - 574 199  
Karnataka, India

ದಿನಾಂಕ/Date : 8/5/2017

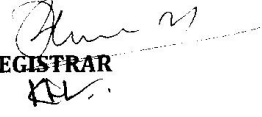
**NOTIFICATION**

Sub: III & IV semester Choice Based Credit System syllabus of  
M.Sc. in Counselling degree programme.

- Ref: 1) This office Notification No. MU/ACC/CR7/CBCS-PG(SLB)/  
2016-17/A2, dated: 17-8-2016.  
2) Academic Council decision dated 3-2-2017 vide Agenda  
No. 3:11 (2016-17)

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In continuation to this office Notification cited under ref. (1) above, the syllabus of  
III & IV semester M.Sc. in Counselling degree programme which approved by the Academic  
Council at meeting held on 3-2-2017 is hereby notified for implementation with effect from  
the academic year 2017-18 and onwards (for students of 2016-17 batch and onwards).

  
REGISTRAR

To:

- 1) The Chairman of the Department concerned/ The Coordinator of the degree programme concerned.
- 2) The Principal of the college concerned.
- 3) The Registrar [Evaluation], Mangalore University.
- 4) The Chairman of the Board of Studies concerned.
- 5) The Superintendent [ACC], Office of the Registrar, Mangalore University.
- 6) Guard file.

# **M.Sc.Counselling**

## **III and IV Semester Syllabus 2016-17**

### **Choice Based Credit System**

**Mangalore University, Mangalore**

<b>III</b>	<b>Code No.</b>	<b>Hard Core:</b>						
	CGH501	Psychometry and Statistics	4 hrs	4	3 hrs	70	30	100
	CGH502	Areas of Counselling	4 hrs	4	3 hrs	70	30	100
	CGP503	Practical I – Individual counseling Techniques	6 hrs	4	3 hrs	70	30	100
		<b>Soft Core:</b>						
	CGS504	Work place Counselling	3 hrs	3	3 hrs	70	30	100
	CGS505	Counseling Adults	3 hrs	3	3 hrs	70	30	100
	CGP506	Practical II – Group counseling Techniques	4.5 hrs	3	3 hrs	70	30	100
	CGP507	Practical III – Counselling Special Populations	4.5 hrs	3	3 hrs	70	30	100
		<b>Open Elective:</b>						
	CGE508	Counseling skills and Behavioural Techniques	3 hrs	3	3 hrs	70	30	100
<b>IV</b>		<b>Hard Core</b>						
	CGH551	Internship 1	75 -80 hours/se mester	4		70	30	100
	CGH552	Internship 2	75 -80 hours/se mester	4		70	30	100
		<b>Soft Core</b>						
	CGS553	Educational Counselling	3 hrs	3	3 hrs	70	30	100
	CGS554	Marital and Family counseling	3 hrs	3	3 hrs	70	30	100
	CGP555	Case Studies	3 hrs	3		50	50	100
	CGP556	Interpersonal Skills						
	CGP557	<b>Project / Dissertation</b>		4		70	30	100
		<b>Total credits</b>						

### **III Semester**

#### **CGH501 Psychometry, and Statistics**

**No.of Hours:48**

#### **Objectives:**

- To develop an understanding of various statistical techniques in terms of their assumptions, applications and limitations.
- To familiarize students with various design of experiments and statistical procedures.

#### **Unit I- Psychometry**

**12 Hours**

- A.** Psychological test: - Definition, characteristics, major classification and uses. Scales of measurement- nominal, ordinal, Interval and Ratio.
- B.** Test Construction & steps in test construction, reliability – Meaning and types of reliability, validity – meaning and aspects of validity.

