

Semester – III
OPTIONAL GROUP
GROUP A - EDUCATIONAL
Paper – IVA
COUNSELLING PSYCHOLOGY-I

UNIT-I

An Overview of counselling: Definitions of Counselling, Distinctions Between Counselling and Psychotherapy, Goals of Counselling, Historical Development of the Counselling Profession, Counsellor Credentialing, Selected speciality areas, The role of the counsellor.

UNIT-II

Counsellor: Personal Characteristics of Effective Counsellors, The Process of Counselling, On Becoming a Counsellor.

UNIT-III

Affective Approaches to Counselling: Person-Centered Therapy, Gestalt Therapy, Existential Therapy.

UNIT-IV

Cognitive-behavioural Approaches to Counselling: Rational Emotive Therapy, Behavioural Counselling, Reality Therapy, Transactional Analysis, Other Emphases.

UNIT-V

Towards a Personnel Theory of Counselling: Characteristics of Theories, Steps in Building a Personnel Theory, Comparison of the Major Counselling.

Characteristics of Helping Relationship: The Helping Relationship: An Overview, The Therapeutic Climate, Characteristics of an Effective Counselling Relationship

RECOMMEND BOOKS:

- | | |
|--|--|
| 1. Rickey L., George and
Thereses Cristiani | Counselling Theory and Practice, Allyn: and.
Bacon, Boston, London, Sydney, Tokyo, Singapore. |
| 2. Pasricha. Prem | Guidance and Counselling in Indian Education. |
| 3. Myers | Principle and Technique of Guidance. |
| 4. Belkni, G.S.(1988) | Introduction to Counselling W.G. Brawn Publishers. |
| 5. Nelson J. (1982) | The theory and practice of counselling Psychology.
New York: Holt Rinehart and Wlliston |
| 6. डॉ० चौहान वी.एल. एवं जैन कल्पना | निर्देशन एवं परामर्श, अंकुर प्रकाशन, उदयपुर |