

PGDSCE212-Special Concerns in Counseling

Objectives:

After going through this course students will be able to:

- Understand the key features of group counseling
- Understand concept & importance of group counseling
- Understand requirements and importance of career counseling
- Understand requirements and Importance of partner group counseling.
- Know the various tools and techniques for career counseling.
- Understand alternative treatment for counseling.

Unit	Content	Credit
1	Group Counseling	1
1.1	Key Features of group counseling	
1.2	Groups Process	
1.3	Groups Actions- Group Guidelines, Group counseling, Group Psychotherapy , Group leadership	
1.4	Types of group- Support Groups, Education Groups, Discussion Group, Specific work group, Development and Experience Group, Medical Group, Self help Groups	
	Steps and skill for the group counseling process Planning of counseling process, Selection of Members, Stages for group process, management of group counseling , Example of group counseling,	
2	Career Counseling	1
2.1	Career counseling:- 1. Vocational guidance and career guidance 2. Career guidance and career counseling, 3. Career development, 4. Career education, personal Social counseling and Career Counseling	
2.2	Need and importance of career counseling	
2.3	Planning of careers counseling – Identification, Define the level and status, Organization, Inquiry , development of insight, decision making, level of implementation, progress review, conclusion, follow up work	
2.4	Career Counseling Tools and Techniques- Home work/ Assignment, Psychological Testing and questioner, Mock-interview/ Role Playing, Computer Assistant Guidance Systems (CAAGS), Vocational Information, Identification and analysis of life career theme.	
2.5	Role of the counselor : fact – though, person – object, profession – aptitude Profession and personality type Holand’s classification of personality (RIASEC) , Role of client (Kolb (1976) (AC-AE-CE-RO)) , Individual role (Life style)	
3	Peer Group Counselling	1
3.1	Need of peer group facilitator	
3.2	Origin of peer concept of peer facilitation	
3.3	Researches on effectiveness of peer counseling services	
3.4	Establishment of peer counseling program -Assessment of need, Emphasis on specific aims instead of universal aims, Selection of peer counselor facilitator , characteristic of good facilitator (friendly&	

	joyful nature, commitment, expectance and enthusiasm, empathy, communication skill) Training of peer group counselor	
3.5	Evaluation of peer facilitation program	
4	Alternative Remedies	1
4.1	Relevance of traditional health therapies , culture and health, spirituality, health and welfare	
4.2	Alternative therapies, Yog (Astang Yog), Meditation, Reiki, Naturopathy, Acupressure and acupuncture	
4.3	Other therapeutic method, Expressive therapies : Art, Music	
4.4	Common factors among alternative therapies	

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