#### **Unit II- Research Methodology-**

**12 Hours**

- A.** Scientific research: Definitions of research and types of research, Steps involved in research process, Research problem –source, defining statement; Data collection procedures.
- B.** Sampling: Population and Sample, probability and non-probability sampling methods and determinants of sample size. Research Designs-characteristic and types- experimental & non experimental

#### **Unit III: Statistics.**

**12 Hours**

- A.** Meaning and characteristics and functions, frequency distribution

- B. Descriptive Statistics: Measures of Central Tendency - Mean Median and Mode; Measures of dispersion- Range Quartile, Mean and Standard Deviation, Coefficient of variation.
- C. Normal distribution - characteristics of normal probability curve, applications; Correlation:- types, coefficient of correlation, Pearson's Product Moment Method and Spearman's Rank order Method.

**Unit IV: Hypothesis testing:**

**12 Hours**

- A. Hypothesis-definition, Criteria of a good hypothesis, characteristics, types, testing and limitations. Levels of Significance, one tailed and two- tailed test, Degrees of Freedom. Type I and Type II errors.
- B. Parametric test: Nature and assumptions, t-test, one way ANOVA - purpose and assumptions. Non-Parametric test: Nature and assumptions, Chi square test, Contingency coefficient, Use of Computer in Research & evaluations: coding, data entry, data verification, data processing and analysis. Report writing - format.

**References:**

1. Ahuja, R. (2005) Research Methods, New Delhi, Rawat Publications.
2. Anastasi, A and S. Urbina, (1997) Psychological testing. 7th Edition (Indian reprint) Pearson education. Delhi.
3. Aron & Aron & coup E.J( 2006) statistics for psychology 4<sup>th</sup> edition, pearson education.
4. Broota, K D (1992). Experimental designs in behavioural research. New Delhi,Wiley Eastern.

5. Freeman, S.K (1962) Theory and practice of psychological testing. New Delhi: Oxford publications.
6. Garrett H E () Statistics in Psychology and Education. Vakils Pfeffer & Sons.
7. Guilford.J.P (1936) Psychometric methods: Bombay, Tata Mc graw hill.
8. .Gupta, S.P. (2005) Elementary Statistical Methods, New Delhi: Sulthan Chand and Sons.
9. Hepner, Kirlinghan & Wampold(1992) Research Design in Counselling Brooks/ Cole
10. Kaplan,Sucuzzo &Dennis (2001) Psychological testing: Principles and applications (5th ed) Australia : Wordsworth publications
11. Kerlinger, N. (1996). Foundations of behavioural research. Prentice Hall of India.
12. Kothari, C.R (2004). Research methodology: Methods & techniques. New Delhi New Age international publishers
13. Schweiger, W.A. (1997). Research methods Psychology - a Hand Book. Delhi: Sage Publication India Pvt. Ltd.
14. Singh, A.K. (1997). Test measurement and research methods in Behavioural Sciences. Patna: Bharathi Bhavan Publishers and Distributors.
15. Wood,G(1981) Fundamentals of Psychological Research(3rd Ed) Little Brown &Co

**Objectives:**

- To provide an insight into trauma, ways of managing stress and intervention strategies.  
To gain an understanding of substance abuse and dependence and ways of detoxification and rehabilitation.
- To understand issues related to mental health and ways of coping.
- To gain an understanding of marriage as a foundation of family; areas of marital discord and ways of handling them.

**Unit I: Trauma**

**12 Hours**

- A.** Definition, Types of trauma, Trauma Assessment ,Post traumatic stress, Traumatic grief, Integrated Model of Trauma Counselling, Critical Incident Stress Debriefing Models, Secondary Traumatic Stress or compassion fatigue; Trauma Aftercare – Four Stage Model, Trauma and Spirituality.
- B.** Suicide: Assessment and Interventions.

**Unit II Substance Abuse and other addictions**

**12 Hours**

- A.** Definitions, theoretical approaches, concepts – use, abuse, dependence, prevention.  
Treatment and rehabilitation- Pathological gambling, Addiction to pornography, Cyber addiction, prevention.
- B.** Overview of Addiction treatment: Natural recovery, twelve-step recovery, cognitive-behavioural therapies, motivational enhancement therapy, stages-of-change model,

problem-oriented treatment, solution-focused treatment, group therapy, family therapy and community based interventions.

