

Government College for Women, Bawani Khera (Bhiwani)

Department of Psychology

Academic year: 2023-24

Paper Title: **Counselling Psychology**

allotted: 75

Paper Code: 20UPSY601

Marks

Internal Assessment: 15

External Examination: 60

Class: **BA 3rd Year**

Semester: **6th**

Section-A

Name: **Sonika**

Objectives of Teaching the Paper: To objectives of counselling are to stimulate personality growth, help individuals cope with life's problems, provide guidance for those facing losses or disappointments and assist those with self defeating patterns causing unhappiness.

Suggested Readings:

Rao, S.N and Sahajpal, P.(2013) Counselling and Guidance. Tata McGraw Hill.

Lesson Plan

Months: February, 2024

Week	Topic
Week 1 01.02.2024 to 03.02.2024	Introduction: Meaning of Counselling Definition of counselling
Week 2 05.02.2024 to 10.02.2024	Goals of Counselling Counselling process and relationship
Week 3 12.02.2024 to 17.02.2024	Importance of Counselling Counsellor Effectiveness Types of Counselling
Week 4 19.02.2024 to 24.02.2024	Counselling in Indian context Short and long questions discussed in the class room
Week 5 26.02.2024 to 02.03.2024	Overview of approaches to counselling Psychodynamic Approach Behavioural Approach

Months: March, 2024

Week	Topic
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Week 1 04.03.2024 to 09.03.2024	Person Centred therapy of Counselling Basic assumptions and techniques of person centred therapy Evaluation of person centred therapy
Week 2 11.03.2024 to 16.03.2024	Cognitive behaviour therapy Beck cognitive therapy Rational emotive therapy
Week 3 18.03.2024 to 22-03.2024	Techniques of counselling Music therapy Art therapy
Week 4 23.03.2024 to 31.03.2024	Holi Vacation

Months: April, 2024

Week	Topic
Week 1 01.04.2024 to 06.03.2024	Sports therapy Yoga and meditation therapy Group discussion Class test
Week 2 08.04.2024 to 13.03.2024	Family counselling Objectives Needs Assumptions Importance
Week 3 15.04.2024 to 20.03.2024	School counselling Need of school counselling Giving assignment to the students
Week 4 22.04.2024 to 27.03.2024	Career counselling Main objectives and importance of career counselling
Week 5 29.04.2024 to 04.05.2024	Personal counselling Meaning, objectives and needs of personal counselling

Months: May, 2023

Week	Topic
Week 1	Unit Test and Assignment- IV Revision