



Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	DHS403	Title of the Course	Practice and Application of Counseling	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To give exposure to the current trends of therapies, issues and concerns of counseling as a profession. To familiarize about the approaches of guidance and counseling and the techniques involved in them.						

Course Outcomes	
CO1	To familiarize the concept of vocational counseling and guidance.
CO2	To understand the approaches of family counseling.
CO3	To enable understanding of the students with regards to Work place issues.
CO4	To familiarize the importance of the workplace counseling.
CO5	To understand the importance of group counseling.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational & Vocational Counseling and Guidance	Meaning and objectives of Educational Guidance; Need for educational Guidance. Guidance of various levels (primary, secondary and higher); Principals of educational guidance. Meaning and objectives of Vocational Guidance; Aims of Vocational Guidance. Need of Vocational Guidance; Steps in Vocational Guidance.	8	01
2	Family & Marital Counseling	Historical evolution of the field of marriage & family therapy Need, Principles and goals of family therapy. Fundamental concepts: Cybernetics, Systems theory, Social constructivism, Attachment theory. Theories and schools of Family therapy. Limitations of Family therapy.	10	02
3	Workplace Counselling-I	History and evolution of Workplace Counselling and current trends. Objectives, need, principles and goals of Workplace counseling.	6	03
4	Workplace Counselling-II	Models of Workplace Counselling: Brief therapy models, Problem focused models, Work oriented models, Manager based models, Externally based models, Internally based models, and Welfare based models, Organizational change models. Limitations of Workplace Counseling.	8	04
5	Special Group Counselling	Socially and Economically Disadvantaged group counseling. Destitute, Orphans, Delinquents, Drop-outs, Homosexuals. Identifying Support Networks. Referral Processes.	8	05

Reference Books:

Nichols, P.M & Schwartz C.R (2006). Family Therapy —concepts and methods, 7th edition, Allyn and Bacon, Boston, Pearson education, Inc.Press, Inc.

Carroll M. (1996). Workplace Counselling: A Systematic Approach to Employee Care. London; Sage publishers.

Jim, O., (1992). Community Psychology. Concepts, methods and profession. (3rd edition). Cole publishing company. Pacific Grove, California.

Kloos, B., E., Wandersman, As, Elias, M., & Dalton, J. H. (2012). Community psychology: Linking individuals and communities (3rd ed.). Wadsworth, C, 'cngage Learning: Belmont, CA, USA.

e-Learning Source:

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

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

<https://ncert.nic.in/textbookWpdf/lehe108.pdf>

<https://cgvankosh.ac.in/bitstream/123456789/21288/1/Unit-3.pdf>

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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