

**DON BOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU**

(Affiliated to Kannur University Approved by Government of Kerala)

ANGADIKADAVU P.O., IRITTY, KANNUR – 670706



COURSE PLAN

DEPARTMENT OF PSYCHOLOGY

MSc. Counselling Psychology

(2020 – 22)

SEMESTER – IV

ACADEMIC YEAR - (2021-22)

IV Semester M Sc Psychology (2020 - 22)

SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week
1.	PSY4 C12- COUNSELLING IN SPECIAL SETTINGS	Fr. Kuriakose	5
2.	PSY-E08 - SCHOOL COUNSELLING	Manjith R	5
	Class Incharge	Manjith R	

TIME TABLE

Day	09.50 Am - 10.45 Am	10.45 Am -11.40 Am	11.55 Am -12.50 Pm	01.40 Pm - 02.35 Pm	02.35 Pm - 03.30 Pm
1	Manjith R	Fr. Kuriakose	Research	Fr. Kuriakose	Practical
2	Fr. Kuriakose	Research	Manjith R	Fr. Kuriakose	Practical
3	Fr. Kuriakose	Research	Manjith R	Fr. Kuriakose	Practical
4	Manjith R	Fr. Kuriakose	Research	Fr. Kuriakose	Practical
5	Manjith R	Fr. Kuriakose	Manjith R	Fr. Kuriakose	Practical

TEACHING SCHEDULE

Subject Code:	PSY4 C12
Subject Name:	COUNSELLING IN SPECIAL SETTINGS
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Fr. Kuriakose Pallikkunnel

SYLLABUS

Objectives:

- To give the students information regarding the history, issues and techniques applied during counselling in various settings.
- To equip the students with skills required for counselling in special settings and make them aware of the current trends in each approach.

Module 1: School counselling

The art and science of school counselling, A developmental Perspective, Role and Function of school counsellors, Special Skills and problems, Trends in school counselling.

Module 2: Career Counselling Over the Life Span

The importance of Career counselling. The evolutions of career counselling, Theoretical foundations, Treatment Issues, Special Issues, Diversity in career counselling.

Module 3: Marriage, and Family Counselling

The changing forms of family life, Evolution of marriage and family counselling, Professional issues, Theoretical foundations, Marriage counselling- the counselling process, Skills based marriage counselling, Marital assessment, Family counselling- Psychodynamic, Experiential, Structural, Strategic, and Adlerian counselling, Postmodern or Social Constructionist Trends in family counselling. The counselling process, Diversity issues in marriage and family counselling.

Module 4: Counselling Psychology in the workplace

Relevance of counselling psychology to workplace issues, Counselling facilities and the workplace setting: an overview, The effectiveness of workplace counselling, Issues and challenges in the provision of workplace counselling facilities.

Module 5: Abuse, Disability and HIV/AIDS Counselling

Abuse- Interpersonal abuse, Preventing and treating interpersonal abuse, Intrapersonal abuse, Compulsive gambling, Counselling for Work addiction (Workaholism).
Counselling people with disabilities- The Nature of disabilities, working with people with disabilities, Strategies used while working with clients with specific disabilities.
HIV/AIDS counselling Psychological interventions in HIV, Client specific strategies, Counter-transference, Interventions, Ethical questions in HIV work, Boundary modification in HIV, Issues in late stage HIV, Psychological management.

Module 6: Mental Health Counselling

The art and science of mental health counselling, Professional issues, The role and function of mental health counsellors, Categories of mental health services, Strategies for suicidal clients, Gerontological counselling, Trends and perspectives.

Reference:

- Gladding, S.T (2009). *Counselling-A Comprehensive Profession* (6th ed.). UP: Dorling Kindersely(India) Pvt. Ltd.
- Nystul, M.S (2011). *Introduction to Counselling- An Art and Science perspective* (4th ed.). USA: Pearson Education.
- Woolfe, R., Dryden, W., Strawbridge, S. (2003). *Handbook of Counselling Psychology*. Britain: Cormwell Press Ltd.
- Feltham, C., & Horton,I.(2006). *The Sage Handbook of Counselling and Psychotherapy*(2nd ed.). New Delhi: Sage Publications.
- Welfel, R.E., & Patterson, L.E (2011). *Counselling Process* (6th ed.). New Delhi: Cengage Learning Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	03-01-2022 To 08-01-2022	1	Syllabus introduction
		2	Module 1: School counselling
		3	The art and science of school counselling,
		4	A developmental Perspective,
		5	Role and Function of school counsellors,
		08 January	Second Saturday
2	10-01-2022 To 15-01-2022	6	Special Skills and problems,
		7	Trends in school counselling.
		8	Revision
		9	Unit test
		10	Module 2: Career Counselling Over the Life Span
		11	The importance of Career counselling.
3	17-01-2022 To 22-01-2022	12	The evolutions of career counselling,
		13	Theoretical foundations,
		14	Treatment Issues,
		15	Special Issues,.
		16	Diversity in career counselling
		17	Revision
4	24-01-2022 To 29-01-2022	18	Unit test
		19	Module 3: Marriage, and Family Counselling
		26 January	Republic Day
		20	The changing forms of family life,
		21	Evolution of marriage and family counselling,
		22	Professional issues,
5	31-01-2022 To 05-02-2022	31 January	Don Bosco
		23	Theoretical foundations,
		24	Marriage counselling- the counselling process,
		25	Skills based marriage counselling,
		26	Marital assessment,
		27	Family counselling- Psychodynamic counselling
6	07-02-2022 To 12-02-2022	28	Experiential and Structural counselling
		29	Strategic and Adlerian counselling,
		30	Postmodern or Social Constructionist Trends in family counselling.
		31	The counselling process.

