

BACHELORS WITH PSYCHOLOGY AS MAJOR (CT – II)
6th SEMESTER

PSY622J2 PSYCHOLOGY _ COUNSELLING AND PSYCHOTHERAPIES

CREDIT: THEORY-4, PRACTICAL-2

LEARNING OUTCOMES:

- *Gain insights into the practical applicability of counselling and psychotherapeutics.*
- *Students will develop an understanding of counselling and acquire proficiency in essential skills and techniques and counselling and psychotherapeutics,*

THEORY (4 CREDITS: 60 HOURS)

UNIT-1: INTRODUCTION TO COUNSELLING PSYCHOLOGY

- Definition and goals of counselling psychology
- History and evolution of counselling psychology
- The role and skills of a counselling psychologist
- Ethical considerations in counselling psychology

UNIT-2: COUNSELLING SKILLS AND TECHNIQUES

- Active listening and empathy
- Questioning and probing
- Reflection and paraphrasing
- Goal setting and action planning

UNIT-3: FUNDAMENTALS OF PSYCHOTHERAPEUTICS

- Psychotherapeutics: History and overview
- Facilitators and Barriers to effective Psychotherapy
- Psychotherapy Environment and time length.

UNIT-4: BASIC PSYCHOTHERAPEUTIC PARADIGMS

- Psychoanalytic Psychotherapy and Existential psychotherapy: Meaning and techniques
- Gestalt psychotherapy and Adlerian psychotherapy: Meaning and techniques.
- Dialectical Behavioural Therapy

PRACTICAL: 2 CREDITS

- To demonstrate the systematic desensitization technique.
- To demonstrate Jacobson's PMR.

READINGS:

- Brems, C. (2001). Basic Skills in Psychotherapy & Counselling. Brooks Publication: Singapore
- Cappuzzi, D. & Gross, R.D. (2008). Counselling and Psychotherapy: Theories & Interventions, Pearson.
- Corey, G. (2019). Theory and practice of Counselling and Psychotherapy. (10th ed.). Cengage.
- Feltham, C & Hanley, T. (2017). The Sage Handbook of Counselling and Psychotherapy. Sage.
- Gladding, S. (2020). Counselling: A Comprehensive Profession. (8th ed.). Pearson.
- Jones, N. (2014). Theory and Beginner's Guide to Counselling and Psychotherapy. Sage.
- Smith, E.J. (2016). Theories of Counselling and Psychotherapy: An Integrative Approach, 2ed, Sage Publication