

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.
NewYork: Holt Rureheart and Wlliston
6. डॉ0 चौहान वी.एल. एवं जैन कल्पना निर्देशन एवं परामर्श, अंकुर प्रकाशन, उदयपुर