

Kanya Maha Vidyalaya (Autonomous), Jalandhar

P.G. DEPARTMENT OF PSYCHOLOGY

Certificate Course in Professional Counseling Skills

SCHEME AND CURRICULUM OF EXAMINATION OF CERTIFICATE COURSE

Session: 2024-25

Course Code	Course Title	Credit	Course Type	Max Marks			Examination Time (In Hours)
				Total	Ext.		
					L	P	
CCSL-1441	Professional Counseling Skills	2	C	50	50		3 Hours

C- Compulsory

Duration- 30 hours

Eligibility- 10+2

Eligibility: 10+2 (any stream)

Course Objective: This course offers a solid grounding in Professional Counseling Skills. It combines academic, practical and experiential components within a supportive and challenging environment. In this course, students will explore the practical and ethical issues of working with clients in a variety of situations, and develop essential communication and counselling skills. Students will be able to learn to apply academic theory through skills practice sessions and group work.

SEMESTER-I

Section-A

Introduction to Counseling

- Meaning and Introduction to the concept “Counseling”
- Understanding the role of a counsellor
- Ethical Issues in counselling

Counseling Skills (Active Listening, Attending, Empathy, Unconditional Positive Regard, Congruence)

The Counseling Process

Section- B

Psychological Problems: Introduction to the concept of Stress, Anxiety, Depression, Loneliness and Adjustment. Factors affecting these psychological problems.

Coping Techniques: Emotion focused, Problem focused, Time management, Stress Management.

Relaxation Techniques: Progressive Muscle Relaxation, Yoga, Meditation, Mind-fullness and Biofeedback Relaxation Technique.

References:

1. Cormier, S. & Hackney, H. L. (2012). The Professional Counselor: A Process Guide to Helping. Pearson Education.
2. Corey, G.(2009). Theory and Practice of Counselling and Psychotherapy, 8th Edition, Wadsworth, USA.
3. Douglass, R.G., & David, C. (2007). Counselling and Psychotherapy. New Delhi: Pearson Education.
4. Nystul, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn and Bacon.
5. Orlans, V., & Scoyoc, S.V. (2009). Short Introduction to Counselling Psychology. New York: Sage Publishers Ltd.
6. Patterson, L.E. & Welfel, E.R. (2000). The Counselling Process. Wadsworth, USA.

References:

1. Cormier, S. & Hackney, H. L. (2012). *The Professional Counselor: A Process Guide to Helping*. Pearson Education.
2. Corey, G.(2009). *Theory and Practice of Counselling and Psychotherapy*, 8th Edition, Wadsworth, USA.
3. Douglass, R.G., & David, C. (2007). *Counselling and Psychotherapy*. New Delhi: Pearson Education.
4. Nystul, M.S. (2001). *Introduction to Counselling*. New Mexico State University: Allyn and Bacon.
5. Orlans, V., & Scoyoc, S.V. (2009). *Short Introduction to Counselling Psychology*. New York: Sage Publishers Ltd.
6. Patterson, L.E. & Welfel, E.R. (2000). *The Counselling Process*. Wadsworth, USA.