**Unit III: Counselling for neurotic and stress related disorders**

**12 Hours**

- A. Anxiety disorders, obsessive compulsive disorder, stress related disorders.
- B. B. Counselling for eating disorders, sleep disorders

**Unit IV: Health and Wellness**

**12 Hours**

- A. Defining health psychology, health and wellness, models of health, stress and wellbeing.
- B. Health Enhancing Behaviour – Exercise, Accident prevention, maintaining a health diet.  
Counselling for obesity and Diabetics

**References:**

1. Antony J D (2005), Trauma Counselling. Tamil nadu; Anugraha Publication.
2. Carroll & Walton(1997), Handbook of Counselling in organization. New Delhi: Sage publications
3. Curtis, A. J. (2000). Health psychology. New York: Routledge.
4. Ogden (1996), Health Psychology. Sage publication.
5. Rice (2000) Health Psychology. Pearson publication
6. Simos, G. (2002), Cognitive Behaviour therapy: a guide for the practicing clinician. Sussex: Brunner- Routledge
7. Spiers, T. (2001). Trauma: A practitioner's guide to counselling, New York:



Brunner- Routledge.

8. Welfel, E.R. & Ingersoll E.R. (eds) (2001).The Mental health desk reference: a practice based guide to diagnosis, treatment, and professional issues. New Jersey: John Wiley & Sons, Inc.
9. Williams, Tom(1987) Post Traumatic Stress disorder: A handbook for clinicians.
10. Zeigler, P& Hiller, T(2001) Recreating partnership: A solution oriented, Collaborative approach to couples therapy. New York: WW Norton
11. Taylor S.E. (2006), Health Psychology, 16<sup>th</sup> Ed. New Delhi, McGraw Hill
12. WHO(2004) ICD-10 Classification of Disorders, New Delhi, AITBS Publishers

## CGP503 Part 1- Individual Counselling Techniques

**Objective:** focus of this practical is to train students to integrate counselling theories in practice.

These training procedures are set to begin the process of sensitizing the students to variety of cultural and gender issues which affect the counselling process.

1. Verbatim Recordings
2. Behavioral techniques- shaping, habit reversal and token economy, Systematic desensitization.
3. Jacobson's progressive muscular relaxation, Meditative relaxation technique
4. Meichenbaum's stress inoculation training
5. Ellis A-B-C-D Analysis
6. Social skill training
7. Assertiveness training
8. Solution focused techniques - Miracle Questioning, Scaling questioning, Exception questions
9. Gestalt – empty chair, language exercise
10. Bio feedback

P.S to use any of the 6-8 techniques

## **CGS504 WORK PLACE COUNSELLING**

### **Objectives:**

**No.of Hours:40**

- To orient the students about the need for counseling in the organizations
- To orient the students about different types of counseling facilities available in the organizations

### **UNIT 1 : COUNSELLING IN ORGANIZATIONS**

**10 Hours**

Introduction –Need and purpose of counselling. Nature, The Role of Counsellor at Work.

Educating the organization to receive Counselling, managing the counselling process in organizations. Counselling skills training for managers in the organization, evaluating workplace counselling programmes.

### **UNIT II- COUNSELLING FACILITIES IN ORGANIZATIONS**

**10 Hours**

Internal and External counselling provisions for organization,

Models of Counselling in Organizations.

employee assistance programs;

Organization Culture and its Impact, Counselling as a form of Organizational Change.

### **Unit III: HUMAN PROBLEMS AT WORK PLACE:**

**10 Hours**

Stress - nature, type, individual and organizational consequences of stress. Burnout, depression,

Motivation and Morale - nature of work motivation, problem of lack of motivation, interpersonal conflict.

