

**CERTIFICATE COURSE**  
**PSYCHOLOGICAL COUNSELLING**  
**DEPARTMENT OF PHILOSOPHY**  
**SHYAMPUR SIDDHESWARI MAHAVIDYALAYA**  
**SESSION: 2021-2022**

**COURSE COORDINATORS:**

**Dr. SHIBANI SAHA & SUPARNA DEY**

**DETAILS:**

**Commencement of Course: 14.02.2022**

**Duration: 30 Hours (February 2022- June 2022)**

**Instructors: Dr. Shibani Saha (10 Hrs.), Suparna Dey (20 Hrs.)**

**Lectures per Week: 3 Lectures**

**Evaluation: Final Exam.**

**How Students will be Graded:**

<b>Marks.</b>	<b>Grade</b>
<b>80-100</b>	<b>A</b>
<b>65-79</b>	<b>B</b>
<b>55-64</b>	<b>C</b>
<b>50-54</b>	<b>D</b>
<b>0-49</b>	<b>F(Fail)</b>

**INTRODUCTION:**

A major goal of psychology is to predict behaviour of people by understanding its causes. Making predictions is difficult in part because people vary and respond differently in different situations. Individual differences are the variations among people mainly on

psychological dimensions. Psychological Counselling is a generalist health service specialty in professional psychology that uses a broad range of culturally-informed and culturally-sensitive practices to help people improve their well-being, prevent and alleviate distress and maladjustment, resolve crises and increase their ability to function better in their lives.

#### **COURSE OBJECTIVES:**

This course gives the students an idea of how psychological counselling is done. It also equips the students to understanding people around them and self-counselling. It is designed for students who want to become counsellor in Schools, Colleges, Hospitals, NGOs, and those who want to start one's own counselling centre. This course also helps students to recognize their strengths and find resources to cope with everyday problems and adversity.

#### **COURSE OUTCOMES:**

- . **Students become self- confident and self-dependent.**
- . **Students adjust themselves efficiently to the demands of a better and meaningful life.**
- . **Students get an opportunity to understand of others.**
- . **Students develop their educational skills.**

#### **COURSE CONTENTS:**

- 1. Centred around providing in depth knowledge of Human Psychology.( 4 Lectures.)**
- 2. Special emphasis given on skills and techniques of counselling. ( 4 Lectures.)**
- 3.Ethics of Counselling. (4 Lectures.)**
- 4.Qualities of an effective counsellor.(4 Lectures.)**
- 5. Scope of Counselling and applying in different contexts. ( 6 Lectures.)**
- 6. School and College Counselling.(3 lectures.)**
- 7. Educational guidance and counselling.(5 Lectures.)**

**Resources :**

- . Reading materials and journals of psychological counselling.**
- . Online videos in the fields of counselling.**
- . Interactive sessions and case discussions.**