

Department of Counselling Psychology

St. Joseph's College (Autonomous)

Tiruchirappalli, Tamil Nadu



**Accredited with A++ Grade (4th Cycle) by NAAC
Special Heritage Status awarded by UGC
College with Potential for Excellence by UGC
NIRF Rank - 25 (2024)**

Organizes a Certificate Course (3 Credits-Blended Mode) in Counselling skills

February 3, 2025- February 28, 2025

The Department of Counselling Psychology is committed to developing scientific and professional knowledge of human behavior and improving the psychological conditions of individuals, organizations and society. Mental health issues affect relationships, education and career. It is observed that the people seeking professional help for various mental health issues due to stressful, volatile and uncertain environment are on the increase. To say the least, for some people, just meeting the Counsellor brings a lot of relief. The process of telling their stories and being listened to, is very helpful. This certificate course in “Counselling Skills” is designed to empower the participants with knowledge, skills, techniques and experience to deal with problem situations.

We welcome you to the journey of Care of Persons, Care of Worlds.

Course objectives

- To provide an overview of the effective counseling skills/ helping skills required for human relations
- To develop a deeper understanding of one's own interpersonal styles
- To apply the counselling skills in the context of the interpersonal, family and work place situations
- To help people in problem situations and nurture healing and growth

Course Outcomes

On completion of the course, Participants will learn

CO1	to be familiar with foundations of counselling and models of counselling	K1
CO2	the micro skills of attending. Listening and understanding, Reflection of feelings; Body language and non-verbal communication; Art of probing and summarizing	K2
CO3	the skill of self-disclosure; Concreteness in communication and genuineness, Empathy and challenging	K3
CO4	the applications of counselling across lifespan and specific situations	K4
CO5	the 13 step integrated Counselling model	K5
CO6	to apply the counselling skills in real life situations and workplaces	K6

Syllabus

UNIT I: Foundations of counselling: Counsellor as a Person & Professional; Counsellor's Values; Ethical issues in Counselling; Historical and Theoretical Perspectives of Counselling (Psychodynamic, Humanistic, and Cognitive Behaviour).

Practical: One-to-one mutual talk on Personal and Professional values; One-to-one communication on Ethical Issues in Counselling; Video lesson

UNIT II: Micro skills in counselling

The Skills of attending. Listening and understanding, Reflection of feelings; Body language and Non-verbal communication; Art of Probing, Summarizing

Practical: SOLER – Communicating presence (here and now); Facial responsiveness (psychological attending); Active listening; Behavior techniques

Unit III: Advanced Communication Skills

Personality types; Types of disclosures; Expression of feelings and emotions; difficult feelings to deal with; Communication and genuineness as tools for interpersonal living

Practical: Self disclosure; Expression of feelings and emotions; Empathy and communicating empathy

UNIT IV: Applications of counselling

Dr. John Antony's 13 step Integrated Model of Counselling; Counselling across lifespan: Working with children; adolescents, adults and the elderly; Counselling in specific settings: Schools, colleges and family settings; Developing a Counselling Plan.

Practical : Integrated Counselling Model

UNIT V: Counselling techniques & Challenges

Psychiatric issues; practicing counselling techniques; Self Care for counsellors: Stress busters; Burnout prevention; Personal growth and counselling; Dealing with issues faced by beginning counsellors

References

1. Allen Jenny (2024) Untangle your emotions. Random House Large Print; Large type / Large print edition
2. Corey, Gerald (2019). Theory and practice of counselling and psychotherapy. Cengage India Private Limited
3. Egan, G. (1975). The skilled helper. Brooks/Cole.
4. Egan, G. (1976). Interpersonal living. Belmont: Wadsworth Company, Inc.
5. Antony, John, OFM (2003). Skills of counselling. Anugraha Publications
6. Rogers, Carl (1995). On Becoming a Person. Mariner Books
7. Bharatiya Journal of Counselling Psychology (BJCP)
8. International Journal of Psychology and Counseling (IJPC)

Evaluation Pattern

Components	Assignment	Units	Marks	Submission
1	1	1	15	First Weekend
2	2	2	15	Second Weekend
3	Recording & Video Presentation of Counselling Skills (5 minutes)	3 & 4 & 5	20	Third Weekend
4	Online Test (MCQ)	All five units (10 questions from each unit)	50	End of the course
Total Marks			100	