

# School of Education

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## Value Added Course on Counselling Skills

Value added course on Counselling Skills was conducted from the 15<sup>th</sup> of November till the 6<sup>th</sup> of December for the students of Bachelor of Education (B.Ed.) and Master of Education (M.Ed.). The course was conducted under the expert guidance of resource person Dr. Shikha Srivastava, Associate Professor, School of Liberal Education, Galgotias University and the course coordinator was Dr. Ashwarya Srivastava, Assistant Professor from the School of Education.



Counselling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals. It does not only focus on client's goals but also help them to achieve those goals. Counseling is a dynamic, engaging and a lively process involving making choices as well as changes. Counseling can be conducted in an individual setting, in groups and in families.

The importance of Counselling cannot be stressed upon more in these times of pandemic. Therefore a Value added course was introduced for the students of B.Ed. and M.Ed. programs to facilitate learning on the subject.

The purpose of this course was to provide an opportunity for the development of counselling skills and improved interpersonal relationships through the exchange of ideas, feelings and attitudes. Through interaction and experiential learning activities, students develop a working knowledge of counseling and interviewing skills, and procedures.

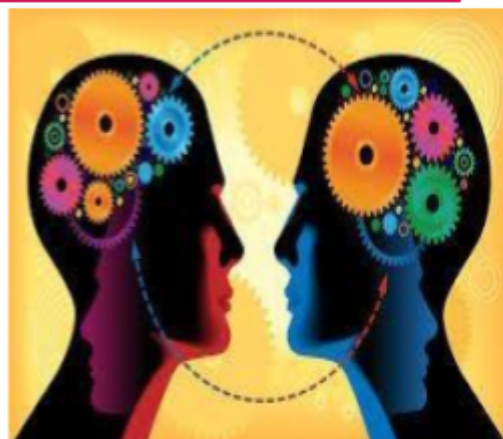
# School of Education

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### Value Added Course Brochure

**COUNSELLING SKILLS**



<b>Course Code:</b>	VEDU1003
<b>Course Name:</b>	Counselling Skills
<b>L-T-P-C:</b>	0-0-0-0

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<b>Area:</b>	Value Added Course
<b>Contact Period Hours:</b>	30
<b>Resource Person:</b>	Dr. Shikha Srivastava, Associate Professor, School of Liberal Education, Galgotias University
<b>Course Coordinator:</b>	Dr. Ashwarya Srivastava, Assistant Professor, School of Education, Galgotias University
<b>Offered Semester:</b>	Fall Session 2021-22
<b>Target Learners:</b>	Bachelor of Education (B.Ed.) and Master of Education (M.Ed.) students of Third Semester

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### Brochure

### Value Added Course

### COUNSELLING SKILLS

Course Code	Course Name
VEDU1003	Counselling Skills
L-T-P-C	0-0-0-0
Area	Value Added Course
Contact Period Hours	30
<b>Resource Person:</b> Dr. Shikha Srivastava, 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.

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## 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. Ashwarya Srivastava

# School of Education

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## SCHEDULE OF THE PROPOSED ACTIVITIES

Day	Date	Activity	Time
1	15-11-2021	Mastering the techniques of counselling Role Playing ; Audio/Video Tools	1:30 p.m. to 5:30 p.m.
2	16-11-2021	Didactic Approach	4:30 p.m. to 5:30 p.m.
3	17-11-2021	Experiential Approach	4:30 p.m. to 5:30 p.m.
4	18-11-2021	Skill Development Goals	4:30 p.m. to 5:30 p.m.
5	20-11-2021	Cognitive behaviour therapy:	4:30 p.m. to 5:30 p.m.
6	22-11-2021	Beck's Cognitive therapy Ellis' Rational Emotive behaviour therapy	1:30 p.m. to 5:30 p.m.
7	23-11-2021	Process and relationship issues	4:30 p.m. to 5:30 p.m.
8	24-11-2021	Group therapy	4:30 p.m. to 5:30 p.m.
9	25-11-2021	Marital counselling	4:30 p.m. to 5:30 p.m.
10	26-11-2021	Play therapy	4:30 p.m. to 5:30 p.m.
11	27-11-2021	Health Counselling	4:30 p.m. to 5:30 p.m.
12	29-11-2021	Counselling for health related problem Diabetes, Cancer, AIDS, Trauma	1:30 p.m. to 5:30 p.m.
13	30-11-2021	School and Career Counselling	4:30 p.m. to 5:30 p.m.
14	01-12-2021	Need and importance of educational and vocational guidance	4:30 p.m. to 5:30 p.m.
15	02-12-2021	School counselling programs	4:30 p.m. to 5:30 p.m.
16	03-12-2021	Implementation	4:30 p.m. to 5:30 p.m.
17	04-12-2021	Counsellor Self-Care Strategies	4:30 p.m. to 5:30 p.m.
18	06-12-2021	Burnout, causes of stress related burnout, remedies	1:30 p.m. to 5:30 p.m.