



Rajarshi Shahu Mahavidyalaya, Latur

(Autonomous)

Department of Physical Education

Course Type: GE/ OE

Course Title: Counselling & Psychotherapy

Course Code: 101SPO1401

Credits: 04

Max. Marks: 100

Lectures: 60 Hrs.

Learning Objectives:

- LO 1. To introduce students to the practical application of the counseling skills and theories introduced in more didactic course work.
- LO 2. To provide opportunities for students to experience the many dynamic elements of a counseling relationship; e.g., transference, countertransference, projection, projective identification and establishing and maintaining boundaries.
- LO 3. To provide opportunities for counselors to reflect upon issues of diversity within the counseling relationship and work from a multicultural perspective.
- LO 4. To encourage students to continually think about, appreciate and use their own reactions, feelings, thoughts, and emotions (i.e., countertransference) that come up during a counseling session to provide a framework for further understanding their clients' issues.
- LO 5. To provide students opportunities to address the ethical issues involved in counseling as they arise and utilize ethical guidelines in practice.
- LO 6. To provide students with the opportunity to take up the role of a supervisee and to learn how to use the supervisee-supervisor relationship in such a manner that will enable the student to ask for, and receive what she/he needs in order to continue to develop her/his counseling skills.
- LO 7. To help students fill in some of the "gaps" in their mental health counseling knowledge base and encourage them to become lifelong learners through reading journals, availing themselves of workshops and advanced training opportunities in professional counseling associations.
- LO 8. Become familiar with different forms of therapy used in a professional setting.
- LO 9. Provide mentoring and support to specified at-risk students; shows skills in implementing individual counseling technique.

Course Outcomes:

After completion of course the student will be able to-

- CO 1. Students will demonstrate ability to handle affect in response to client's affect or the nature of the crisis presented
- CO 2. Students will learn establish and maintain good working relationships with clients will demonstrate the ability to integrate formal case conceptualization and treatment in a clear, empirically based format as demonstrated by formal presentation
- CO 3. Students will demonstrate competence in basic micro-counseling skills (i.e., reflection of feeling and content, paraphrasing, open-ended questions, etc.)

- CO 4. Students will demonstrate the ability to process the therapeutic relationship with the client (i.e., immediacy, constructive use of transference & counter transference)
- CO 5. Students will demonstrate ability to appropriately confront clients and manage ruptures effectively.
- CO 6. Students will exhibit ability to provide effective, evidence-based interventions.
- CO 7. Students will demonstrate the ability to integrate psychological theory into meaningful conceptualization.
- CO 8. Students will demonstrate the ability to prepare clients for termination of treatment appropriately and sensitively.

Unit No.	Title of Unit & Contents	Hrs.
I	Communication skills (Micro counselling skills)	10
	1. Verbal & non-verbal communication. 2. Passive, submissive, Assertiveness, aggressiveness. 3. Allied skill training	
	Unit Outcomes: UO 1. Improve nonverbal communication. UO 2. Learn techniques of Assertiveness skills.	
II	Counselling process	10
	1. Empathy 2. Phrasing & Paraphrasing 3. Developing Non-judgmental approach 4. Validating emotions of clients, 5. Problem solving & decision making.	
	Unit Outcome: UO 1. Understand & practice nonjudgmental empathic skills	
III	Psychotherapies (CBT, DBT, REBT)	30
	1. REBT theory 2. DBT Counselling technique 3. CBT 4. Expectations and Goals: Individual variations, goals achievement of positive mental health 5. Personal effectiveness	
	Unit Outcomes: UO 1. Know theory of REBT, CBT, DBT UO 2. Practice techniques of psychotherapies.	
IV	Health & Stress	10
	1. Concepts of stress – Models of stress – Stressors – 2. Reactions to life stress – Coping behavior – Task oriented reaction pattern 3. Effect of stress - Stress related disorders: Respiratory, Gastrointestinal, Cardiovascular, Migraine and Genitourinary diseases – Relation to Mental health– Psychological disorders – Stress prevention 4. Treatment of stress.	
	Unit Outcomes: UO 1. Understand how stress affects lifestyle disorders. UO 2. Learn techniques to manage stress.	

Learning Resources:

1. Practical Counselling and Helping Skills: Text and Activities for the Life skills Counselling Model by Richard Nelson-Jones
2. Counselling Children with Psychological Problems Paperback – 1 by Malavika Kapur
3. A School Counsellor Casebook, by Vikram Patel
4. Rational Emotive Behavior Therapy: 100 Key Points and Techniques by Windy Dryden
5. DBT Skills Training Manual Paperback – by Marsha M. Linehan
6. Cognitive Behavior Therapy: Basics and Beyond Hardcover – by Judith S. Beck