

**KLE Society's**  
**Lingaraj College, Belagavi**  
**(Autonomous)**  
**Department of Psychology**  
**Lay Counselling**  
**Course code – CLC728**

Teaching hours per week : 02  
 Total Teaching hours : 40

Total Marks :50 Marks

**Course Outcome**

Students will be able to :

1. Get acquainted with role, functions and qualities of effective counselor.
2. Become familiar with the various counseling problems.
3. Understand the process of counseling.
4. Provide basic counseling needs

<b>Unit</b>	<b>Course Content</b>	<b>Hours</b>
<b>1</b>	<b>Introduction to Counselling</b> ➤ Meaning and Nature of Counselling ➤ Counselling and Related fields: relation of counseling with Psychotherapy, Counselling as a helping relationship and counseling as a Solution to solve human problems.	<b>10</b>
<b>2</b>	<b>Process of counseling</b> ➤ Steps in the process of counseling: relationship establishment, problem identification and exploration, planning for problem solving, Solution, Application and termination.	<b>10</b>
<b>3</b>	<b>Interpersonal relationship</b> ➤ Social perception, cognition	<b>5</b>
<b>4</b>	<b>special Areas in Counseling.</b> ➤ Introduction ➤ Counseling Families ➤ Counselling the adolescents	<b>10</b>

	<ul style="list-style-type: none"> <li>➤ Counselling the Delinquents</li> <li>➤ Marriage Counselling</li> <li>➤ Pre-marital Counselling</li> <li>➤ Counselling the suicidal attempt cases</li> <li>➤ Counselling the Drug Addicts</li> </ul>	
<b>5</b>	<b>Professional Preparation and Training for Counselling</b> <ul style="list-style-type: none"> <li>➤ Practical Skills</li> <li>➤ Selection and training of Counsellors</li> <li>➤ Preparation of Counsellors</li> </ul>	<b>5</b>

**TEXT BOOKS:**

1. Counselling and Guidance by Narayan Rao, Tata Mc Graw Hill Publishing company Ltd.

**REFERENCE BOOKS:**

1. Gelso Charles J: Counselling Psychology, Prison Books Pvt.Ltd
2. Kochhar S.K.(2001) guidance and counseling in counseling and University sterling Pvt.Ltd
3. Udupa.K.N.Stress and its management by yoga
4. Robert .L.Gibson.K.Intoduction to counseling and guidance prentice Hall of India.2005
5. Nelson J (1982) the theory and Practice of counseling psychology New York hall.