## **UNIT IV; MANAGEMENT OF BEHAVIOURAL PROBLEM**

**10 Hours**

Alcoholism , gambling, gender discrimination, personality disorders, role conflict, dual role, absenteeism, sexual harassment at work place.

### **References:**

1. Decenzo D.A & Robbins S.P (2003) Personnel a& Human Resource Management New Delhi: Prentice Hall.
2. Gelso & Fretz(1995) Counselling Psychology.Bangalore:press
3. Gibson & Mitchell.( 2005)Introduction to Counselling and Guidance, pearson education.
4. Makin,J.P (1999)Organisation & Psychological contract.Hyderabad:Uni.Press
5. Thomas, J. C. & Hersen, M. (eds) (2002). Handbook of mental health in the Work place. CA: Sage publications, Inc.
6. Vishala. M. (2006) Guidance & Counselling. New Delhi: S. Chand & Company Ltd.

## CGS505 COUNSELLING ADULTS

No of hrs: 40

### Objectives:

- Orienting students about counseling needs of adults
- To sensitize the students about issues involved in counseling women
- To create awareness about needs of the aged, terminally and other special populations

### Unit I Geriatric Counselling

10 hrs

Counseling the aged – Theories of aging definition of aging, health and morbidity in later years, problems of the aged, counseling the care recipient and the care giver, empty nest syndrome, productive aging

### Unit II Counselling the terminally ill

10 hrs

Understanding sickness, suffering, disease and illness. Understanding of Death and dying  
Counseling the terminally ill – meaning of death, reaction of the terminally ill patient to impending death, role of counselor in counseling the dying. Grief counseling- stages in grief.  
Normal and prolonged reactions. Support group, Hospice and palliative care

### Unit III: Counseling women

10 hrs

Counseling for sexual abuse and rape, acid attack victims, victims of physical abuse, counseling for workplace harassment counseling for premenstrual tension and menopausal problems

### Unit IV Counseling Special populations :

10 hrs

HIV/AIDS affected, disaster/crisis counseling & counseling the suicide prone and para suicides

**References:**

1. Adams J.J ( 1968 ): Counselling and Guidance- Mac.Milan.
2. Lakshmi K.S ( 2000 ) : Encyclopaedia of Guidance and Counselling- 4 volumes – New Delhi- Mittal Publications.
3. Paul Brown: Counselling with Senior Citizens-N.J, Prentice Hall.
4. Eddy steet ( 1994 ) – Counselling for family problems.New Delhi: Sage Publication
5. Donald.L, Rubenzer and John.D.Wert( 1993 )- Counselling couples: New Delhi- Sage.
6. Prashantham( 2001 ) – Indian care studies in Therapeutic Counselling – 5<sup>th</sup> edition - Vellore; Bharathi Press.
7. TTR Clinical Research foundation – Alcoholism and Drug Dependency- The Professional’s Master Guide
8. Douglas Hopper and WeindeyDeyden( 1991 )- Couple therapy a hand book: Philadelphia : Open University Press Milton Keynres.
9. Dame Cicely Saunders and Mary Baeries( 1983 ): Leaving with dying the management of terminal disease: ( 1993 ) London, Thousand oaks, New Delhi: Sage Publications.
10. PaulBrown.J – Counselling with senior citizens: Prentice Hall, Inc. Engle wood cliff,N.J.
11. WilliamWorden.J ( 1982 ) – Grief Counselling and Grief Therapy New york: Spreinger Publishing company
12. Charles J.O’ Leary (1999 ) : Counselling couples and family – A person- centred

approach: London , Thousand oaks, New Delhi: Thousand oaks, New Delhi- Sage  
Publications.

13. IndiaJai.Prakash ( 1999 ) – Psychological Gerontology- training material for Mental  
Health Professionals: Bangalore: Bangalore University.

