



MANGALORE UNIVERSITY

Department of Social Work

Master of Social Work (MSW)

SWS 557: THERAPEUTIC COUNSELLING

Objectives:

- Develop knowledge and skills of different psycho – therapeutic theories and to help the students to selectively utilize different theories in relation to individuals, families and groups.
- Develop competence to select and integrate therapeutic counseling skills when working with different client groups in different settings.

Course Content:

UNIT-I

Counseling: Meaning and definition, need and development, evolution of counseling, Skills of counseling, qualities of a counselor and ethics of counseling, Process and physical requisites for the Counseling atmosphere; Introduction to the terms: Guidance, Counseling, psychotherapy, psychiatry.

UNIT-II

Approaches to Counseling: client centered therapy, gestalt therapy, psycho – analytical therapy, behaviour therapy, rational emotive behaviour therapy, Reality Therapy, neuro – linguistic programming, Existentialist Approach. Theories of Personality and their significance in counseling: Erikson, Maslow, Freud, Adler.

UNIT-III

Counseling in different contexts: Counseling in sexual problems; Personal Problems; Inter-personal problems; drug addiction and alcoholism; Chronic Absenteeism; Accident Proneness; Life Situations: Stress management; Crisis Management – Accident, Disaster, Loss of employment, Severe illness, Suicide, Retirement and geriatric counseling, counseling for women in distress and violence. **Key Techniques of Counseling:** Reflective discussion, advise, motivation, clarification, modeling, role-playing, reality orientation, confrontation, and reaching out.

UNIT-IV

Special areas in counseling: Counseling in HIV/AIDS- Pre and Post Test Counseling, adherence counseling; Counseling in medical termination of pregnancy, abortion cases, infertility; Counseling in adoption and foster care; Health Problems of industrial workers and employee counseling; Grief counseling, death counseling, counseling for organ transplantation; Working with the families in case of physical and mental handicap and genetic counseling; Counseling in the school set up; Counseling in palliative care; Helplines and crisis intervention, telephonic counseling for suicide prevention; Family and bereavement counseling

UNIT-V

Legal and ethical issues in Counseling: Counseling interventions, General Counseling, Group Counseling; Counseling in Family situation: Pre-marital and marital counseling; Parent-child interactions in School; counseling in learning disability, ethical responsibilities of a counselor.

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