

## **M.A PSYCHOLOGY**

### **SEMISTER III**

#### **EP- 301 COUNSELLING PROCESS AND SKILLS**

##### **UNIT 1: COUNSELLING: NATURE AND GOALS**

- 1.1 Defining Counselling, Stages of Counselling Process, Role of Counsellors
- 1.2 Approaches to Counselling and Helping, the Helping Relationship, the Helping Process
- 1.3 Development of Counsellor Counseelee Relationship, Counselling Goal Setting Process
- 1.4 Counselling in India

##### **UNIT 2: BASIC COUNSELLING SKILLS**

- 2.1 Building Relationship, Core Conditions, In-Depth Exploration
- 2.2 Nature and Importance of Generic Skills of Counselling, Micro and Macro Skills of Counselling
- 2.3 Inside and Outside Skills of Counselling, Self-Monitoring Skills as a Counsellor
- 2.4 An Indigenous Model of Counselling

##### **UNIT 3: SPECIFIC COUNSELLING SKILLS**

- 3.1 Paraphrasing and Reflecting Feelings, Asking Questions, Self-Disclosing, Facilitating Problem Solving
- 3.2 Interviewing Skills, Listening, Asking Questions, Monitoring
- 3.3 Training Clients in Relaxation
- 3.4 Improving Client's Self-Talk and Self-Perceptions, Terminating Helping

##### **UNIT 4: MODELS OF COUNSELLING SKILLS**

- 4.1 Nature and Importance of Counselling Skills and Working Alliance
- 4.2 Rogers Model of Counselling Skills, Carkhuff Model of Counselling Skills, IPR Model of Counselling Training
- 4.3 Indian Models of Counselling: The Role of Detachment and Self-Surrender
- 4.4 Modern Trends in Counselling

## **EP-302 PSYCHOLOGY FOR ADJUSTMENT**

### **UNIT 1: MULTICULTURAL SOCIETY AND GENDER**

- 1.1 Culture and Ethnicity.
- 1.2 Gender Similarities and Differences.
- 1.3 Bridging Gender Gap: Gender Sensitization, Inclusion & Equality.
- 1.4 Gender Orientation.

### **UNIT 2: STRESS AND COPING**

- 2.1 Nature, Types and Sources of Stress.
- 2.2 Responses to Stress and Consequences of Stress.
- 2.3 Coping with the Stress.
- 2.4 Coping Facilitators: Optimism, Resilience, Hardiness and Social Support.

### **UNIT 3: ADJUSTMENT AND MENTAL HEALTH**

- 3.1 Definition and Nature of Adjustment and Maladjustment.
- 3.2 Characteristics of Well Adjusted and Maladjusted Persons.
- 3.3 Conflict of Motives and Resolving Conflict.
- 3.4 Community Mental Health: Definitions, Factors Affecting Community Mental Health.

### **UNIT 4: ADJUSTMENT WITH FAMILY AND FRIENDS.**

- 4.1 Family Relationships.
- 4.2 Home Environment.
- 4.3 Faulty and Pathogenic Family Pattern.
- 4.4 Friendship and Love.

## **EP-303 ESSENTIALS FOR COUNSELLING**

### **UNIT 1: UNDERSTANDING MOTIVATION**

- 1.1 Definition of Motivation, Motivational Cycle, Components of Motivation.
- 1.2 Types of Motivation.
- 1.3 Maslow's Hierarchy of Needs Theory.
- 1.4 Application of Motivation in Counseling.

### **UNIT 2: UNDERSTANDING EMOTIONS**

- 2.1 Definition and Components of Emotions
- 2.2 Basic Emotions, Positive and Negative Emotions
- 2.3 Emotions in Everyday Life
- 2.4 Emotional Development and Emotional Regulation.

### **UNIT 3: UNDERSTANDING PERSONALITY**

- 3.1 Definition and Nature of Personality
- 3.2 Building Blocks of Personality
- 3.3 Self-concept, Self-esteem and Social Identity
- 3.4 Personality Stability, Change, Personality Coherence

### **UNIT 4: UNDERSTANDING ABNORMAL BEHAVIOR**

- 4.1 Definitions and Classification of Abnormal Behavior
- 4.2 Anxiety and Phobia, Obsessive-Compulsive Disorder
- 4.3 Mood Disorder, Somatoform and Dissociative Disorder
- 4.4 Personality Disorders, Schizophrenia