No of Weeks	Dates	Session	Topic
		32	Diversity issues in marriage and family counselling
		12 February	Second Saturday
7	14-02-2022 To 19-02-2022	33	Revision
		34	Unit test
		35	Module 4: Counselling Psychology in the workplace
		36	Relevance of counselling psychology to workplace issues,
		37	Counselling facilities and the workplace setting: an overview,
		38	The effectiveness of workplace counselling,
8	21-02-2022 To 26-02-2022	39	I Internal Examination
		40	I Internal Examination
		41	I Internal Examination
		42	I Internal Examination
		43	I Internal Examination
		44	I Internal Examination
9	28-02-2022 To 05-03-2022	45	Issues and challenges in the provision of workplace counselling facilities.
		01 March	Maha Sivarathri
		46	Revision
		47	Unit test
		48	Module 5: Abuse, Disability and HIV/AIDS Counselling
		49	Abuse- Interpersonal abuse
10	07-03-2022 To 12-03-2022	50	Preventing and treating interpersonal abuse
		51	Intrapersonal abuse
		52	Compulsive gambling,
		53	Counselling for Work addiction (Workaholism).
		54	Counselling people with disabilities- The Nature of disabilities
		12 March	Second Saturday
11	14-03-2022 To 19-03-2022	55	Working with people with disabilities
		56	Strategies used while working with clients with specific disabilities.
		57	HIV/AIDS counselling
		58	Psychological interventions in HIV,
		59	Client specific strategies, Counter-transference Interventions
		60	Ethical questions in HIV work

No of Weeks	Dates	Session	Topic
12	21-03-2022 To 26-03-2022	61	Boundary modification in HIV
		62	Issues in late stage HIV, Psychological management.
		63	Revision
		64	Unit test
		65	Module 6: Mental Health Counselling
		66	The art and science of mental health counselling,
13	28-03-2022 To 02-04-2022	67	Professional issues,
		68	The role and function of mental health counsellors,
		69	Categories of mental health services,
		70	Strategies for suicidal clients,
		71	Gerontological counselling,.,
		72	Trends and perspectives
14	04-04-2022 To 09-04-2022	73	Revision
		74	Unit test
		75	Seminar presentation
		76	Seminar presentation
		77	Seminar presentation
		09 April	Second Saturday
15	11-04-2022 To 16-04-2022	78	Seminar presentation
		79	Seminar presentation
		13 April	Easter Holidays
		14 April	Easter Holidays
		15 April	Easter Holidays
		16 April	Easter Holidays
16	18-04-2022 To 23-04-2022	18 April	Easter Holidays
		80	Seminar presentation
		81	Seminar presentation
		82	Revision
		83	Revision
		84	Revision
17	25-04-2022 To 30-04-2022	85	II Internal Examination
		86	II Internal Examination
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	PSY-E08
Subject Name:	SCHOOL COUNSELLING
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Manjith R

SYLLABUS

Objectives:

- To make the students understand the basics of School counselling.
- To give the students a clear idea regarding the roles of school counsellors at different levels.
- To make the students aware regarding the major barriers to the healthy development.
- To equip the students with skills required for counselling for major problems.

Module 1: History of School Counselling

The Historical Evolution of professional school counselling, Role Conflict and Ambiguity, The growing pains of the professional school counsellor. The influence of social change. The benefits of School Counselling: Outcome Research.

Module 2: Role and Function of School Counsellors

Role and Function of School counsellors at different levels, Elementary School Counselling and its Benefits for students and parents, Middle school counselling, Secondary school counselling, Counselling in rural schools. Special Skills required for school counsellors.

Module 3: Barriers to the Healthy development of Students

Main risk factors- Poverty, Family structure and family systems, Achievement gap, Drop outs, discrepancy, Adolescent drug and alcohol abuse, Mental illness and emotional disorders, Anger, aggression and violence, Child maltreatment, Low self-esteem, Depression and suicide, Sexual abuse, Parental separation, Separation and loss, Learning and study problems.

