

**SARDAR PATEL UNIVERSITY**  
**Programme & Subject: M.A (Psychology)**  
**Semester: III**  
**Syllabus with Effect from: June - 2014**

<b>Paper Code: PA03CPSY02</b>	<b>Total Credit: 4</b>
<b>Title Of Paper: Counseling Psychology</b>	

Unit	Description in detail	Weightage (%)
I	Introduction: Definition of counseling, Indian Problems and need of Counseling, Counseling and related fields, Goals of Counseling, Counsel or Characteristics, Distinction between effective and ineffective counselor, Professional and ethical standards of counselors, Fields of counseling.	25%
II	Counseling process: Preparation for counseling, counseling relationship, counseling content and process, variables affecting the counseling process, counseling interaction.	25%
III	Approaches to counseling: Psychoanalytic approach, Behaviorist approach to counseling, Humanistic approach, Cognitive approach.	25%
IV	Group counseling: Emerging field of group counseling, Structuring group, Limitation and assumption of group counseling, Group counseling – its value, The process of group counseling , similarities and differences between individual and group counseling .	25%

**Basic Text & Reference Books:-**

- Counseling and Psychotherapy – Allen E. Ivey
- Introduction to Counseling –Gary J.Belkin
- Counseling – A Comprehensive Profession – Samuel T. Gladding
- Counseling Psychology – T. Narayan Rao
- Counseling Psychology – Sombhai Patel
- Granth Nirman Board, Ahmedabad
- Counseling Psychology – Kusumben Bhatt
- Granth Nirman Board, Ahmedabad
- Counseling Psychology – Prof. C.B.Dave, Prof.K.K.Mehta, Dr. B.M.Contractor, Granth Nirman Board, Ahmedabad

