

SEC2-L II Health Promotion Life Skills and Basic Counselling Skills

Semester 6

Objectives

1. To introduce students to the fundamentals of counselling, including the counselling process, roles of counsellors and helpers, and the helping relationship.
2. To develop essential counselling skills such as structuring sessions, facilitating problem-solving, and improving client feedback.
3. To create awareness about ethical issues, multicultural sensitivity, gender considerations, and the importance of supervision in counselling practice.

Expected Outcomes

1. Students will be able to explain the counselling process and identify the roles and responsibilities of counsellors and helpers.
2. Students will develop basic counselling skills such as starting, structuring, summarizing sessions, and facilitating problem-solving.
3. Students will understand ethical principles and demonstrate awareness of multicultural and gender-sensitive approaches in counselling.

UNIT-IV : Introduction of Counselling

1. Counselling Process: Counselors and Helpers
2. What are Basic Counseling Skills?
3. Helping Relationship and Helping Process

UNIT-V : Counselling Skills

1. Starting, Structuring and Summarizing
2. Facilitating Problem Solving
3. Improving Clients Feedback

UNIT-VI : Considerations in Counselling

1. Ethical Issues and Dilemmas
2. Multicultural and Gender Aware Helping
3. Getting Support and Being Supervised