

## PSX4: Counseling Psychology

(CBCS)

M.Marks: 100 (4 Credits)

**Course Objective:** On completion of this course the student would be able to get an idea of counseling psychology as a discipline and major themes and contexts in which counseling psychologists are engaged.

### Unit I: Introduction

- a) Concept, history and recent trends in counseling
- b) Guidance, counseling and psychotherapy
- c) Personal and professional aspects of counseling
- d) Ethical and legal aspects of counseling

### Unit II: Counseling with Diverse Populations

- a) Counseling of children and adolescents
- b) Counseling the aged
- c) Gender based counseling
- d) Counseling specific cultural groups

### Unit III: Areas of Counseling I

- a) Marital Counseling
- b) Family Counseling
- c) Career Counseling
- d) School Counseling

### Unit IV: Areas of Counseling II

- e) Substance abuse counseling
- f) Crisis and trauma counseling
- g) Counseling the disabled
- h) Rehabilitation counseling

### Recommended Readings:

1. Feltham, C. & Horton, I. (2000). Handbook of Counseling and Psychotherapy.
2. Kohler, J.A. & Shepard, D.S. (2008). Counseling: Theories and Practice. US: Brooks/Cole-Cengage Learning.
3. McLeod, J. (2003). An Introduction to Counseling.
4. Patterson, J.V. & Nisenholz, B. (1999). Orientation to Counseling (4<sup>th</sup> Edition). USA: Allyn and Bacon.
5. Welfel E.R. & Patterson, L.E (2005). The Counseling Process – A multi-theoretical integrative approach. N. Delhi: Cengage Learning India Pvt. Ltd. (6<sup>th</sup> Edition).
6. Wolfe, R. And Dryden, W. (1998). Handbook of Counseling Psychology.