

School of Liberal Education

Value Added Course Brochure



Course Code:	VEDU1003
Course Name:	Counselling Skills
L-T-P-C:	0-0-0-0
Area:	Value Added Course
Contact Period Hours:	30
Resource Person:	Dr. Shikha Srivastava, Professor, School of Liberal Education, Galgotias University
Course Coordinator:	Dr. Shadab A Ansari , Asso. Professor, School of Education, Galgotias University
Offered Semester:	Winter Session 2022-23
Target Learners:	BA and MA Final year students (Psychology Division)

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VEDU1003	Counselling Skills
L-T-P-C	0-0-0-0
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Contact Period Hours	30
Resource Person: Dr. Shikha Srivastava, Professor of Psychology School of Liberal Education, Galgotias University Dr Shadan A Ansari Associate Professor School of Liberal Education Galgotias University	

The Value-Added Education Courses aim to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skills of students. The main objectives of the Value-added program are to provide students an understanding of the expectations of industry. It helps to improve employability skills of students. These courses bridge the skill gaps and make students industry ready. Such Courses provide an opportunity to students to develop inter-disciplinary skills.

COURSE OBJECTIVES

To develop understanding of counselling techniques under the following headings:

1. Mastering the techniques of counselling
2. Cognitive Behaviour Therapy
3. Group Therapy
4. Health Counselling
5. School and Career Counselling
6. Counsellor Self-Care Strategies

COURSE OUTCOMES

On completion of this course, the student-teachers will be able to-

1. Students will be familiar with the major counselling approaches of psychodynamic, cognitive, and behavioural.
2. Students will be able to identify the most useful technique for certain conditions.
3. Students will gain knowledge of and competence in the core areas of the practice of Counselling Psychology.
4. Development of an identity as a professional psychologist with clear connection to the specialty area of counselling psychology.
5. Critically analyze issues and debates in counselling psychology.
6. Students will gain knowledge of and competence in diverse inquiry strategies and the ability to critically review and evaluate research literature related to Counselling Psychology

Assessment:

Based on Rubrics

Certificate:

Digital/Paper certificate will be issued to successful students

Course Coordinator:

Dr. Shadab A Ansari

SCHEDULE OF THE PROPOSED ACTIVITIES

Day	Date	Activity	Time
1	20-04-2023 (Sundays and Monday)	Mastering the techniques of counselling Role Playing ; Audio/Video Tools. One hour of work (experiential learning)	1:30 p.m. to 4:30 p.m. 4:30 p.m.to 5:30 p.m.
2		Didactic Approach	4:30 p.m. to 5:30 p.m.
3		Experiential Approach	4:30 p.m. to 5:30 p.m.
4		Skill Development Goals	4:30 p.m. to 5:30 p.m.
5		Cognitive behaviour therapy:	4:30 p.m. to 5:30 p.m.
6		Beck's Cognitive therapy Ellis' Rational Emotive behaviour therapy. One hour of work (experiential learning)	1:30 p.m. to 4:30 p.m. 4:30 p.m.to 5:30 p.m
7		Process and relationship issues	4:30 p.m. to 5:30 p.m.
8		Group therapy	4:30 p.m. to 5:30 p.m.
9		Marital counselling	4:30 p.m. to 5:30 p.m.
10		Play therapy	4:30 p.m. to 5:30 p.m.
11		Health Counselling	4:30 p.m. to 5:30 p.m.
12		Counselling for health related problem Diabetes, Cancer, AIDS, Trauma. One hour of work (experiential learning)	1:30 p.m. to 4:30 p.m. 4:30 p.m.to 5:30 p.m
13		School and Career Counselling	4:30 p.m. to 5:30 p.m.
14		Need and importance of educational and vocational guidance	4:30 p.m. to 5:30 p.m.
15		School counselling programs	4:30 p.m. to 5:30 p.m.
16		Implementation	4:30 p.m. to 5:30 p.m.
17		Counsellor Self-Care Strategies	4:30 p.m. to 5:30 p.m.
18		Burnout, causes of stress related burnout, Remedies. One hour of work (experiential learning)	1:30 p.m. to 4:30 p.m. 4:30 p.m.to 5:30 p.m