## CGP506: GROUP COUNSELING PRACTICAL

No. of Credits: 3

1. **Planning and starting groups** – Pre group planning, planning the overall group program and phases of the session, planning for the beginning stage, the first session, the second session and subsequent sessions – screening, contracting and setting goals
2. **Exercises** – Selection, introducing, conducting and processing exercises
3. **Dealing with problem situations in groups** – member styles, silence, sexual feelings, crying, hostility, asking members to leave.
4. **Attending and observation skills behavior** – visual, vocal, verbal, body language, movement harmonics.
5. **Focusing, pacing, leading and linking skills** –Focus on: group, subgroup, individual, individual main theme, group leader, environment / context, here and now, then and there.
6. **Leadership skill of basic listening sequence** – questioning, encouragement, restatement, paraphrasing, reflection of feeling, summarization, the checkout.
7. **Skills of structuring dimensions and stages of groups** – initiating the group, gathering data, the positive asset search, working (examining goals, sharing, confronting, re-storying), ending (generalizing and acting on new stories)
8. **Skills and strategies for interpersonal influence-** Listening, reframing, interpreting, using self disclosure, giving feedback, structuring strategies, exploring logical consequences, eliciting and reflecting meaning, managing conflict via confrontation.



9. **Closing a session or a group** – skills in closing a session, closing a group and follow up procedures

## **References**

1. Jacobs, E. E., Masson, R.L &Harvill, R.L (2006) Ed. Group counseling strategies and skills – Belmont, Books /Cole.
2. Ivey, A.E., Pedersen, P, B., & Ivey, M.B. (2001) Ed. Intentional group counseling – A microskills approach, Belmont, Books /Cole.

## **CGP507 COUNSELLING SPECIAL POPULATIONS**

### **Case Studies and Field Visits**

**( To conduct any 9)**

**No. of Credits: 3**

1. Counselling the HIV/AIDS afflicted
2. Counselling Victims of Disaster
3. Counselling Acid Attack Victims
4. Counselling for Premenstrual Tension and Menopausal problems
5. Counselling for Alcohol Abuse
6. Counselling for Drug Abuse
7. Counselling for sexual abuse
8. Counselling parasuicides
9. Counselling the Mentally Retarded
10. Counselling the Aged and Terminally ill
11. Counselling children of divorced and separated parents
12. Counselling the divorced and separated

## **CGE508 Counselling Skills and Behavioural Techniques**

### **Objectives**

**No.of Hours:40**

This paper aims at introducing students to an overview of Individual counselling and stages of group development. Emphasis is laid on the skills of counselling and techniques of the Behavioural Approach.

### **UNIT – I: Introduction to Counselling**

**10 Hrs.**

Definition; Difference between counselling and guidance; Goals and functions of counselling; Characteristics of an effective counsellor, Approaches to counselling- ( in brief) psychodynamic, humanistic, behaviouristic, gestalt and cognitive..

### **UNIT II: Skills of counselling**

**10 Hrs.**

Micro skills: basic listening sequence ,open and closed questions, active listening skills- encouraging, paraphrasing, summarizing, reflection of feelings; advanced skills- focusing, confrontation, self-disclosure, influencing skills.

### **UNIT III: Counselling Process & Relationship**

**10 Hrs.**

Preparation, content process & steps in counselling; Importance of relationship ; components of relationship; Facilitative conditions for the counselling relationship.

Egan’s three stage model.

Stages in group development- pre-group issues, initial stage, transition, working stage, final stage & post group issues.

### **UNIT IV: Behavioural Approaches; Principles and Goals**

**10 Hrs.**

Techniques; Implosion and Exposure Therapies; Shaping Modelling, contingency Contracting, Relaxation and Assertive training.

