

Counseling & Guidance

Course Content

Part-1

1. Counseling in a multicultural and diverse society.
2. Building a Counseling Relationship.
3. Theories of Counseling – Psychoanalytic, Adlerian and Humanistic theories of Counseling.
4. Behavioural, cognitive, systematic and crisis theories of Counseling.
5. Purpose and functions of vocational guidance.
6. Relation between Educational and Vocational Guidance.
7. Specialties in the practice of Counseling:-
 - a. Groups in Counseling.
 - b. Career Counseling over the life span.
 - c. Marriage and Family Counseling.
 - d. HIV/AIDS, substance Abuse and Disability Counseling.

Part-II

1. Career Development
 - (a) Approaches to Career Development – Theories of Career Psychology, Traits, Life Stages and Beliefs.
2. Influences of Career Development
 - (b) The India Situation
 - (c) Social and Cultural Influences.
 - (d) Gender Influences.
 - (e) Economic Influence.
3. Understanding skills of Career Counseling.
4. Career alternatives and career preparation.
5. Career Counseling Services – An overview.
6. Personality Development.
7. Building Self Esteem.
8. Goal Setting and Career Planning.
9. Understanding the world of work.

10. Knowledge about self.
11. Availability of options based on tests.

Part - III

1. Counseling & Life Skills Building – Negotiation Skills, Interpersonal Skills, Communication Skills.
2. Sex and Sexuality:
 - (a) Concept, Background Sexual Concern like physical changes at puberty, attraction towards the opposite sex.
 - (b) Sexually Transmitted Infections – HIV/AIDS and STD's, RTI's, Substance Abuse.
3. Reproductive Health – Safe Motherhood.
4. Gender Counseling – Eve-Teasing, Rape, Sexual Harassment.
5. Crisis and Trauma Counseling.
6. Adolescent Sexual Health – Physical and mental changes in the bodies, control of emotions.
7. Sex Education – Communication with parents, teachers, peers.
8. Counseling of Special Groups – Commercial Sex workers, MSM.

Total number of lectures – 24 (48 hrs.)