

BA III Year		BPY-E601		Semester-VI	
DSE-PSY- 1 Ba		COUNSELING PSYCHOLOGY			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

Objective: To develop an understanding of basic concepts, processes, techniques of Counselling.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

Unit 1: Introduction: Meaning and goals; Counseling process and relationship; Counselor effectiveness, Counseling in the Indian context

Unit 2: Approaches: Overview of approaches to counseling: Psychodynamic, Behavioral, Person-centered and Cognitive-behavioral

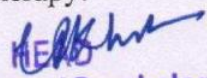
Unit 3: Techniques: Play, art, drama, music, dance; Yoga and meditation

Unit 4: Applications: Family Counseling; School and Career Counseling.

Practicum: Students are required to carry out any 2 practical based on the syllabus.

Readings:

- M. Asch (2009). Principles of Guidance and Counselling. New Delhi : Sarup and Sons.
 Shah Alam (2008). Basics of Guidance and Counselling. New Delhi : Global Vision Publishing House.
 S.N. Rao (2002). Counselling and Guidance. New Delhi : Tata McGraw Hill.
 S.K. Chhibber (2004). Guidance and Educational Counseling. New Delhi : Commonwealth Publishers.
 R.N. Sharma and Rachna Sharma (2004). Guidance and Counseling in India. New Delhi : Altantic Publishers.
 Indu Dave (1984). The Basic Essentials of Counseling. New Delhi : Sterling Publishers.
 A.S. Sharma (2004). Counseling Psychology. New Delhi : Commonwealth Publishers.
 A. David (2004). Guidance and Counselling. New Delhi : Commonwealth Publishers.
 Amarnath Rai and Madhu Asthana (2006). Guidance and Counselling. Varanasi : Motilal Banarasidas.
 Gladding, S. T. (2012). Counseling: A Comprehensive Profession. (7th ed). Pearson
 Rao, S.N. & Sahajpal, P (2013). Counselling and Guidance. New Delhi: Tata McGraw Hill.
 Seligman, L. & Reichenberg, L.W. (2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.


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