

UNIVERSITY OF MADRAS
B.Sc. DEGREE COURSE IN PSYCHOLOGY
SYLLABUS WITH EFFECT FROM 2020-2021

BPY-DSE02

ELECTIVE-II: GUIDANCE AND COUNSELLING PSYCHOLOGY

Instr.Hrs.: 6
Credits : 5

Year : III
Semester: VI

Course Learning Outcome

After completion of the Guidance and counselling Psychology course, students will be able to:

1. Identify the need and importance of counselling in the current context
2. Explain the various approaches in counselling and the types , uses & diagnosis in counselling process
3. Summarize the interpretation of psychological tests in counselling
4. List the qualities of an effective counsellor
5. Identify the special areas of counselling
6. Spell out the ethical guidelines laid down by the American Psychological Association and the role of counsellor in promoting good Mental Health

UNIT I: NATURE AND SCOPE OF GUIDANCE AND COUNSELLING

Counselling and Guidance: Meaning- Nature - Need and Functions of Guidance and Counselling - Emergence of Guidance and Counselling in India - Goals and Scope of Guidance and Counselling - Types of Counselling Services.

UNIT II: APPROACHES TO COUNSELLING AND THE COUNSELLING PROCESS

Directive and non-directive approaches - Humanistic approach- Behaviouristic approach - Existential Approach - Eclectic Approach, Counselling Process: Preparation for counselling, Steps in the counselling process.

UNIT III: PSYCHOLOGICAL TESTING AND DIAGNOSIS

Use of psychological tests in guidance and counselling - Types of psychological tests - Nature of a good psychological test - Test interpretation in counselling - Limitations of psychological tests - Diagnosis and its limitations.

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UNIT IV: COUNSELLOR QUALITIES, SKILLS AND ETHICAL RESPONSIBILITIES

Qualities of an effective counsellor, Counsellor skills: Building Trust- Listening – Attending – Observing - Building Rapport - Demonstrating Empathy, Ethics in counselling.

UNIT V: SPECIAL AREAS IN COUNSELLING

Family group consultation - Counselling Families Concerning Children - Counselling with Parents - Counselling the Delinquent - Marriage Counselling - Premarital Counselling - Counselling the Handicapped - Career Counselling - Adolescent Counselling- Role of Counsellor in fostering Good Mental Health.

REFERENCES

1. Rao, N. (2013). *Counselling and Guidance*. Chennai, India: Tata McGraw Hill.
2. Gladding, S.T. (2017). *Counselling: A comprehensive profession*. Chennai, India: Pearson.
3. Gibson, R. L., & Mitchell, M. H. (2007). *Introduction to counselling and guidance*. Upper Saddle River, NJ: Prentice Hall.
4. Nayak, A. K. (2007): *Guidance and counseling*. New Delhi, India: APH Publishing.
5. Barki, B. G., & Mukhopadhyay, B. (2008): *Guidance and counselling manual*. New Delhi, India: Sterling.
6. Kochhar, S. K. (1984). *Guidance and counselling in colleges and universities*. New Delhi, India: Sterling.

WEB RESOURCES

1. <https://nptel.ac.in/courses/109/107/109107155/>
2. <https://youtu.be/lo4DPYYQrGc>
3. <https://www.mooc-list.com/course/counseling-and-psychotherapy-theory-edx>
4. <https://swayam.gov.in/search? Keyword=Counselling%20Psychology>