**Shyama Prasad Mukherji College**

**Teaching Plan**

**Course and Year**: B.A. (H) Applied Psychology, II year

**Semester:** IV (January-April 2023)

**Taught individually or shared:** Shared

**Paper:** Counselling Psychology

**Faculty**: Dr**.** Suruchi Bhatia

**No. of Classes** (per week)**:** 2 theory periods and 4 practical periods

**Programme Objective:** The LOCF approach aims to provide a focused, outcome-based syllabus at the undergraduate level with an agenda to structure the teaching-learning experiences in a more student-centric manner. The LOCF approach has been implemented to strengthen students’ experiences.

B.A.(Hons)Applied Psychology clearly elaborates its nature and promises the outcomes that are to be accomplished by studying the courses. The programmes also state the attributes that it offers to be inculcated at the graduation level. The graduate attributes encompass values related to well-being, emotional stability, critical thinking, social justice and skills for employability. In short, this programme prepares students for sustainability and life-long learning.

**Course objective:**  To equip students, understand the meaning and process of counselling including personal and professional aspects of a counsellor.

Skill development and training with the help of audio-visual aids, participatory exercises, role play and group discussions.

Sensitization towards contemporary issues and diversity

**Teaching Plan**

**1.Unit 1:** Introduction to counselling psychology: Historical development; Definitions and goals; Counselling and psychotherapies

(Similarities and differences); Ethical considerations; Future trends

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**a) Readings prescribed in the syllabus**

Belkin, G. S. (1988). *Introduction to Counseling*. W. C.: Brown Publishers.

Nelson, J. (1982). *Theory and Practice of Counseling Psychology*. New York: Holt Rinehart & Winston.

Windy, D. (Ed.) (1988). *Counseling in Action.* New York: Sage.

**b) Readings, e- references to be given to students but not prescribed in syllabus (if any) for each unit:**

www. yourarticle.com/education/guidance-in-schools/3 techniques used in counselling process in schools,

www. onlinelibrary.wiley.com/books.google.co.in-The ACA Encyclopaedia of counselling, https//youtu.be/XH2Tf8oB3cw

**2. UNIT 4** Applications of counselling: school, career, grief and trauma counselling, counselling for LGBTQ.

**a) Readings prescribed in the syllabus**

Gladding, S &Batra, P. (2018) Counselling: A comprehensive profession. New Delhi: Pearson

Nelson, J. (1982). *Theory and Practice of Counseling Psychology*. New York: Holt Rinehart & Winston.

Windy, D. (Ed.) (1988). *Counseling in Action.* New York: Sage.

**b) Readings, e- references to be given to students but not prescribed in syllabus (if any) for each unit:**

**APPLICATION OF COUNSELLING IN SCHOOL**

* Mc Leod, J (2004). An Introduction to counselling Berkshire: Open University Press.

**GRIEF COUNSELLING**

* Briere, J.N. & Scott, C. (2015). Principles of trauma therapy: A guide to symptoms, evaluation and treatment. (2nd ed.). New Delhi, India: SAGE publications
* Brown, L.S. (n.d.).Treating trauma: basic skills and specific treatments. Retrieved from<https://www.continuingedcourses.net/active/courses/course122.php>
* Duffey, T. & Haberstroh, S. (2020). Introduction to crisis and trauma counselling. American Counseling Association.
* Levers, L.L. (2012). Trauma counselling: theories and interventions. (1st ed.). New York: Springer
* Models of trauma treatment. (n.d.). Retrieved from <https://us.corwin.com/sites/default/files/upm-binaries/14228_Chapter3.pdf>
* Trauma. (January 2020). Retrieved from <https://www.mind.org.uk/media-a/4149/trauma-2020.pdf>
* Trauma. (n.d.). Retrieved from<https://www.repository.up.ac.za/bitstream/handle/2263/24870/02chapters3-4.pdf>
* Trauma. (n.d.). Retrieved from <https://www.counselling-directory.org.uk/trauma.html#whatispsychologicaltrauma>
* Trauma counseling. (n.d.). Retrieved from <https://www.theravive.com/therapedia/trauma-counseling>
* Understanding the impact of trauma. (n.d.). Retrieved from<https://trauma.jbsinternational.com/issue-brief-1-understanding-impact-trauma.pdf>
* What is trauma counseling? (February 20, 2017). Retrieved from<https://www.thepalmeirapractice.org.uk/expertise/2017/2/20/what-is-trauma-counselling>
* <https://www.choosingtherapy.com/grief-counseling/>
* <https://positivepsychology.com/grief-counseling/>
* <https://www.talkspace.com/blog/grief-counseling-therapy-definition-what-is/>
* <https://www.betterhelp.com/advice/grief/can-grief-counseling-really-help-what-it-is-and-how-it-works/>
* Worden, J. W. (2018). Grief counseling and Greif therapy. New York: Springer Publishing Company.

