**SNE 356 TECHNIQUES OF COUNSELING, GUIDANCE AND THERAPY**

**Course Description:**

This course aims to introduce school counseling theories and classroom management techniques. It covers basic counseling knowledge and skills to facilitate the personal growth of teachers and their students. Furthermore, the course encourages teachers to practice their counseling skills within their school settings.

**Learning Outcomes**

After the completion of the course, the students will be able to:

1. Understand the academic and related problems of children and provide them counseling accordingly.
2. To enable teachers improve their school environment by identifying preventive methods and solutions to problems faced by them or groups of students.
3. To enable apply the principles of Guidance and Counseling to improve the performances of students in their academic pursuits or endeavors.
4. Develop competencies to deal with children having special needs.
5. Apply critical thinking about counseling theories, counseling problems and their cultural context as they affect counselor as well as the counselee.

**Course Outline**

1. **Introduction to Guidance and Counseling**
   1. Introduction
      1. Definitions and Philosophy Related to School Counseling
      2. Guidance and counseling: concepts, goals and framework.
      3. Need and significance of guidance service in schools
      4. Diversity of Theory & Practice in Counseling
   2. History of School Counseling and Guidance
      1. The Vocational Guidance Movement
      2. The American Personnel and Guidance Association
      3. The American School Counselor Association
      4. The American Association of Counseling and Development
      5. The American Counseling Association

**2. Counseling Process**

2.1 Stages in Counseling

2.1.1 Preparation stage (Establishing rapport, defining needs, deciding roles)

2.1.2 Counseling process: Attending, Integrative Understanding, Facilitating Action

2.1.3 Termination stage (Termination of counseling process).

2.2 Counseling Skills: Attending skills, responding skill and Initiating Skills

2.3 Qualities of a Counselor

**3. Counseling Theories in Practice: A Brief View**

3.1 Psychoanalytic Theory

3.2 Adlerian Theory

3.3 Existential Theory: Martin Heidegger

3.4 Gestalt approach

3.5 Client Centered Theory

3.6 Cognitive Behavior Theory (Rational Emotive Behavior Therapy)

**4. Common problems in school children**

4.1 Academic problems:

Loss of interest, Children with emotional problems and behavioral problems, Manifestation of Anxiety and Depression in Schools—Loss and bereavement, lack of self esteem,

4.2 Behavioral Difficulties:

School refusal, truancy, disciplineproblems, anger, bullying**,**

4.3 Social problems:

Shyness and lack of social skills, interpersonal problems, peer relationship

**5. Counseling techniques in practice**

5.1*Cognitive Therapy Techniques* - Cognitive Schemas in Therapy, Cognitive Distortions, Assessment in Cognitive Therapy (Interviews, Self-monitoring, Thought sampling, Scales and questionnaires)

5.1.1 Therapeutic Techniques: Understanding idiosyncratic meaning, Challenging absolutes, Reattribution, Labeling of distortions, De-catastrophizing, Challenging all-or-nothing thinking, Listing advantages and disadvantages, Cognitive rehearsal

5.2  *Behavior Therapy -* Behavioral Assessment (Behavioral interviews, Behavioral reports and ratings, Behavioral observations, Physiological measurements)

5.2.2 General Treatment Approach: Systematic Desensitization, Relaxation, Anxiety hierarchies, Desensitization (stress management), Imaginal Flooding Therapies, In Vivo Therapies, Modeling Techniques, Live modeling, Symbolic modeling, Role playing, Participant modeling, Covert modeling

5.3 Cognitive Behavior Therapy (Rational Emotive Behavior Therapy)

5.4 *Group Counseling Techniques:*

Reflection, Active Listening, Clarification, Summarizing, Linking,

Encouraging, Focus, Drawing Out, Making Rounds, Dyads, Icebreakers,

Modeling, Tone Setting, Empathy

**6. Other Counseling Techniques** (May also be used for children with Special Needs)

6.1 Assertion training / Social skills Training, Stress management,

Art, Play/Drama & Music therapy, Sand-tray work,

Working with clay, Drawing, painting, Books and stories

**7. Ethics and counseling**

7.1 Ethics in Counseling - Putting clients’ needs before your own, Taking Informed consent, Keeping Confidentiality

7.2 Ethical Issues - In counseling and Assessment process, Mindfulness of cultural context / issues, Managing multiple relationships in counseling practice

**Recommended Readings**

1. [Mcleod](https://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&text=John+Mcleod&search-alias=books&field-author=John+Mcleod&sort=relevancerank), J. (2013). *An Introduction to Counselling (5th ed.)*. Open University Press.
2. Sharif, R. (2012). *Theories of Psychotherapy and Counseling: concepts and cases (5th ed.).* Brooks/Cole.
3. Thompson, C.L. (2007) *Counseling Children (7th ed).* Australia: Thomson Brooks / Cole.
4. Rao, S. N and Hari, M.S (2006) Guidance and Counseling. New Delhi: Discovery.
5. Dash, B.N (2005) Guidance Services in School. New Delhi: Dominant Publisher.

Pandey, V.C. (2005) Educational Guidance and Counseling. Delhi: ISHA Books.