

# C.U.SHAH UNIVERSITY WADHWANCITY



**Faculty of:** Arts & Humanities

**Department of:** Psychology

**Course:** Post Graduate Diploma in Counselling Psychology

**Semester:** 1

**Name of Subject:** Counseling Process and Theories

**Subject Code:** 3AH01CPT1

## TEACHING & EVALUATION SCHEME

Subject Code	Name of the Subject	Teaching Scheme (Hours)				Evaluation Scheme								
		Th	Tu	P	Total	Theory				Practical (Marks)			Total	
						Sessional Exam		University Exam		Total	Pr/ Viva	TW		Total
						Marks	Hrs	Marks	Hrs					
3AH01CPT1	Counseling Process and Theories	4	0	2	6	30	1.5	70	3	100	30	20	50	150

### Course outline:

Unit No.	Course Content (Title of the Unit)	Minimum No. of Hours
0	Prerequisites	06 (Week)
1	Building counseling relationship 1) Factors that influence the counseling process 2) Types of Initial Interviews 3) Conducting the initial interview 4) Exploration and identification of goals	20

2	<p>Working in a counseling Relationship</p> <ol style="list-style-type: none"> <li>1) Counselors skills in understanding and action phases</li> <li>2) Transference and counter transference</li> <li>3) The real relationship</li> </ol>	19
3	<p>Closing Counseling Relationship</p> <ol style="list-style-type: none"> <li>1) Function of closing a counseling relationship</li> <li>2) Timing of closing</li> <li>3) Issues in closing</li> <li>4) Resistance of closing</li> <li>5) Premature closing</li> <li>6) Counselor initiated closing</li> </ol>	19
4	<p>Psychoanalytic ,Adlerian and Humanistic theory of counseling</p> <ol style="list-style-type: none"> <li>1) Early theories of counseling</li> <li>2) Psycho analytic theories</li> <li>3) Adlerian Theory</li> <li>4) Humanistic Theories</li> </ol>	19
5	<p>Behavioral ,cognitive ,systemic ,brief and crisis theories of counselor</p> <ol style="list-style-type: none"> <li>1) Behavioral counseling</li> <li>2) Cognitive and cognitive behavioral counseling</li> <li>3) Brief counseling approaches</li> <li>4) Crisis and trauma counseling approaches</li> </ol>	19

**Learning outcomes:**

**At the end of the course, students will be able to:**

- Understand the Building counseling relationship
- Understand the Working in a counseling Relationship
- Understand the Closing Counseling Relationship
- Understand the Psychoanalytic ,Adlerian and Humanistic theory of counseling
- Understand the Behavioral ,cognitive ,systemic ,brief and crisis theories of counselor

**Recommended Reading:**

Samuel, G., & Renu, K. (2018). *Counseling a Comprehensive Profession* (7th ed.). Noida: Person India Education Services Pvt. Ltd.

Somabhai Patel. (2001). *Salah Manovigyan*. Ahmedabad: University Granth Nirman Board .