

MahilaMahavidyalaya, Karad

Department Of Psychology

Counselling Course

Academic Year2023-24

- Title of Paper :- Counselling course

- Aim and objectives :-
 1. To acquaint students with basic concepts of counselling
 2. To make students aware with mental health and well-being
 3. To make students promotion of positive feeling
 4. To make students perfect not limited only to resolving problems, but also to build resources.

- Course outcomes-

After completing this course students will be able to-

 1. Help people modify their habits
 2. Improve the ability of the customer to form and sustain relationship.
 3. Increase the client's efficacy and coping capacity
 4. Facilitate decision making skills

Shikshan Mandal Karad's
MahilaMahavidyalaya,
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Syllabus

Module - 1

समुपदेशनाचे स्वरूप

Introduction counselling

1.1 प्रस्तावना (introduction)

व्याख्या (Definition of counselling)

1.2 समुपदेशनाचे ध्येये (Goals of counselling)

1.3 समुपदेशनाची व्यावसायिक मूल्ये

(professional issues of counselling)

1.4 समुपदेशनाची नैतिक तत्वे

(Ethical principles of counselling)

Module - 2

समुपदेशनासाठी तयारी

(Preparation for counselling)

2.1 समुपदेशनाचा आशय आणि प्रक्रिया

(Counselling content and process)

2.2 प्रक्रियेचा हेतू

2.3 समुपदेशन प्रक्रियेतील पायऱ्या

(Steps in counselling process)

2.4 समुपदेशन आंतरक्रिया (counselling Interaction)

2.5 संभोपदेशन - समुपदेशनार्थी संबंध

(Counselling - Relation between both person)

2.6 समुपदेशकाच्या व्यक्तिमत्त्वाची वैशिष्ट्ये व कौशल्य

(Personality characteristics of the counsellor and counsellor skills)

Module - 3

समुपदेशनातील उपचार पद्धती/ दृष्टीकोन

Treatments or Approaches in counselling

3.1 (अ) मनोविश्लेषणात्मक दृष्टीकोन

(Psychodynamic Approach)

(ब) मानवतावादी दृष्टिकोन व्यक्ती केंद्रीत उ.प.

(Humanistic Approach

(क) बोधनिक दृष्टिकोन- तर्कसंगत भावनिक पद्धत

(Ognitive Approach- Rational Emotivethcropy)

(ड) वर्तनवादी दृष्टीकोन- वर्तन सुधारणा तंत्र

(Behavioral Approach- Behaviour modification)

(इ) योग व ध्यान उपचार पद्धती

(Yoga and meditation)

Module - 4

समुपदेशनातील मानसशास्त्रीय चाचणी व उपयोग व समुपदेशनातील क्षेत्रे

(Psychological tests and types of counselling)

4.1 मानसशास्त्रीय चाचणी प्रस्तावना (psychological tests)

– व्याख्या (Definition)

4.2 मानसशास्त्रीय चाचण्याचे प्रकार (types of tests)

4.3 समुपदेशनातील मानसशास्त्रीय चाचण्यांचा उपयोग

(Uses of psychological testing)

4.4 सल्लार्थी मूल्यमापनाची चाचणी सहित तंत्रे

(Non- test Appraisal Techniques)

Module - 5

समुपदेशनातील क्षेत्र

(Types of counselling)

5.1 शालेय समुपदेशन (school counselling)

5.2 महाविद्यालयीन समुपदेशन (college counselling)

5.3 कौटुंबिक समुपदेशन (Family counselling)

5.4 विवाहपूर्वी आणि वैवाहिक समुपदेशन

(pre marital and marital counselling)

5.5 व्यावसायिक समुपदेशन (Career counselling)

- Books for reference:

1. Counselling psychology, B.A 2 , psychology optional paper no 2, shivaji University, kolhapur.

- Nature of question paper -

Total marks - 40

Q.1. Complete the following sentences by choosing correct alternative (5 marks)

Q.2. Write short notes (Any three out of five) - 15 marks

Q.3. Answer the following questions

(A) broad question (10 marks) or

(B) broad question (10marks)

Q.4. Answer the following questions

(A) broad question (10 marks)

or

(B) broad question(10marks)

CIE for 10 marks