**WEEKLY LESSON PLAN**

**COUNSELLING PSYCHOLOGY (Psy-411)**

COURSE SCHEDULE

|  |  |
| --- | --- |
| **Week** | **Topics** |
| 1. | Definition, Introduction and scope of Counselling Psychology, History and Evolution of Counselling Psychology |
| 2. | Differences in clinical and counselling psychology, Careers in counselling psychology |
| 3. | Ethical Issues in counselling Psychology |
| 4. | Assessment in counselling psychology |
| 5. | Uses of Expressive arts in counselling psychology |
| 6. | Introduction of counselling process, developing counselling skills, Developing counselling skills and tactics |
| 7. | Process of counselling assessment, Goals in counselling assessment, Tools of counselling assessment |
| 8. | Process of termination |
| 9. | Mid Terms |
| 10. | Psychoanalytic approach, Humanistic Approach |
| 11. | Adlerian approach |
| 12. | Gestalt therapy |
| 13. | Cognitive behavioral approaches |
| 14. | Reality therapy |
| 15. | School and college counselling |
| 16. | Group counselling, Marriage & Family counselling, Occupational counselling |

PROJECT

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

ASSESSMENT CRITERIA

Sessional: 20

Counselling cases: 6

Performance: 6

Participation: 4

Class Quiz: 4

Midterm: 30

Final exam:50

RULES AND REGULATIONS

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

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.