

**STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI**

**Course Schedule – NOVEMBER 2023 – APRIL 2023**

**Department** : **SOCIAL WORK - PG**  
**Name/s of the Faculty** : **DR MARIAN BENITA MARIA**  
**Course Title** : **COUNSELLING THEORY AND PRACTICE**  
**Course Code** : **19SW/PC/CN44**  
**Shift** : **I**

<b>Week &amp; No. of hours</b>	<b>Units &amp; Topics</b>	<b>Teaching Methodology</b>	<b>Text &amp; References</b>	<b>Method of Evaluation</b>
Nov 22 - 25, 2023 (Day Order 1 to 4) 4 hours	<b>Unit 1</b> <b>Concept and Foundation of Counselling</b>  1.1 Evolution of Counselling, Definition, Elements and Characteristics of Counselling, Counselling Ethics	Lecture with PPT	Rao S.Narayana. <i>Counseling Psychology</i> . Tata McGrawHill, 1981.  Sharma Ramnath and Sharma Rachana. <i>Guidance and Counseling in India</i> . New Delhi: Atlantic, 2004.  Web resources	<b>CA Test</b>
Nov 27 - Dec 4, 2023 (Day Order 1 to 4) 4 hours	1.2 Profile of the Counsellor and the Client, the Counselling Relationship  1.3 Difference between Counselling and Psychotherapy	Lecture with PPT	Rao S.Narayana. <i>Counseling Psychology</i> . Tata McGrawHill, 1981	<b>CA Test</b>
Dec 6 - 13, 2023 (Day Order 1 to 4) 4 hours	<b>Unit 2</b> <b>Counselling - Expectations and Goals</b> 2.1 Achievement of Positive Mental Health, Resolution of Problems, Improving Personal Effectiveness, Change, Decision Making, Modification of Behaviour  2.2 Burn out and Stress Management	Lecture with PPT	Rao S. Narayana. <i>Counselling Psychology</i> . New Delhi:Tata McGrawHill, 1981  Muaro, E.A., R.J. M Anthei &J.J. Small. <i>Counselling- A Skills Approach</i> . New Zealand: Methuen, 1983.	<b>CA Test</b>
Dec 15 – 22, 2023 (Day Order 1 to 4) 4 hours	2.3 Recording in Counselling: Importance of Recording, Skills required for Recording, Types of Recording in Counselling	Lecture with PPT	ACAP School of Counselling Guidelines - <a href="https://www.acap.edu.au/assets/Current/Students/Managing-My-Course/Placement/Resources/ACAP-">https://www.acap.edu.au/assets/Curren</a> t Students/Managing-My-Course/Placement/Resources/ACAP-	<b>CA Test</b>

hours			Guidelines-for-record-keeping-with-counselling-clients-2.pdf	
Jan 3 – 10, 2024 (Day Order 1 to 4) 4 hours	<b>Unit 3 Egan Model of Counselling – the Skilled Approach</b>  3.1 Stage – 1 Reviewing the Current Scenario	Discussion Lecture with PPT	Egan Gerard. The Skilled Helper. A Problem Management Approach to Helping. California: Brooks: Cole, 1994.	<b>CA Test</b>
Jan 12 – 20, 2024 (Day Order 1 to 6) 4 hours	3.2 Stage – 2 Developing the Preferred Scenario	Lecture with PPT	Egan Gerard. <i>The Skilled Helper. A Problem Management Approach to Helping.</i> California: Brooks: Cole, 1994.	<b>CA Test</b>
Jan 22 – 29, 2024 (Day Order 1 to 4) 4 hours	3.3 Stage-3 Getting There  3.4 Practical Sessions	Lecture with PPT  Peer Counselling	Egan Gerard. <i>The Skilled Helper. A Problem Management Approach to Helping.</i> California: Brooks: Cole, 1994.	<b>CA Test</b>
Jan 31 – Feb 3, 2024 (Day Order 1 - 3) 3 hours	<b>Unit 4 Different Approaches and Types of Counselling</b>  4.1 Client Centred Approach, Cognitive Behavioural Approach 4.2 Gestalt Counselling Transactional Analysis	Guidelines for assignment given	Reeves, Andrew. <i>Counselling and Psychotherapy.</i> New Delhi: SAGE, 2013	Component I Assignment
Feb 5-9, 2024	<b>C.A. Test</b>			
Feb 12, 2024 (Day Order 4)	4.3 Solution focused Counselling, Crisis Intervention	Guidelines for assignment given	Reeves, Andrew. <i>Counselling and Psychotherapy.</i> New Delhi: SAGE, 2013	Component I Assignment

