



Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	DHS407	Title of the Course	Advance Counseling Skill	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological skill						

Course Outcomes	
CO1	To enable student to understand the skill and specific role of Counselor
CO2	To enable them to learn and understand the Basic & Exploration Communication Skills
CO3	To enable students to develop & adopt Behavioral Methods Self monitoring of Thought, Emotions
CO4	To enable students to learn and use of Counseling Application
CO5	To enable them to develop and understand the Professional Issues& Ethics in Counseling

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Role of Counselor	Personal Characteristics: A Composite model of human effectiveness, Role of self awareness in counseling. , Role and Function of counselor: Definition OF Role. Generic roles. organizing roles & functions , Self – disclosure by counselor – When and How.	8	CO1
2	Communication skills	Basic Communication Skills and Exploration Skills: Attending skills, Listening skills, Integrating Listening skills, Probing Immediacy, Self-disclosure, and Interpretation. Confrontation. Action Skills: Information giving, advice giving Goal Setting, Reinforcement Directives, Helping clients develop and work on preferred scenarios, negotiating homework. , Managing resistance and other obstacles in counseling, Skills of closure and terminating.	10	CO2
3	Helping and working with emotions	Self monitoring of Thought, Feeling and Action ,Facilitating problem solving, Understanding and Improving Self talk, rules and thinking patterns , Behavioral Methods	6	CO3
4	Counseling Application	Group Counseling: Concept & Process. , Addiction counseling: Principles & Prevention, Geriatric Counseling: Concept and Scope. ,Rehabilitation Counseling, Crisis Intervention &Trauma Counseling	8	CO4
5	Professional Issues in Counseling	Essentials for a Counselor and Family Therapist, Self of the Therapist, Therapist and Client Relationship, Professional Approach and Ethical Issues in guidance and counseling.	8	CO5

1. Jackson C.,(1998), Understanding psychological Testing; Jaico Publishing blouse (Singapore)Pte .Let.

2. Anastasi & Urbina S. (2000), Psychological Testing, 7th Edition; Person Education

3. Guilford J.P.: Psychometric Methods

e-Learning Source:

- <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/overview>
- <https://positivepsychology.com/types-of-therapies/>
- Egvankosh

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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