

**SARDAR PATEL UNIVERSITY**  
**Programme: MSW**  
**Semester: III**  
**Syllabus with effect from: June 2016**

<b>Paper Code:</b> PA03EMSW14	<b>Total Credits: 3</b>
<b>Title Of Paper:</b> Counseling – Theory and Practice	

Unit	Description in detail	Weightage (%)
	<b>Learner Objectives:</b> <ul style="list-style-type: none"> <li>• To gain knowledge about theory of different approaches in counselling.</li> <li>• To acquire skills in counselling practice.</li> <li>• To develop counselling competencies for working in various specialized set-ups.</li> </ul>	
<b>1</b>	<b>Introduction to Counseling:</b> Meaning & definition, need & development; Introduction to the terms: Guidance Counseling, psychotherapy, psychiatry.	<b>20%</b>
<b>2</b>	<b>Counseling Process and the influencing factors:</b> Stages in Counseling; Skills; Counselee, Counselor, Counseling Setting.	<b>20%</b>
<b>3</b>	<b>Counseling Approaches:</b> Psychoanalysis, Adlerian Psychotherapy, Reality Therapy, Gestalt Therapy, Client centred therapy, Existentialist Approach.	<b>20%</b>
<b>4</b>	<b>Legal and ethical issues in Counseling:</b> Counseling interventions, General Counseling, Group Counseling; Counseling in Family situation: Pre-marital & marital counseling; Parent-child interactions in School; counselling in learning disability.	<b>20%</b>
<b>5</b>	<b>Case studies with reference to:</b> Counseling in sexual problems; Personal Problems; Inter-personal problems; Alcoholism; Chronic Absenteeism; Accident Proneness; Life Situations: Stress management; Crisis Management – Accident, Death, Disaster, Loss of employment, Severe illness, Suicide, HIV-AIDS counseling, Retirement and geriatric counseling.	<b>20%</b>

**Basic Text & Reference Books:**

- Bayne, Rowan Nicolson, Paula Horton, Ian (2000) Counselling & Communication Skills for Medical & Health Practitioners, Hyderabad, University Book Stall
- Felham, Colin (1997) What is counselling, London, Sage Publications.
- Brubaker, Timothy H. (1990): Family relationships in later life, New Delhi : Sage Pub.
- Fonseca, Mabel : Counselling for Marital Happiness.
- Hackney, Harold Cormier, L. Sherilyn (1979): Counselling Strategies & Objectives, Edinburg. Churchill Livingstone.
- Janet, Moursund(1993) : The Process of Counselling, Pub. Place Prentice Hall.
- Lakshmi, K. S. (2000) Encyclopaedia of Guidance & Counselling. Vol. 1 & 4. Delhi, Mittal Publications.
- Megrnahan, Michael (1989) Counselling, Institute of Personnel Management.
- Miller, David (1987) : Living with AIDS & HIV. London, Macmillan Education Publications.
- Pandey, V. C. (2004) : Child Counselling & Education. Vol. I, II, Delhi, Isha Books.
- Patri, Vasanta (2001) : Counseling Psychology, New Delhi, Authors Press..
- Paul, Gillert (2004) : Counselling for Depression New Delhi: Sage Publications.



- Rao, D. B. (2000): HIV/AIDS Issues & Challenges Discovery Publishing House Part I, II, III. Pub.
- Sher, Lorraine (1991) : HIV & AIDS in Mothers & Babies, London, Blackwell Scientific Publications.
- Wicks, Robert J. (1979) : Helping others, Pennsylvania : Chilton Book Company.

