



Course Syllabus  
Gyanmanjari Institute of Arts  
Semester-2(M.A)

**Subject:** Counseling Psychology -MATPY12508

**Type of course:** Major (Core)

**Prerequisite:**

The course presupposes that the student has sufficient knowledge in the areas of personality theory and schools of psychology.

**Rationale:**

The purpose of this course is to equip the students with the theoretical knowledge and practical skills required to be a psychological counselor. Successful completion of the course will make the student sufficiently competent to take up counseling assignments in a supervised manner. The theory cum practical course consists of activities; lab work and role play devised by the authors of the recommended books. Instruction will be accompanied by classroom demonstrations and practice of skills and videos with demonstrations by renowned practitioners.

**Teaching and Examination Scheme:**

Teaching Scheme			Credits	Examination Marks					Total Marks
CI	T	P		C	Theory Marks		Practical Marks		
			ESE		MSE	V	P	ALA	
4	0	0	4	60	30	10	00	50	150

**Legends:** CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; ESE - End Semester Examination; MSE- Mid Semester Examination; V – Viva; CA - Continuous Assessment; ALA- Active Learning Activities.



**Course Content:**

Sr. No	Course content	Hrs.	% Weightage
1	<p><b>Introduction of Counseling</b></p> <ul style="list-style-type: none"> <li>• Meaning of Counseling</li> <li>• Concepts of Counseling</li> <li>• What is a consultation?</li> <li>• Characteristics of Counseling</li> <li>• Counseling and psychotherapy</li> <li>• Objectives of counseling               <ol style="list-style-type: none"> <li>1. Main objectives of counseling</li> <li>2. Classification of Counseling Objectives</li> </ol> </li> </ul> <p><b>Needs of Counseling Psychology</b></p> <ul style="list-style-type: none"> <li>• Why advice?</li> <li>• Who provides the advice?</li> <li>• Specialized area of Counseling</li> <li>• Problem of Indian students</li> <li>• Classification of Advice/Counseling</li> </ul>	15	25
2	<p><b>The Quality of the Counselor /Being an Effective Counselor</b></p> <ul style="list-style-type: none"> <li>• Qualities /Characteristics of an Effective Counselor</li> <li>• Functions and roles of consultants</li> <li>• The changing roles of counselors</li> <li>• Code of Conduct for the Consulting Profession</li> <li>• Some recommendations regarding Code of Conduct</li> </ul>	15	25
3	<p><b>Different Counseling Techniques</b></p> <ul style="list-style-type: none"> <li>• Meaning of techniques</li> <li>• Different counseling techniques               <ul style="list-style-type: none"> <li>• Initiatory Techniques</li> <li>• Non-verbal affixation</li> <li>• Clarification Technique</li> <li>• Acceptance techniques</li> </ul> </li> </ul> <p><b>Counseling Process and interview</b></p> <ul style="list-style-type: none"> <li>• Steps in the counseling process</li> <li>• Factors affecting on Counseling Process</li> <li>• Need of Counseling in Anxiety</li> </ul>	15	25



4	<b>Career Counseling and Decision making process</b> <ul style="list-style-type: none"> <li>• Importance of work</li> <li>• The changing world of work</li> <li>• What is career counseling?</li> <li>• Career development approaches</li> <li>• Decision making process in career counseling</li> </ul>	15	25
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**Continuous Assessment:**

Sr. No	Active Learning Activities	Marks
1	<b>Create workbook:</b> Students have to create three activity workbooks for various topics which will be provided by faculty and upload workbook on GMIU Web Portal. <b>Example:</b> School counseling, Marriage counseling, Career activities etc.	10
2	<b>Exploring Counseling Centers:</b> Students have to visit one Counseling Centre. Identify what exactly they are doing to help society. List out all activities of Counseling Centre with details and upload it on GMIU Web Portal.	10
3	<b>Survey:</b> Students have to conduct a survey on workplace adjustment as per Questionnaire given by Faculty and upload the information to the GMIU web portal.	10
4	<b>Collect information about Counselor's work platforms:</b> Students have to find out that in which areas counselors work? What is the Counselor's Role in the Field? Explore the role of platforms and apps in counseling psychology. Identify the benefits, challenges, and ethical considerations of incorporating counseling practice. At last they have to collect information about it and upload it on GMIU web portal.	10
5	<b>Practice on Counseling Process:</b> Students have to perform all the activities of the Counseling Process and Prepare short video on it. Upload same on GMIU Web Portal <b>Example:</b> How to behave with client, what is important for his or her, how to understand and develop bond with each and every client, and last important notes for client, etc.	10
Total		50



**Suggested Specification table with Marks (Theory):60**

Distribution of Theory Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage	20%	40%	40%	-	-	-

**Note:** This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

**Course Outcome:**

After learning the course, the students should be able to:	
CO1	Identify the Nature of Counseling Psychology and its Goal.
CO2	Understand the purpose of Counseling and types in detail.
CO3	Develop better Communication as a Counselor by understanding qualities of Counselor.
CO4	Analyze Career Counseling and decision making.

**Instructional Method:**

The course delivery method will depend upon the requirement of content and need of students. The teacher in addition to conventional teaching method by black board, may also use any of tools such as demonstration, role play, Quiz, brainstorming, MOOCs etc.

From the content 10% topics are suggested for flipped mode instruction.

Students will use supplementary resources such as online videos, NPTEL/SWAYAM videos, E-courses, Virtual Laboratory

The internal evaluation will be done on the basis of Active Learning Assignment

Practical/Viva examination will be conducted at the end of semester for evaluation of performance of students in laboratory.



**Reference Books:**

- [1] S. T. Patel: Salah Manovigyan University Granth Nirman Board, Ahmedabad. 2001.
- [2] Aybackle, Duglad S. Counseling and introduction. Alby and bacon Inc. Boston. 1981.
- [3] Benard M.W Fuller D.W. Principles of Guidance 2nd edition Thomas Y. Grewell Company. 1977.
- [4] Krumbolz John D. and Thoreson Carl E. Counseling methods. Holt Rincharge Winston.1976.
- [5] Narayan Rao Counseling Psychology. 3rd re-print Tata McGraw Hill Publication, New Delhi. 1989.
- [6] Richard Nelson-Jones: 'Basic Counseling Skills' Sage Publication India Pvt. Ltd. New Delhi. 2009.