**TRAUMA COUNSELLING**

* Briere, J.N. &amp; Scott, C. (2015). Principles of trauma therapy: A guide to symptoms, evaluation and treatment. (2 nd ed.). New Delhi, India: SAGE publications
* Brown, L.S. (n.d.).Treating trauma: basic skills and specific treatments. Retrieved from<https://www.continuingedcourses.net/active/courses/course122.php>
* Duffey, T. &amp; Haberstroh, S. (2020). Introduction to crisis and trauma counselling. American Counseling Association.
* Levers, L.L. (2012). Trauma counselling: theories and interventions. (1 st ed.). New York: Springer
* Models of trauma treatment. (n.d.). Retrieved from <https://us.corwin.com/sites/default/files/upm-binaries/14228_Chapter3.pdf>
* Trauma. (January 2020). Retrieved from <https://www.mind.org.uk/media-a/4149/trauma->2020.pdf
* Trauma. (n.d.). Retrieved from<https://www.repository.up.ac.za/bitstream/handle/2263/24870/02chapters3-4.pdf>
* Trauma counseling. (n.d.). Retrieved from <https://www.theravive.com/therapedia/trauma-Counseling>
* Understanding the impact of trauma. (n.d.). Retrieved from<https://trauma.jbsinternational.com/issue-brief-1-understanding-impact-trauma.pdf>
* What is trauma counseling? (February 20, 2017). Retrieved from<https://www.thepalmeirapractice.org.uk/expertise/2017/2/20/what-is-trauma-counselling>

**LGBTQ COUNSELLING**

RESEARCH STUDIES

* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4276565/>
* Working with LGBT Individuals: Incorporating Positive Psychology into Training and Practice
* <https://www.researchgate.net/publication/284784380_The_Case_of_Felix_An_Example_of_Gay-Affirmative_Cognitive-Behavioral_Therapy>
* <https://www.tandfonline.com/doi/abs/10.1080/15538600802120085?journalCode=wlco20>

BOOK

* <https://www.counseling.org/docs/default-source/default-document-library/counseling-lgbtq-adults-throughout-the-life-span-final.pdf?sfvrsn=2>

APA GUIDELINES

* <https://www.apa.org/pi/lgbt/resources/guidelines>
* <https://www.littlechapel.com/counselling-guide-for-the-LGBTQ-community.html>

**No of classes required to complete the unit (approx.):**

1. **Unit I:** 13 hours
2. **Unit IV** Applications of counselling: school, career, grief and trauma counselling, counselling for LGBTQ Applications of counselling: school, career, grief and trauma counselling, counselling for LGBTQ**:** 15 hours

**Sub topics to be covered and their order along with the respective time frames –** attached

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| --- | --- | --- |
| Unit | Sub-topics | Time-frame |
| Unit I | Introduction to counselling psychology: Historical development;  Definitions and goals;  Counselling and psychotherapies  (Similarities and differences);  Ethical considerations;  Future trends | 2nd week of January.  4th week of January    2nd week of February  3rd week of February |
| Unit IV | Applications of counselling: school,  career,  grief and trauma counselling,  counselling for LGBTQ. | 1st week of March  3rd week of March  4th week of March  2nd week of April  Revision 1st week of May |

**Methodology of Teaching**: Hybrid mode-lectures, assignments, participative and experiential exercises, test, videos, group discussions, PPTs

Virtual link of class-

<https://classroom.google.com/u/2/c/NTA5Mjk3MDQzMjAy>

**Links-**

[**https://www.youtube.com/watch?v=xrC9HYYaTz4**](https://www.youtube.com/watch?v=xrC9HYYaTz4)

[**https://www.youtube.com/watch?v=UgxeU-54ai8**](https://www.youtube.com/watch?v=UgxeU-54ai8)

[**https://www.google.com/search?q=counselling+youtube&sxsrf=AJOqlzWmJpZOAwZsH9EQontsR1NXehzQeA:1673350809328&source=lnms&tbm=vid&sa=X&ved=2ahUKEwjL-MvE9bz8AhWF1TgGHbIFBycQ\_AUoAXoECAEQAw&biw=1536&bih=746&dpr=1.25#fpstate=ive&vld=cid:a4cc71af,vid:Md3rdQssxxE**](https://www.google.com/search?q=counselling+youtube&sxsrf=AJOqlzWmJpZOAwZsH9EQontsR1NXehzQeA:1673350809328&source=lnms&tbm=vid&sa=X&ved=2ahUKEwjL-MvE9bz8AhWF1TgGHbIFBycQ_AUoAXoECAEQAw&biw=1536&bih=746&dpr=1.25#fpstate=ive&vld=cid:a4cc71af,vid:Md3rdQssxxE)

**ASSESSMENT**

**Tentative date of assessments/ assignments (time frame):** Class test**-** Feb 2nd week**,**

Assignment- 1st week of April 23’,

viva voce- 4th week of April 23.

**Criteria of Assessment:** assignments, class test, viva voce

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