

Professional Course of Counselling Psychology
M. Phil in Counselling Psychology
Session: 2015-16 and Onwards

Year - I

Paper	Course Title	Marks	No. Of Units
Paper – I:	Applying Advanced Counselling skills in Practice	100	1.0
Paper – II:	Special issues related to counselling practice	100	1.0
	Placement (Internship)	100	1.0
	Thesis and Seminar		
	Viva Voce		
Total =		300	3.0

Course Description: Requirements of Professional Counselling Course typically include the completion of one year master’s degree in Counseling Psychology leading to 2 years M.Phil degree along with supervised clinical internship experience.

The three years professional course in Counseling involve intensive training in understanding and application of psychological principles and theories of human behavior with specific focus of Psychology involving assessment, treatment planning, methodology, and referral of counseling patients or clients. Counseling is a profession that aims to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort. A degree in Counseling provides the training to cope with and understand problems of others on varying levels through psychotherapy. The trainees in Professional Counseling course are encouraged to develop strong interpersonal communication skills as well as analysis. The graduates in Counseling Psychology will dedicate their careers to helping patients make sense of their lives. Counselors work in many different work environments and can specialize in many different areas. Specific duties will depend on the place of work and the population a counselor works with.

M. Phil Counselling Psychology

Paper – I: Applying Advanced Counselling Skills in Practice

1. On Becoming a Counsellor: Guiding principles, Strategies to assist clients in self-exploration, Counsellor-Know thyself.
2. Advanced Counselling skills: Personalizing, advanced empathy, confrontation, self-disclosure, using transference as a tool, handling counter-transference, issues of termination
3. Family therapy: Families and their development, basic theoretical concepts, Practical aspects of assessment and treatment of families.
4. Use of group to help people: Working with groups, planning and conducting groups
5. Understanding Attachment and attachment disorder: Role of attachment in personality development, Assessment of attachment, Attachment disorder and interventions
6. Understanding the adolescents: Pro-active process for counselling adolescents, counseling micro-skills for adolescents.
7. Peer support counseling: Benefit of peer support in college community, developing peer support programme, peer support network.
8. Helping children in distress: Communicating with children, creating trust, observing children, giving support, vulnerable children.
9. Managing counsellor's own stress and burn out

Paper – II: Special issues related to counselling practice

1. Counselling for stress problems: Working models, assessment and interventions.
2. Overcoming social anxiety: Understanding social anxiety, strategies to deal with social anxiety, performance anxiety
3. Anger control: Dealing with anger, REBT and ABC's of anger, learning to relax.
4. Relationship cure: Connecting emotionally, Examining emotional heritage, emotional communication skills, applying learning in various relationships
5. Counselling difficult clients: The counseling transaction, some practical points.
6. Grief counseling: Normal grief reaction, resolving pathological grief, grief and family system.
7. Trauma counseling: An integrated model of trauma, trauma assessment, working with trauma, overcoming childhood trauma.
8. Play therapy: Use of media and activity.
9. Crisis intervention and tele-counselling, EMDR, Dance and drama therapy.

Placement: 60% of course time the trainees shall be required to be involved in practicum work in professional counseling settings of various areas. During the placement the trainees are required to complete a minimum of 400 hours of approved internship, 300 hours of which are in direct service with clients, and 85 hours of supervised practice. This provides trainees with opportunities to refine advance assessment and counselling skills well as working in specialized areas of interest. The placement, similar to internship, is regarded as a summative clinical experience leading to the master's degree in Counselling Psychology. The primary objective of the internship is to provide an opportunity for integration and practice of knowledge and skills in a professional counselling setting.

In addition to the on-site requirements for internship, a monthly seminar is required to ensure that students are familiar-with professional, ethical, and legal issues. Participation in the seminar counts towards the 400 hours required for internship.

Trainees will need to submit individual placement report with in total 24 case assessment and intervention report, process account, official testimonial, supervision report, etc.

Supervision: The trainee will be under continuous supervision. 20% of placement time will be supervision hour.

Research and seminar: During the course the trainee will require to plan and carry out individual research (based on case studies) in counselling setting and submit a report and present seminar.

Personal work: It is mandatory that trainees undergo a specified hours of personal counseling for coping with own stress and burnout.

Year - II

Continuous professional growth through fulltime internship of one year as placement at a professional counseling setting, thesis work and supervision.

80% of course time the trainees shall be required to work in professional counselling setting as placement. During the placement the trainees are required to complete a minimum of 600 hours of approved internship, 500 hours of which are in direct service with clients, and 75 hours of supervised practice. In addition to the on-site requirements for internship, a bi-monthly seminar is required to ensure that students are familiar-with professional, ethical, and legal issues. Participation in the seminar counts towards the 600 hours required for internship.

The trainee shall be involved in intensive application of theoretical construct of counseling psychology with specific focus in assessment, treatment planning, methodology, and referral of counseling patients or clients. The trainee will gain clinical skills and judgment through continuous supervision and personal work to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort at varying levels through psychotherapy.

Trainees will need to submit placement report with 5 case assessment and intervention report, process account, need assessment, official testimonial, etc.

Supervision: The trainees will be under continuous supervision. 20% of course time will be supervision hour. Trainees need to provide supervision report,

Thesis work: During the second year the trainee require to further extend the first year individual research in form of thesis related to problems encountered in counselling setting and submit a report and present at least 2 seminars.

Personal work: It is mandatory that trainees undergo a specified hours of personal counseling for coping with own stress and burnout

Note:

Course evaluation: 60% written examination and 40% attendance, mid course evaluation, assignments and presentation.

Specified hours of supervised internship and personal work are mandatory for accreditation of M.Phil degree. The authority will have the power to withhold the certificate in case of failure until the requirements are fulfilled.

References:

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