### **References:**

1. Antony J.D. (2009) Principles of practice of Counselling. Anugraha publications
2. Antony J. (2003) Psychotherapies in counseling. Dindigul: Anugraha publication
3. Antony J.D. (2003) Skills of counseling. Anugraha publications.
4. Antony J.D.(2010) Types of counseling. Anugraha Publications.
5. Burnard.P,(2004) Counselling skills training. New Delhi: Viva books
6. Corey, G. (2001). Manual for Theory and Practice of Counselling and Psychotherapy, (6thEdition). Pacific Grove CA: Brooke/Cole.
7. Corey, M., S. & Corey, G. (2003). Becoming a Helper. (4th Edition). Pacific
8. Egan .G. (1990) Exercises in helping skills (4<sup>th</sup> edition) Brooks & Cole publication.
9. Egan, G. (2001). The Skilled Helper: A Problem Management Approach to Helping. (7th Edition). Pacific Grove, CA: Brooks/Cole.
10. Gibson R.L.(2005) Introduction to Counselling & guidance.( 4th Ed) Pearson publications
11. Ivey A., & Ivey M., B. Intentional Interviewing and Counselling. (5<sup>th</sup> Edition). Pacific Grove CA: Brooke/Cole
12. Mc Leod counselling skills, Rawat publication
13. Nelson.R-Jones. (2002). Basic Counselling Skills. London: Sage.
14. Patterson L. &Welfel.R. (2004)The counseling process. Australia: Wadsworth
15. Rao, S Narayana .Counselling& Guidance (2nd Ed.) New Delhi: Tata McGraw Hill

## **IV SEMESTER**

### **CGH 551 Internship I Supervised fieldwork of 75 TO 80 HOURS**

#### **In academic institutions and special schools**

Maintain a journal of counselling placement which should be signed by the supervisor.

The log sheet has to be regularly signed by the head of the department.

There should be weekly supervision individually /in groups.

**CGH 552 Internship II[Supervised fieldwork of 75 TO 80 HOURS**

**In Counselling centres and hospitals**

Maintain a journal of counselling placement which should be signed by the supervisor.

The log sheet has to be regularly signed by the head of the department.

There should be weekly supervision individually /in groups.

## **CGS553 Educational Counselling**

**No.of Hours:40**

### **Objectives:**

- To enable the students to understand the various issues related to learning and its assessment.
- To introduce students the need for and application of counselling techniques to the educational setting and to improve student mental health

### **Unit I : Introduction and Facilitative Counselling Techniques**

**10 Hrs.**

**A.** Definition, Nature of guidance and Counselling; Counseling the primary school child, High school and College student.

**B.** Play, Art Drawing, Drama, Metaphors, Storytelling, and Biblio-Counselling

### **Unit II: - Counseling Exceptional children**

**10 Hrs.**

**A.** Definition, Causes, Types, Psycho-educational interventions for Mental retardation, Scholastic deficits/ Learning disabled, Autism spectrum Disorder.

**B.** Definition, Causes, Psycho-educational interventions underachievers, slow learners, gifted and talented.

### **Unit III: - Academic Development, Teacher and Parent Counseling**

**10 Hrs.**

**A.** Learning and Teaching models; reading, writing, note making and Study skills. Cognitive issues: causes and factors affecting attention, concentration, remembering, forgetting, and

cognitive training. Class room problems: discipline, listening, norms violation, and aggression.

**B. *Teacher Counseling:*** Teacher as counselor - Process; Classroom approaches- Guidance, meetings & Group discussions. *Parent counseling:* Goals, Counselor's role, Parent-consultation programme, Parent - teacher consultation, Discussion and study groups

**Unit IV: Counselling Specific targeted groups**

**10 Hrs.**

- A. Behavioural and emotional disorders; Attention Deficit Hyperactivity Disorder (ADHD), DBD, Bullying, Enuresis and Encopresis
- B. Juvenile delinquency, Tics, sibling rivalry disorder, School Refusal Behaviour, separation anxiety disorder, truancy.

