

# **MAR AUGUSTHINOSE COLLEGE RAMAPURAM**



## **DEPARTMENT OF SOCIAL WORK**

Scheme and Syllabus of  
Value Added Course  
2020

**MAVAC007    Counselling & Psychotherapy**

## **BOARD OF STUDIES (BoS)**

**Chairman- Mr. Siju Thomas** (Head of the department of Social Work)

**Members- Ms. Asha Maria Paul** (Asst. prof. Department of Social Work)

**Ms. Bijo Joseph** (Asst. prof. Department of Social Work)

### **INTRODUCTION**

The Value-Added Courses aims to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skills of students

### **AIM OF THE PROGRAMME**

Understanding various aspects of the subject and acquiring methodological knowledge of them. Application of this knowledge in a suitable manner in required fields.

### **ELIGIBILITY FOR ADMISSIONS**

All UG and PG students from various departments of the college. The number of intakes to the course is limited. The course can be offered only if there are at least 5 students opting for it.

**MEDIUM OF INSTRUCTION:** English.

### **DURATION OF THE COURSE**

The duration of value-added course is 30 hours (including the hours of final examination) of which 15hrs theory and 15hrs for laboratory/demonstration/experimental activities and the course can have a maximum of three hours a day.

The value-added courses will be offered beyond the usual class hours and days of the college.

The value-added course will be a blend of theory classes / experimental learning / project-based learning / assignments / activity-based learning.

### **COURSE OBJECTIVES**

- To get acquaintance with counselling
- To familiarize major school of thoughts
- To get an in-depth knowledge about various techniques of counselling
- To know about the various treatment modalities in the counselling field

### **COURSE OUTCOMES (Cos)**

- Identify the psychological distress
- Major bio psycho social intervention
- Higher options for further study.
- Provide first hand help for the needy people

## EVALUATION

1. The value-added courses shall be evaluated through an examination at the end of the course.
2. The duration of examination is two hours.
3. The total marks of the examination shall be 100

Components of Evaluation	Marks
Attendance	10
Assignment / Seminar	10
Project & Viva	30 (20+10)
External Examination	50
Total	100

### Pattern of questions Paper

Sl. No.	Pattern	Marks	Choice of questions	Total marks
1	Short Answer/problem type	2	5/7	10
2	Short essay/problem	5	4/6	20
3	Essay/problem	10	2/4	20
Total				50

4. A committee consisting of the Head of the Department, the course coordinator and a senior faculty member nominated by the Head of the department shall monitor the evaluation process.
5. The list of students along with the marks and the grades earned may be forwarded to the Principal/Chief Superintendent of Examinations.
6. The Dept. course coordinator is responsible for maintaining and processing the record with regard to the course, assessment marks and results.
7. Certificates will be issued to those students with 75% attendance, timely submission of assignment and project and a minimum of 40% marks in the qualifying examination.

### Grading Pattern

Grades are given **on a 7-point scale** based on the total percentage of marks, (*ISA+ESA*) as given below: -

Percentage of Marks	Grade
95 and above	<b>S</b> Outstanding
85 to below 95	<b>A<sup>+</sup></b> Excellent
75 to below 85	<b>A</b> Very Good
65 to below 75	<b>B<sup>+</sup></b> Good
55 to below 65	<b>B</b> Above Average
45 to below 55	<b>C</b> Satisfactory
35 to below 45	<b>D</b> Pass
below 35	<b>F</b> Failure
Absent	<b>Ab</b>

## **SYLLABUS**

**Course Code MAVAC007 COUNSELING & PSYCHOTHERAPY**

**Total hours of instruction: 30 Hours**

### **MODULE 1 Hrs: 5**

#### **Introduction:**

Unit 1: Counselling – Definition, Need of counselling, Types, Elements, Scope, Techniques, skills, Qualities

Unit 2: Psychotherapy- Concept, differences between counselling and psychotherapy, Approaches

### **MODULE 2 Hrs: 15**

#### **Approaches**

Unit 3: Psycho dynamic school of thought:Psycho analysis,

Unit 4: Psycho social Approach.

Unit 5: Behavioural approaches in counselling- Ivan Pavlov, B.F Skinner,

Unit 6: Cognitive approaches – Albert Elis, Aron Beck,

Unit 7: Humanistic and existential: Abraham Maslow, Sullivan, Keren Hornoi

Unit 8: Eclectic Approach in counselling, VICTER Frankle, Transactional Analysis, positive stick perspective, Gestalt

### **MODULE 3 Hrs: 10**

#### **Uses**

Unit 9: Counselling in special situations: Pre- marital counselling, Marriage Counselling, De addiction Counselling, Geriatric Counselling, School Counselling, Genetic Counselling, Grief Counselling,

Unit 10: Considerations: Ethical issues in counselling, Recording, Major challenges, Emerging Trends,

Unit 11: Need of Research in counselling,

Unit 12: Tests: Important Psychological Assessments and Tests and its applications in Counselling

**Practical Session-** Counselling Report of 5 Cases or Mini Research

### **REFERENCES**

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- Nelson-Jones, R., (2000). Practical Counselling and Helping Skills. Mumbai : Better Yourself Books
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- Rao, S.N., (2002). Counselling and Guidance. New Delhi : Tata Mc Graw Hill Publishing Company Ltd

- Yeo, Anthony, (1993). Counselling a Problem Solving Approach. Boa Vista : APECA publications in India
- T Gladding, Samuel,(2006.)Counselling a comprehensive Profession,Merrill, 1996