

SHIVAJI UNIVERSITY, KOLHAPUR
CENTR FOR COMMUNITY DEVELOPMENT
CERTIFICATE COURSE IN COUNSELING TECHNIQUES

Duration of course: 6 months (2 Days per week)

Eligibility: - Any Graduate

Course Fees: Rs.4000/- + Rs.250 Evaluation charges

Opportunities – No job of government Sector, this course can be taken as skill aggradations for those who are already employed.

1. Independent counselor
2. Counselors in NGOs and private sector

Examination pattern

- | | |
|------------------------|------------|
| 1. Theory | -100 marks |
| 2. Practical | -100 marks |
| 3. Internal Evaluation | -100 marks |

Total - 300 Marks

SYLLABUS

TOPICS

1. What is counseling
2. Helping relationship
3. The goals of counseling
4. Counselors:
5. The difference between counseling and psychotherapy
6. Multimodal counseling
7. Counselor and client relationship
8. Development Characteristics of youth; common and special problems
9. Counseling and guidance; expectations and goals
10. Counseling process
11. Group counseling
- 12.Areas of counseling: Educational and vocational
- 13.Evaluation of counseling

Reference books

1. Mastering counseling theory - Ray Colledge
2. Counseling and guidance - S Narayan Rao

PART - I General Psychology

▪ Chapter 1- What is psychology

- ✚ Definition of psychology
- ✚ Schools of psychology
- ✚ Methods of psychology
- ✚ Application of psychology

▪ Chapter 2 - Biological bases of behavior

- The neurons the synapse, the nervous system central, peripheral and autonomic endocrine glands.
- Sensory and perceptual processes – structure and functions of five sensory organs.
- Attention processes – selective and sustained attention.
- Perpetual organization-determinants of perception, form, space and depth perception.

▪ Chapter 3 - Motivation

- Definition and types of motivation
- Conflicts and frustration
- Masowes need hierarchy model.

▪ Chapter 4 - Emotion

- Definition
- Expression and physiological correlates.
- What is emotional quotient

▪ Chapter 5 - Learning

- Definition
- Classical and operant conditioning.
- Basic process.
- Extension and spontaneous recovery.
- Generalization and discrimination
- Reinforcement schedules.
- Verbal learning and observational learning

▪ Chapter 6 – Memory and forgetting

- Memory processes – encoding
- Storage and retrieval
- Types of memory-sensory,
S.T.M., L.T.M., and incidental
- Forgetting, decay inference,
- Retrieval failure.
- Motivated forgetting and amnesia
- Ate dependent forgetting

PART II COUNSELLING

Chapter 1 – Introduction

- Definition
- Difference between guidance and counseling
- Goals of counseling.
 - 1) Immediate goals
 - 2) Long range goals
 - 3) Major goals of counseling
- Professional and ethical issues.
 - 1) Licensing
 - 2) Accreditation and specialization
- Ethical principals

Chapter 2- Counseling process

- Preparation for counseling
- Counseling relationship
- Counseling content
- Steps in counseling process.

Chapter 3 – Counseling interaction

- Counseling interaction
- Variables affection the counseling process.
- Counseling skills and portrait of effective counselor.

- **Chapter 4- Counseling interview**
 - Essential aspects of interview.
 - Counselee – counselor relationship.
 - Interviewing techniques in counseling.
 - Sharing of experience
- **Chapter 5- Educational Counseling**
 - Counseling the elementary school child.
 - Counseling at high school
 - Counseling at college.
 - The role of teacher in counseling .
 - Educational counseling and curriculum.
- **Chapter 6 – Counseling application**
 - Family counseling
 - Counseling with parents
 - Pre-marital and marital counseling
 - Carrier counseling
 - Counseling drug addict
- **Chapter 7 – Counseling Psychologist as carrier psychologist**
- **Chapter 8 - Career Counseling and career intervention**
- **Reference book – Charles.J. Gelso, bruce R. Fretz**
 - A Prism Indian Edition