Module 4: Implications for primary prevention and intervention

Primary prevention and Intervention- Underachievement and Potential Dropouts, Alcohol and other drug abuse, Violence Prevention, Child Maltreatment, Suicide Prevention.

Module 5: Counselling for other major problems.

Research on stress and depression, Counselling for raising self-esteem, Counselling depressed students, counselling the sexually abused, counselling children whose parents are separated.

References:

- Gladding, S.T (2009). Counseling-A Comprehensive Profession (6th ed.). UP: Dorling Kindersely(India) Pvt. Ltd.
- Lines, D . Brief Counseling in Schools (2nd ed.). New Delhi: Sage Publications.
- Nystul, M.S (2011). Introduction to Counseling- An Art and Science perspective (4th ed.). USA: Pearson Education.
- Rana, R (2000). Counseling Students- A Psychodynamic Perspective. Malaysia: Macmillan.
- Rao, N.S (1991). Counseling and Guidance (2nd ed.). New Delhi: Tata Mc.Graw-Hill Publishers.
- Siddiqui, M.H (2008). Guidance and Counseling. New Delhi: APH Publishing Corporation.
- Thompson, R.A (2012). Professional School Counseling (3rd ed.). London: Routledge Publishers.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	03-01-2022 To 08-01-2022	1	Syllabus introduction
		2	Module 1: History of School Counselling
		3	The Historical Evolution of professional school counselling,
		4	Role Conflict and Ambiguity,
		5	The growing pains of the professional school counsellor.
		08 January	Second Saturday
2	10-01-2022	6	The influence of social change..

No of Weeks	Dates	Session	Topic
	To 15-01-2022	7	The benefits of School Counselling
		8	Outcome Research
		9	Revision
		10	Unit test
		11	Module 2: Role and Function of School Counsellors
3	17-01-2022 To 22-01-2022	12	Role and Function of School counsellors at different levels
		13	Elementary School Counselling and its Benefits for students and parents
		14	Middle school counselling,
		15	Secondary school counselling,
		16	Counselling in rural schools.
		17	Special Skills required for school counsellors.
4	24-01-2022 To 29-01-2022	18	Revision
		19	Unit test
		26 January	Republic Day
		20	Assignment
		21	Assignment
		22	Assignment
5	31-01-2022 To 05-02-2022	31 January	Don Bosco
		23	Seminar Presentation
		24	Seminar Presentation
		25	Seminar Presentation
		26	Seminar Presentation
		27	Module 3: Barriers to the Healthy development of Students
6	07-02-2022 To 12-02-2022	28	Main risk factors- Poverty, Family structure and family systems,
		29	Achievement gap, Drop outs, discrepancy,
		30	Adolescent drug and alcohol abuse,
		31	Mental illness and emotional disorders, Anger, aggression and violence,
		32	Child maltreatment, Low self-esteem,
		12 February	Second Saturday
7	14-02-2022 To 19-02-2022	33	Depression and suicide.
		34	Sexual abuse,
		35	Parental separation, Separation and loss.
		36	Learning and study problems.
		37	Revision

No of Weeks	Dates	Session	Topic
		38	Unit test
8	21-02-2022 To 26-02-2022	39	I Internal Examination
		40	I Internal Examination
		41	I Internal Examination
		42	I Internal Examination
		43	I Internal Examination
		44	I Internal Examination
9	28-02-2022 To 05-03-2022	45	Module 4: Implications for primary prevention and intervention
		01 March	Maha Sivarathri
		46	Primary prevention and Intervention-
		47	Underachievement and Potential Dropouts,
		48	Alcohol and other drug abuse,
		49	Violence Prevention,
10	07-03-2022 To 12-03-2022	50	Child Maltreatment,
		51	Suicide Prevention.
		52	Revision
		53	Unit test
		54	Module 5: Counselling for other major problems.
		12 March	Second Saturday
11	14-03-2022 To 19-03-2022	55	Research on stress and depression,
		56	Counselling for raising self-esteem,
		57	Counselling depressed students,
		58	counselling the sexually abused,
		59	counselling children whose parents are separated.
		60	Seminar Presentation
12	21-03-2022 To 26-03-2022	61	Seminar Presentation
		62	Seminar Presentation
		63	Seminar Presentation
		64	Seminar Presentation
		65	Seminar Presentation
		66	Seminar Presentation
13	28-03-2022 To 02-04-2022	67	Seminar Presentation
		68	Seminar Presentation
		69	Seminar Presentation
		70	Seminar Presentation
		71	Seminar Presentation
		72	Revision

No of Weeks	Dates	Session	Topic
14	04-04-2022 To 09-04-2022	73	Revision
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		75	Revision
		76	Revision
		77	Revision
		09 April	Second Saturday
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		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination