

**SARDAR PATEL UNIVERSITY**  
**Programme: Master of Education**  
**Semester: II**  
**Syllabus with effect from: June 2013**

<b>Paper Code:</b> PE02EMED03	<b>Total Credits: 4</b>
<b>Title Of Paper:</b> Counseling Psychology and Counseling Skills	

Unit	Description in detail	Weightage (%)
<b>1</b>	<b>Basic Counselling Skills:</b> Communication & Action skill Mind Skills Understanding Feelings & Physical Reactions Counsellor competencies in demonstrating skills	<b>25 %</b>
<b>2</b>	<b>Counselling Schools and Helping Approaches:</b> The psycho-dynamic school, The Humanistic school and The Cognitive Behaviour school Classical psycho analysis (Sigmund Freud), analytical theory (Carl Jung) Humanistic School : Person-centered therapy (Carl Rogers), Gestalt Therapy (Fritz Perls) Cognitive Behaviour School: Rational - emotive behaviour therapy (Albert Ellis), Cognitive therapy (Aaron Beck)	<b>25 %</b>
<b>3</b>	<b>Diversity in Counselling and Helping the Client:</b> Ten areas of diversity in counselling, its understanding & helping. Helping model: Relating understanding & changes. Frame of reference - Internal & external relating to helper responses. Asking questions as counselling skills & monitoring.	<b>25 %</b>
<b>4</b>	<b>School Counselling &amp; Ethical Aspects:</b> Interviews - counselling sessions and preparing a note for meaning to counselling School counsellor: main functions Organizing counselling services in Indian context & supporting through occupational information. Ethical considerations for a counsellor & issues.	<b>25 %</b>

**Basic Text & Reference Books:**

- Bond, T. (2000) Standards and Ethics for Counselling in Action, 2<sup>nd</sup> ed. London: Sage.
- Dryden, W. and Neenan, M. (2004) Rational Emotive Behavioural Counselling in Action, 3<sup>rd</sup> ed. London: Sage.
- Egan, G. (2007) The Skilled Helper: A Problem-Management and Opportunity Development Approach to Helping, 8<sup>th</sup> edn. Belmont, CA: Thomson Brooks/Cole.
- Ellis, A. and Dryden, W. (1997) The practice of Rational Emotive Behaviour Therapy. London: Free Association Books.
- Feltham, C. and Horton, I (eds) (2006) Handbook of Counselling and Psychotherapy, 2<sup>nd</sup> ed. London: Sage.
- Mearns, D. and Thorne, B. (2007) Person-Centred Counselling in Action, 2<sup>nd</sup> ed. London Sage.



- Nelson-Jones, R. (2005) Practical Counselling and Helping Skills: Text and Activities for the Life skills Counselling Model, 5<sup>th</sup> ed. London: Sage.
- Nelson-Jones, R. (2006) Theory and Practice of Counselling and Therapy, 4<sup>th</sup> ed. London: Sage.
- Palmer, S. and Laungani, P. (eds) (1999) Counselling in a Multicultural Society. London: Sage.
- Sanders, D. and Wills, F. (2005) Cognitive Therapy: An Introduction, 2<sup>nd</sup> ed. London. Sage.
- Woolfe, R., Dryden, W. and Strawbridge, S. (2003) Handbook of Counselling Psychology, 2<sup>nd</sup> edn. London: Sage.

