**UNIVERSITY OF SARGODHA**

**DEPARTMENT OFPSYCHOLOGY**

COURSE OUTLINE SPRING 2020

Course Tittle: Counselling Psychology

Course Code: PSYC- 6220

Credit Hours: 3

Instructor: ANAM KHAN

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DESCRIPTION& OBJECTIVES

To produce students with a strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions.

To understand and change abnormal behavior, cognition, and emotions through the application of principles and techniques of Clinical and counseling Psychology.

To study Counseling Psychology as helping profession in everyday life.

READINGS

Brammer, L. M., Abrego, P. J. & Shostrom, E. .L. (2003). *Therapeutic counseling & psychotherapy*. N. J.: Prentice Hall.

Capuzzi D. & Gross, D. R. (1999). *Counseling and psychotherapy*. N. J.: Merrill.

Corey, G. (2006). *Theory and practice of counseling & psychotherapy.* Brooks/Col

Gibson, R. L. & Mitchell, M. H. (2000). *Introduction to counseling and guidance*. Ohio: Merrill.

Hanser, J. (2002). *Counseling – Theory and process.* Boston: Allyn and Bacon.

Heiden, L. A, & Hersen, M. (Eds.) (2005). *Introduction to clinical psychology*. New York: Plenum Press.

CONTENTS

1. An overview of counseling

Definitions of counseling; distinctions between counseling and psychotherapy; goals of counseling; historical development of counseling profession and the role of counselor.

1. On becoming a counselor

Personal characteristics of effective counselors; the process of counselor education, personal values in counseling, on becoming a counselor.

1. Theoretical approaches to counseling

Psychoanalytic foundations; Affective approaches to counseling, cognitive behavioral approaches to counseling, Uses of Expressive Arts in Counseling Psychology (Creative arts; Visual arts; Dramatic and enactment arts; Poetry, writing, and bibliotherapy; Music and dance therapies).

1. Counseling processes and methods

Procedural skills –I (Helping characteristics and therapeutic climate, initial procedure, counseling interview and counseling skills)

Procedural skills-II (advance empathy, theme identification, self-disclosure, perception check, interpretation, action strategies, goal setting, termination and follow up)

1. Counseling selected special populations, crisis interventions and models of helping
2. Career counseling and professional issues.
3. Ethical Issues in Counseling Psychology

Ethical considerations in counseling Legal considerations for counselors, current and future trends in counseling, research and evaluation in counseling.

COURSE SCHEDULE

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| Week | Topics and Readings. | Dates |
| 1. | Definition, Introduction and scope of Counselling Psychology, History and Evolution of Counselling Psychology (Corey) |  |
| 2. | Differences in clinical and counselling psychology (Capuzzi & Gross), Careers in counselling psychology (Hanser) |  |
| 3. | Ethical Issues in counselling Psychology (Heiden, & Hersen) |  |
| 4. | Assessment in counselling psychology (Capuzzi & Gross) |  |
| 5. | Uses of Expressive arts in counselling psychology (Capuzzi, & Gross) |  |
| 6. | Introduction of counselling process, developing counselling skills (Corey), Developing counselling skills and tactics (Capuzzi & Gross) |  |
| 7. | Process of counselling assessment, Goals in counselling assessment, Tools of counselling assessment (Corey) |  |
| 8. | Uses of counselling tools, Dimensions in counselling assessment (Heiden, & Hersen) |  |
| 9. | Mid Terms |  |
| 10. | Process of termination in detail (Corey) |  |
| 11. | Psychoanalytic approach |  |
| 12. | Adlerian approach |  |
| 13. | Cognitive behavioral approaches (Capuzzi & Gross) |  |
| 14. | School and college counselling (Heiden, & Hersen) |  |
| 15. | Group counselling (Hanser), Marriage counselling, Occupational counselling (Corey) |  |
| 16. | Final Terms |  |

RESEARCH PROJECT

Students are supposed to take at least two cases from counselling setting and submit report.

ASSESSMENT CRITERIA

Sessional: 20

Midterm: 30

Final exam:50

RULES AND REGULATIONS

Zero tolerance on decided date and timing of assignment, presentation, test

Learning Outcomes

* It will inculcate a sense of team spirit and group dynamics among the students.
* Students will be able to understand various modes of exercises (mental and physical) for ensuring an optimal morale.
* They will learn the role of psychologist in initiating and sustaining optimal motivation on and off ground.