



Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	DHS401	Title of the Course	Counseling Psychology: Introduction and Basics	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To integrate psychological methods and therapeutic techniques. To develop and practice the skills of ethics in counselling.						

Course Outcomes	
CO1	To familiarize with the historical background of counselling.
CO2	To understand the importance of Psychodynamic approaches.
CO3	To enable understanding of the Behavioral and cognitive techniques.
CO4	To familiarize the Ethical Issues in counselling.
CO5	To understand the ethical responsibilities of the counsellor.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Basic Concepts of Counselling	Definition and Historical Growth, Counseling movement in India & Abroad. Scope of counselling; Goals and Principles of Counselling. Qualities of Effective Counsellor: Effective communication skills; client-counsellor relationship. Counselling Process and Therapeutic relationship: Steps in counseling; Building a Counseling Relationship.	10	01
2	Psychodynamic and Relationship Oriented Approaches of Counselling	Psychoanalytic Approach. Neo-Freudian approaches. Humanistic Approach: Existential, Client-centered. Gestalt Approach.	8	02
3	Behavioral and Cognitive Approaches	Behavioral Approach: Operant-Conditioning, Classical-Conditioning. Cognitive Approach: CBT and REBT. New Wave Cognitive Approaches: ACT and DBT Mindfulness and Trauma Informed Care.	8	03
4	Ethical Issues	Need for Ethical Standards Ethical Codes and Guidelines. Rights of Clients: Dimensions of Confidentiality, Dual Relationships in Counseling Practices.	8	04
5	Counsellor's Ethics	The Counsellor's Ethical and Legal Responsibilities. Ethical Issues in the Assessment Process; Multicultural Counselling.	6	05

Reference Books:

1. K.K. Srivastava, Principles of Guidance & Counseling, Kaniska Publications Distributors, New Delhi.
2. Strawbridge, Handbook of Counselling Psychology, Sage Publications, New Delhi.
3. Wolman, Contemporary Theories System & Psychology, Freeman Book Comp., New Delhi.
4. Herbert Srenson MargulritcMalm & Garlie A Fories, "Psychology for living", Tata McGraw Hills Pub., New Delhi.
5. Bohart, Foundation of Clinical & Counselling Psychology.
6. Janet Tolan, Skills in Person Centered Counselling & Psychotherapy, Sage Publications, New Delhi.

e-Learning Source:

<https://www.skillsyouneed.com/learn/counselling.htm>

<https://positivepsychology.com/counseling-process/>

https://www.lkouniv.ac.in/site/writereaddata/siteContent/202004050627539144Rajesh_Yadav_SW_Treatment_Methods_in_Psychiatric_Social_Work.pdf

https://www.researchgate.net/publication/325844422_ETHICS_IN_COUNSELING

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	1	2	5	3	2	4	3	3
CO2		4	2	3	4	3	2	3	3	2	1
CO3		3	3	3	3	2	4	3	5	3	3
CO4		5	3	3	3	3	1	3	1	2	2
CO5		3	2	3	4	3	3	2	2	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
------------------------------------	--------------------