**COURSE OUTLINE**

**COUNSELLING PSYCHOLOGY (Psy-411)**

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.

**Recommended Books**

* Corey, G. (2013). Theory and Practice 0f Counselling and Psychotherapy. 9th ed. United States of America: Brooks/Cole Cengage Learning
* Gladding, S.T. (2017). Counseling: A Comprehensive Profession (8th edition). Pearson Publisher.