

St Xavier's University Kolkata

Faculty of Arts & Social Studies

Department of Psychology

Value-Added Course

Course Title: Practical Skills for Counsellors

Dates: 29.2.24 to 4.5.24

Course Coordinator(s): Dr. Susmita Halder & Dr. Anurupa Kundu

Credit: 2

No of Hours: 30

Course Content: The course is designed to train the students with practical skills in psychological counselling, which would help them cope with some basic psychological problems in their personal and professional lives. Moreover, the course is also designed to acquaint the students with some common practical issues of daily life and train them with different counselling techniques and processes, like assessment processes, record keeping, etc. Students will also learn about application areas of counselling, in individual contexts and group contexts.

The course is intended for beginners in psychological counselling and provides a foundational orientation to the field. The course comprises of **three modules**:

Module 1: Fundamental Counselling Skills: Module 1 deals with the basics of counseling which include the purpose and process of counseling and the qualities of a good counselor.

Module 2: Counselling Techniques: Module 2 deals with the different types of counselling techniques and processes involved, like assessment process, record keeping, etc. in different conditions. Ethical issues for counselling process will also be covered.

Module 3: Counselling for different groups: Module 3 deals with the understanding of different application areas of counselling, like individual counselling, group counselling and trauma focused counselling.