1 hour				
Feb 14 - 21, 2024 (Day Order 1 to 4) 4 hours	4.4 An Overview of Alternate Approaches: Yoga, Meditation, Storytelling, Art Therapy, Psychodrama, Medical Clowning, Laughter Therapy, Movement Therapy, Neuro-linguistic Programming	Guidelines for assignment given	<a href="http://www.artofliving.org">www.artofliving.org</a> Thomas, Edwin J. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage, 1984. <a href="http://www.psychotherapy.net">www.psychotherapy.net</a> Clown care Wikipedia <a href="http://www.goodtherapy.org">www.goodtherapy.org</a> <a href="http://www.nlpu.com">www.nlpu.com</a>	Component I Assignment
Feb 22 - 26, 2024 (Day Order 1 to 4) 4 hours	4.5 Directive Counselling, Non-Directive Counselling 4.6 Individual Counselling, Group Counselling, Community Counselling 4.7 Integrative and Eclectic Approach to Counselling	Guidelines for assignment given	Edwin J. Thomas. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage Publications, 1984 Gibson.L.Robert & Mitchell. <i>Introduction to Counselling and Guidance</i> . New Delhi: Prentice Hall, 2008	Component I Assignment
Feb 28 – March 6, 2024 (Day Order 1 to 4) 4 hours	<b>Unit 5</b> <b>Counselling in Different Settings</b> 5.1 Family Counselling/Marital Counselling, School Counselling	Guidelines for presentation given	Colin Feltham. <i>Brief Counselling</i> , New Delhi: <i>Tata M cGraw Hill</i> , 2010.  Thomas, Edwin J. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage, 1984.	<b>CAIT</b>
Mar 8 - 14, 2024 (Day Order 1 to 4) 4 hours	Career Counselling 5.2 Counselling at Workplace, De-addiction Counselling		Thomas, Edwin J. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage, 1984.  Colin Feltham. <i>Brief Counselling</i> , New Delhi: <i>Tata M cGraw Hill</i> , 2010	Component II Presentation  <b>CAIT</b>

Mar 15 - 19, 2024 (Day Order 1-4) 4 hours	5.3 Counselling in Disaster situations, Grief Counselling  5.4 Counselling Clients with Suicidal Ideation	Guidelines for presentation given	Eugene Kennedy. <i>Crisis Counselling</i> . Dublin: Gill & Macmillan, 1981. Thomas, Edwin J. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage, 1984.  Colin Feltham. <i>Brief Counselling</i> , New Delhi: <i>Tata McGraw Hill</i> , 2010  William Worden, J. <i>Grief Counseling &amp; Grief Therapy</i> . London: Tavistock Publications, 1986	Component II Presentation
Mar 20-22, 2024 (Day Order 1-3)	5.5 Gerontological Counselling  5.6 Counselling Sexual Minorities	Guidelines for presentation given	Colin Feltham. <i>Brief Counselling</i> , New Delhi: <i>Tata McGraw Hill</i> , 2010.  Thomas, Edwin J. <i>Designing Interventions for the Helping Professions</i> . New Delhi: Sage, 1984.  Eugene Kennedy. <i>Crisis Counselling</i> . Dublin: Gill & Macmillan, 1981	Component II Presentation
<b>REVISION HOLIDAYS</b>				