

**SARDAR PATEL UNIVERSITY**  
**Programme: M.Sc (Home Science)**  
**Subject: Human Development**  
**Semester: I**  
**Syllabus with Effect from: June - 2013**

<b>Paper Code: PH01EHUD01</b>	<b>Total Credit: 4</b>
<b>Title Of Paper: Principles of Guidance &amp; Counseling</b>	

Unit	Description in detail	Weightage (%)
I	Constructs of Guidance, Counseling and Therapy Basic Differences Guidance and counseling needs of individuals, families and systems Role of culture in influencing counseling needs and practices	
II	Nature of psychological disorders at different stages that require counselling and therapy At childhood At adolescence and youth At adulthood In old age	
III	Principles of counseling and therapy Approaches to counseling at different developmental stages Family therapy approach	
IV	Qualities and skills of a counselor	
V	The process of counseling First contact, assessment, intervention, closure, follow-up	

**Basic Text & Reference Books:-**

- Burnard, P. (1999). Counselling skills training. New Delhi: Viva Books
- Manthei, R. (1997). Counselling : The skill of finding solutions to problems. London: Routledge
- Nicolson, D. & Ayers, H. (1995). Individual Counselling: Therapy and practice. London: David Fulton

