

**FYUGP - Bachelor of Social Work (B.S.W.) Honours
Semester III- Minor II**

Programme	Bachelor of Social Work (B.S.W.) Honours				
Course Code	BSW3MN202				
Course Title	Basic Counselling Skills for Social Work Practice				
Type of Course	Minor II				
Semester	III				
Academic Level	200-299				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	4	4	-	-	60
Pre-requisites	-				

Course Summary	This course outlines the breadth of counselling practice. It details the essential elements of counselling, including the roles of counsellors and clients within different settings. The counselling process is explored from relationship building to termination, emphasizing ethical guidelines and record keeping. Techniques and skills crucial for effective counselling are discussed alongside major counselling theories and approaches. Additionally, it highlights counselling applications in diverse contexts like family, career, and crisis counselling, promoting practical learning through activities like assignments, discussions, case studies, role plays and field visits.
----------------	--

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Understand the concept of counselling and its elements	U	C	Assignments and Group Discussions
CO2	Understand the process of counselling	U	p	Activities and Presentations / Observation of Practical Skills
CO3	Summarise theoretical approaches in counselling	Ap	P	Activities and Presentations / Group Tutorial / Work / Observation of Practical Skills
CO4	Demonstrate the ability to use counselling skills and techniques	An	P	Activities and Presentations / Group Tutorial / Work / Observation of Practical Skills
CO5	Analyse the importance of application of counselling in diverse contexts of family and community	Ap	P	Activities and Presentations / Group Tutorial / Work / Observation of Practical Skills
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Meta cognitive Knowledge (M)				

Detailed Syllabus:

Module	Unit	Content	Hrs (48 +12)	Marks (70)
I	Basics of counselling Practice		10	14
	1	Definition, goals, and relevance of counselling for Social Work Practice,	3	
	2	Types of counselling :Preventive, developmental and curative	3	
	3	Elements in counselling: Counsellee, counsellor, counselling setting.	2	
	4	Ethical considerations in counselling	2	
II	Counselling Process		12	18
	5	Introduction, Stage1: Relationship building	3	
	6	Stage 2: Exploring, assessment and understanding	3	
	7	Stage 3 & 4: Goal setting and action	3	
	8	Stage 5 & 6: Termination and Evaluation Phase	2	
	9	Recording: Importance and Principles	1	

III	Techniques and Skills in Counselling		14	20
	10	Techniques: Providing emotional support, facilitation of expression of feelings	2	
	11	Techniques: paraphrasing, summarizing	2	
	12	Empathic responding, accrediting and building confidence	2	
	13	Techniques: Questioning, confronting, clarification	2	
	14	Skills: Active listening, observation skill	1	
	15	Skills: Relationship building, interviewing	2	
	16	Skills: Communication skill	1	
	17	Personal Qualities of an effective counsellor	2	
IV	Theoretical approaches in Counselling Practice		12	18
	18	Importance of theoretical approaches in counselling practice, Psychoanalysis	4	
	19	Features and assumptions of Behavioural perspectives in counselling	2	
	20	Features and assumptions of Cognitive perspectives	2	
	21	Features and assumptions of Strengths Based Approach	2	
	22	Features and assumptions of Person-Centred Approach	2	
V	Activities for counselling practice in different contexts		12	

	<p>Discussion on how to practice counselling in contexts - Family counselling, Career Counselling, Genetic Counselling, Counselling in the Context of HIV/AIDS, Counselling services for children and adolescents, Counselling in Workplace, Counselling for Substance abuse and Addiction etc.</p> <p>(Assignments, Case Studies, Group Discussions and Role plays and field visits)</p>		
--	---	--	--

Books and References:

1. Capuzzi, D., & Stauffer, M. D. (2021). *Counseling and Psychotherapy: Theories and Interventions* (9th ed.)
2. Corey, G. (2023). *Theory and Practice of Counseling and Psychotherapy* (10th ed.)
3. Gladding, S. T. (2022). *Counseling: A Comprehensive Profession* (8th ed.)
4. Gladding, S. T. (2023). *Counseling and Psychotherapy: A Theoretical and Practical Approach* (6th ed.)
5. Jones-Smith, E. (2021). *Theories of Counseling and Psychotherapy: An Integrative Approach* (5th ed.)
6. Martin, D. G. (2023). *Counseling and Therapy Skills: Theories and Practice* (3rd ed.)
7. Parsons, R. D. (2020). *Counseling Theory: Guiding Reflective Practice* (2nd ed.)
8. Seligman, L. W., & Reichenberg, L. W. (2022). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills* (5th ed.)
9. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2022). *Counseling and Psychotherapy Theories in Context and Practice* (4th ed.)

Mapping of COs with PSOs and POs:

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	1	0	0	0	0	0	2	1	1	1	1	2	1
CO 2	3	1	3	0	0	0	1	2	1	1	1	2	1
CO 3	0	1	2	0	0	3	1	1	3	2	1	2	1
CO 4	0	0	0	3	3	0	1	1	3	2	2	2	3
CO 5	3	2	0	3	0	0	1	1	3	2	2	2	2

Correlation Levels:

Level	Correlation
--------------	--------------------

-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Assignments (20%)
- Final Exam (70%)

Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4	✓			✓
CO5	✓	✓		