

SEMESTER-II		CODE: MPY -C213	PAPER TITLE: COUNSELLING PSYCHOLOGY	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES: <ol style="list-style-type: none"> 1. Learn theoretical approaches in counseling 2. Conceptualize human problems using different theoretical approaches 3. Acquire basic counseling skills for solving problems of self and others 4. Know areas of counseling and how to evaluate counseling programs 5. Analyze the roles and responsibilities of a trained counsellor coupled with skills based knowledge of various helping models 6. Become sensitized to ethical principles in counseling people 				
UNIT-I	Counselling	<ul style="list-style-type: none"> • Definitions of counselling. • Goals and expectations • Characteristics of counselee and counsellors • Ethical issues in counselling 		
UNIT-II	Expectations and goals of Counselling	<ul style="list-style-type: none"> • Process of counselling • Basic counseling skills • Group counselling 		
UNIT-III	Theoretical Approaches to Counselling	<ul style="list-style-type: none"> • Psychoanalytic • Behavioural-Relaxation, Exposure, Assertion Training, Multi-modal of Lazarus • Cognitive-Beck, Ellis, Meichenbaum • Humanistic-Rogers, Gestalt • Transactional Analysis 		
UNIT-IV	Areas of Guidance & Counselling	<ul style="list-style-type: none"> • Educational • Career • Couple and Family 		
UNIT-V	Evaluation of Counselling	<ul style="list-style-type: none"> • Nature and purpose, steps in evaluation, • Specific Testing - Achievement test, Aptitude test, Interest test 		
Recommended Books: <ol style="list-style-type: none"> 1. अमरनाथ राय एवं मधु अस्थाना (2017) निर्देशन एवं परामर्शन (सम्प्रत्य, क्षेत्र एवं उपागम) मोतीलाल बनारसीदास ISBN-13: 978-8120821934 2. अमरनाथ राय एवं मधु अस्थाना (201) आधुनिक परामर्शन मनोविज्ञान मोतीलाल बनारसीदास ISBN-13: 978 - 8120834767 3. धर्मेन्द्र कुमार सिंह निर्देशन एवं परामर्श की प्रविधियां एवं सिद्धान्ते नोवेल्टी एवं कंपनी ISBN-13 : 978-9381785379 4. S. Rao (2017) Counselling and Guidance McGraw Hill Education ISBN-13: 978-1259005077 5. Vimal Agarwal (2018) Counselling Psychology SBPD Publications ISBN-13: 978-9386908582 6. Vasantha R Patri (2001) Counselling Psychology Authors Press ISBN-13 978-8172730543 7. Sodhi, T.S., Suri, S.P. (2006), Guidance and Counselling, New Delhi : Tata McGraw Hill. 8. Samuel T. Gladding, Promila Batra (2018) Counseling: A Comprehensive Profession Pearson Education ISBN-13: 978-9353061807 9. Charles J. Gelso, Elizabeth Nutt Williams, Bruce R. Fretz (2014) Counseling Psychology American Psychological Association. ISBN-13: 978-1433817113 10. A. David (2009) Guidance and Counselling. Commonwealth Publishers ISBN-13: 978-8171698455 				
Pattern of Theory Question Paper: The theory paper will consist of two sections. Section-A will be of 30 marks in which 10 short answer type questions will be asked and the student will have choice to answer any five questions, each question will carry 06 marks. The Section-B shall be of 40 marks and will contain 08 questions of long answer type and the student will have a choice to answer any four questions. Each question will carry 10 marks. The examiner will be required to set up a question paper covering the entire syllabus				