



St Aloysius College (Autonomous), Mangaluru - 575003

**Re-accredited by NAAC with 'A' Grade with CGPA 3.62/4
Ranked 95 in College Category - 2021 under NIRF, MoE, Government of India
Recognised as Centre for Research Capacity Building under UGC-STRIDE Scheme
Recognised under the DBT - BUILDER Scheme, Government of India
College with "STAR STATUS" conferred by DBT, Government of India
Recognised by UGC as "College with Potential for Excellence"**

ST ALOYSIUS COLLEGE (AUTONOMOUS) MANGALORE

presents

CERTIFICATE COURSE ON BASIC SKILLS IN COUNSELLING

Duration :30hrs

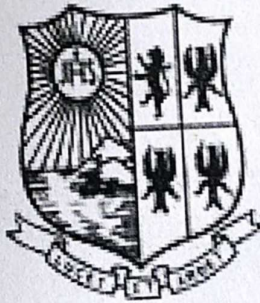
**Rev Fr (Dr) Praveen Martis SJ
Principal**

**Dr Alwyn D'Sa
Registrar**

Department of Psychology

St. Aloysius College (Autonomous)
Mangalore

Accredited by NAAC "A" Grade



**SYLLABUS AND MODULE OF CERTIFICATE COURSE
IN BASIC SKILLS IN COUNSELLING**

COURSE OBJECTIVITIES

1. To provide an understanding about counselling.
2. To know the characteristics of counselor.
3. To learn and practice counseling skills.
4. To understand and apply the counselling process.
5. To know the various approaches that can be used in counselling.
6. To learn to work with problems in various areas and groups.
7. To know the code of conduct to be followed in the helping process.

NUMBER OF HOURS:

60 Hrs – 4hrs per week.

40 hrs of theory and 20 hrs of practical.

TIMINGS:

Monday 4:30 to 6:15 p.m.

Tuesday 4:30 to 6:15 p.m.

COURSE FEE :

COURSE REQUIREMENT:

1. Complete the project based on the guidelines given.
2. Multiple choice exam – 1 hour.

SYLLABUS

Unit 1: ORIENTATION TOWARDS COUNSELLING

5hrs.

What is counseling – Meaning and definitions
Characteristics and qualities of an effective counsellor,
Why people come for counselling.

Unit 2: COUNSELLING SKILLS

20hrs.

Attending, Observing, Listening, Responding, Questioning,
Paraphrasing, Summarizing, Goal Setting, Evaluation and Feedback.

Unit 3: COUNSELLING PROCESS

10hrs.

Setting the stage for counseling.
Gerard Egan's model of helping process
Stage I : Current scenario
Stage II : Preferred scenario,
Stage III : Getting there.

Unit 4: APPROACHES TO COUNSELLING

10hrs

Person Centered, Psychoanalytic, Gestalt, Cognitive,
Behavioural and Eclectic.

Unit 5: AREAS OF COUNSELLING

12hrs

Marriage counseling, Working with families, Children and Parents,
Drug addicts, Alcoholics, HIV/AIDS, Suicidal cases.

Unit 6: ETHICS IN COUNSELLING

3hrs

Code of conduct for counselors,
Do's and Don'ts in counseling.

Course Outcome:

Students will be able to participate in discussion reflection and counseling skills practices of demonstrate knowledge of the concept counseling as a process of demonstrate the role of a counselor from a person-centered perspective o apply and evaluate basic communication counseling attitudes and skills.

B. S. M. A. L.
Principal
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