



Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS503	Title of the Course	Counseling Psychology: Process and Skills	L	T	P	C
Year	II	Semester	III	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To give an exposure to the current issues, concerns of counseling as a profession. To understand the various approaches to counseling and the techniques involved in them.						

Course Outcomes	
CO1	To understand the Counseling and Profession, and orientation of Approaches and Ethical Issues.
CO2	To develop the knowledge for psychology contents, process and skills and its goal.
CO3	To develop awareness towards techniques and transformations.
CO4	Students will become aware of therapeutic process and its implementations.
CO5	To develop insight towards mental health and handling the conditions with techniques and therapies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	ORIENTATION	Counseling as a Profession, Approaches- Directive, Non directive, Eclectic and Integrated Approaches; Ethical Issues.	12	CO1
2	PROCESS AND SKILLS:	Process of Counseling, Goals and Necessary conditions, Counseling Skills- Listening, Relationships, Empathy, Non-Verbal Communication.	12	CO2
3	PSYCHOANALYTIC APPROACH TO COUNSELING	Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference	12	CO3
4	EXISTENTIAL APPROACH TO COUNSELING	Underlying assumptions, Therapeutic Approach of Existential Counseling; Criticisms.	12	CO4
5	BEHAVIOURISTIC APPROACH TO COUNSELING:	Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).	12	CO5

Reference Books:
Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications • Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd
e-Learning Source:
Counseling Psychology (apa.org)
THEORIES OF COUNSELING AND PSYCHOTHERAPY (ebrary.net)
(PDF) guidance and counseling theories ANTIDIUS NSIGA and Vaileth Mbassa - Academia.edu

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	2	1	1	2	2	3	2	2	2	2	3	2	2	3
CO2	2	3	2	3	2	3	2	2	2	2	2	1	2	2	2
CO3	3	3	3	1	3	1	3	3	3	3	3	2	3	1	2
CO4	3	2	2	2	1	2	2	2	2	2	1	2	1	2	1
CO5	1	3	2	2	2	3	2	1	3	1	2	3	2	3	1

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

 Dr. Md. Jasimuddin Khan Name & Sign of Program Coordinator	 Zeba Anil Sign & Seal of HoD
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Head
Humanities & Social Science
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS505	Title of the Course	Counseling psychology: Process & Skill	L	T	P	C
Year	II	Semester	III	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To give an exposure to the current issues, concerns of counseling as a profession. To understand the various approaches to counseling and the techniques involved in them.						

Course Outcomes

CO1	To understand the Counseling and Profession, and orientation of Approaches and Ethical Issues.
CO2	To develop the knowledge for psychology contents, process and skills and its goal.
CO3	To develop awareness towards techniques and transformations.
CO4	Students will become aware of therapeutic process and its implementations.
CO5	To develop insight towards mental health and handling the conditions with techniques and therapies.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	ORIENTATION	Counseling as a Profession, Approaches- Directive, Non directive, Eclectic and Integrated Approaches; Ethical Issues.	12	Co1
2	PROCESS AND SKILLS:	Process of Counseling, Goals and Necessary conditions, Counseling Skills- Listening, Relationships, Empathy, Non-Verbal Communication.	12	Co2
3	PSYCHOANALYTIC APPROACH TO COUNSELING	Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference	12	Co3
4	EXISTENTIAL APPROACH TO COUNSELING	Underlying assumptions, Therapeutic Approach of Existential Counseling; Criticisms.	12	Co4
5	BEHAVIOURISTIC APPROACH TO COUNSELING:	Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).	12	Co5

Reference Books:

Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications • Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd

e-Learning Source:

Counseling Psychology (apa.org)

THEORIES OF COUNSELING AND PSYCHOTHERAPY (ebrary.net)

(PDF) guidance and counseling theories | ANTIDIUS NSIGA and Vaileth Mbassa - Academia.edu

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)													
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO4	PSO5	PSO6	PSO7	
CO1	3	2	1	1	2	2	3	2	2	2	3	2	5	
CO2	2	4	2	3	2	3	2	2	5	2	1	2	2	
CO3	3	3	3	1	3	4	3	3	3	3	2	3	5	
CO4	3	2	2	2	5	2	2	2	2	1	2	5	2	
CO5	5	3	2	2	5	3	5	4	3	2	3	2	3	

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

 Dr. Md. Jasimuddin Khan Name & Sign of Program Coordinator	 Zeba Azeem Head Sign & Seal of HoD Humanities & Social Science Integral University, Lucknow
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