**References:**

1. Aggarwal J.C., (2007) Essentials of Educational Psychology, 2nd Ed., Vikash Publications.
2. Dandapani, S. (2001). A Textbook of advanced educational psychology 2nd ed. New Delhi. Anmol Publications Pvt. Ltd.
3. Herson, Kenneth T & Eller, Ben F. (1999). Educational Psychology for Effective Teaching – New York:Wadsworth Publishing Company,.
4. Hurlock, E.B., (1984) Child Development, 6<sup>th</sup> Ed., New Delhi, Tata McGraw – Hill Publications.



5. Nayak, A K & Rao, V K (2002). Guidance & Career Counselling -. New Delhi : APH Publishing Corporation.
6. Rao, S Narayana .Counselling & Guidance -2<sup>nd</sup> Ed. New Delhi:Tata Mc Graw Hill
7. Shrimali, S.S. (2005), Child Development, New Delhi, Pearson Education
8. Thompson, C.L., Rudolph, L.B. & Henderson, D (2004) (Ed.) Counsellin children, Belmont: Brooks/Cole

## **CGS554 XXI Marital and Family Counselling**

**No. of Hours:40**

### **Objectives:**

- To help the students to know the dynamics of the Marriage and Family.
- To introduce students the assessments and interventions in Marriage and Family counselling.

### **Unit I:**

**10 Hrs.**

#### **Marriage and Family**

Introduction to marriage and family; Definition, factors, evolution, changing scenario- Indian Family, Dimensions of marriage, family process and adjustment. Cohabitation, stages of marriage, factors affecting spouse selection, reasons for marrying

### **Unit II:**

**10 Hrs.**

#### **Family Dynamics**

Gender, communication, Decision Making and Intimacy. Problem families and its impact. Managing economic resources  
Family stress and Coping - Impact of death, chronic illness, physical and mental disability, Alcoholism and addiction, violence and abuse, divorce on the family life cycle. Resilient family, conflict in marriage relationship

### **Unit III**

**10 Hrs.**

#### **Assessment of couples and Families:**

Characteristics of healthy family relationships, methods- self report, observation and interview. Assessment model- circumflex, Mc master, Calgary. NIMHANS Model of family assessment, Beaver's systems model of family assessment. Genogram as a tool for family assessment, Structural mapping in assessing family interactions.

### **Unit IV**

**10 Hrs.**

#### **Marital and Family Counselling Techniques:**

Marital and Family Counselling Techniques: developmental Models of family- Conjoint, concurrent, strategic, structural, trans-generational and narrative techniques. Group marital counselling, Process and interventions, Solution focused contextual, experiential, Gottman model.

#### **References**

1. Antony J.D.(2010) Types of counseling. Anugraha Publications.
2. Antony J. (2003) Psychotherapies in counseling. Dindigul: Anugraha publication.
3. Capuzzi D & Gross D.R. (1999) Counselling& psychotherapy. Theories & Interventions. Prentice Hall Inc.
4. Corey, G. (2001). Manual for Theory and Practice of Counselling and Psychotherapy, (6thEdition). Pacific Grove CA: Brooke/Cole.
5. Jacobson N.S & Margolin ( 1979) Marital Therapy, Brunner and Maze publication
6. Zeigler, P& Hiller, T(2001) Recreating partnership: A solution oriented,

Collaborative approach to couples therapy. New York: WW Norton

### **CGP555 Case Studies**

- Submit a minimum of 5 long case studies with clients who had been terminated after a minimum of five sessions;
- 10 short case studies of 2-4 sessions;
- 20 one time client cases , verbatim and an audio transcript of a counselling session;

## **CGP 556 Interpersonal Skills**

Module development on the following topics of interpersonal skills and conducting programmes

on the same:

1. Self-confidence
2. Communication
3. Positive attitude
4. Time management
5. Empathy
6. Decision making
7. Problem solving
8. Critical thinking

**CGP557 PROJECT/Dissertation**