

# SEMESTER -IV

## PSY-19 COUNSELLING PSYCHOLOGY

### Unit I

**Counselling:-** Growth and Development of Counselling Profession; Types of Counseling- Individual, Group, Family, Marital, Career Counseling.

**Ethical and Legal Issues in Counselling:-** Ethical Codes-Definition & Purpose; ACA Code of Ethics & Standards of Practice.

### Unit II

**Counselling Theories:-** Psychoanalytic; Humanistic; Cognitive; Behavioural; Gestalt; Family Theory; and Eastern Theories.

### Unit-III

**Stages And Skills In Counselling:-** Counselling Process; Preparation for Counseling; Building Relationship, In-depth Exploration, Action and Termination.

Variables Affecting Counselling Process. Skills Of Counsellor.

### Unit-IV

**Assessment, Diagnosis and Intervention in Counselling:-** Components of Effective Assessment; Tools of Effective Diagnosis; Behavioural Interventions.

**Counselling for Specific Population:-** PTSD, Substance Abuse, Child Abuse, War Victims, and Old Age.

- C.J. Gelso & B.R. Fretx. (1995). Counseling Psychology, Perm Books Pvt. Ltd. Bangalore
- H.L. Hackney & L. S. Comier (1996). The Professional Counselor. Allyn & Bacon, New York
- R. Wolpe & W. Dryden (Eds.) (1996). Handbook Of Counseling Psychology: Sage Publication, New Delhi
- R.D. Board, 1983. Counseling Skills. Wildwood, England
- Steffire & W.H. Grath. (1972). Theories of Counseling. McGraw Hill Publishers, New Delhi
- Rather, A.R. Introduction to Guidance & Counselling. Gulshan Publishers, Srinagar.

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