## PSY- 603 Counseling Psychology (Elective) Cr. Hrs.3

**Course Objectives**

The course is designed to teach students the necessary understanding in the area of counseling/ clinical psychology. Therefore, students will cover all the necessary portions in this particular area. They will be taught basic theoretical concepts like difference between counseling and clinical psychology, counseling skills, situations that require counseling and situations that can be dealt only by clinical psychologist, main approaches to counseling/clinical, stress management, usage of counseling and clinical psychology in Pakistani context. They will be encouraged to develop some to do case report on topics that fall under the umbrella of counseling psychology. After this course students will be able to have all the necessary knowledge in the area of counseling/clinical psychology and its significance. They will also be able to understand what re the cases in which counseling is required and in which cases proper therapeutic intervention is required by professional clinical psychologist.

**Learning Outcomes**

By completing the course the students should able to:

* Have understanding about the areas that are linked to counseling psychology and clinical psychology
* Should be able to identify which is more suitable choice in therapy and applying this knowledge in case report
* Understanding about all the areas covered in the course

**Course Contents**

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| **Weeks**  | **Contents** |  |
| **1st & 2nd**  | Introduction |  |
|  | * Introduction to Counseling
* Difference between clinical psychology and counseling psychology
* Responsibilities of counselors
	+ - Ethical responsibilities
		- Confidentiality
		- Exceptions in confidentiality
		- Ethical principles
* Legal issues
	+ - The Counselors & the court
		- Responsibility of the counselor (specifically in the Pakistani context)
 |  |
|  | **Assessment 1**  |  |
|  | Assessing dilemmas and critically evaluating the situation and provide solution of judgment with some basis. |  |
| **3rd**  | Therapeutic Skills |  |
|  | * The counseling relationship –core conditions
* Stage 1- Attending Skills
	+ - Physical Attending
		- Attending Skills
		- Psychological attending
		- Observing
		- Inventory of non –verbal behavior
		- Active listening
		- Resist Distractions
		- Keep the focus on the client
		- Responding as part of attending behavior
* Stage 2- Exploration Skills
	+ - Responding with empathy
		- Responding using probes and questions
		- Responding with silence
* Stage 3- understanding
* Stage 4-Action
* Stage 5-Termination
 |  |
| **4th** | Approaches to counseling | Quiz 1 |
|  | * Psychodynamic approach
	+ - Background of the Theory
		- Personality Development
		- Defense Mechanisms
		- Techniques
		- Contributions & Limitations
		- Current Status
 |  |
| **5th**  | * Behaviorist approach to counseling
	+ - Background of the Theory
		- Human Nature & Major Constructs
		- Personality Development
		- The Personality Change Process
		- Goals of Counseling
		- Process & techniques
		- Contributions , Limitations & Current Status
 |  |
| **6th** | * Existential approach
	+ - The existential point of view
		- Background of the Theory
		- Human Nature & Major Constructs
		- Approaches to Existentialism
		- Meaningless & Meaningfulness
		- Authenticity & vulnerability
		- Goals of Counseling
		- Cross Cultural considerations
		- Evaluation of theory
 | Quiz 2 |
| **7th**  | * Person Centered Theory
	+ - Theoretical Background
		- Structure & Functions of the Psyche
		- Models of Mental Health
		- Personality Change Process
		- Characteristics of an Effective Counselor
		- Counseling Process
		- Contributions, Limitations & Current Status
 |  |
| **8th**  | **Mid Exam** |  |
| **9th , 10th**  | * Cognitive Counseling
	+ - Background & Major Constructs
		- Importance of Therapeutic empathy
		- Applications & goals of Counseling
		- Process of Change
		- Cognitive Errors
		- Traditional & Brief Intervention Strategies
		- Clients with serious Mental Health Issues
		- Contributions , Limitations & Current Status
* The eclectic approach
 |  |
|  | **Project** |  |
|  | Pattern of case report |  |
|  | **Assessment 2** |  |
|  | Critically evaluate which approach is best and relate it to practical situation while considering the limitation that psychologists and counselors experience in Pakistani culture |  |
|  |  |  |
| **11th**  | Situations requiring counseling and therapy | Quiz 3 |
|  | * Mood Disorder
* Anxiety Disorder
* Childhood Disorder
 |  |
| **12th**  | Stress Management |  |
|  | * Meaning of Stress
* Stress reaction and the body
* Common Symptoms of Stress
* Causes of Stress
* Effects of stress on the body
* Types of Stress
* Eustress & distress
* Characteristics to the description of stress
* Type A & Type B personalities
* Type C personality
* Relationship between perceived level of stress & performance
* Ways to manage Stress
* Stress Management plan
 |   |
| **13th & 14th**  | Counseling Areas | Quiz 4 |
|  | * Marital Counseling
* Family counseling techniques
* Need of family Counseling
* Career and lifestyle counseling
* Career counseling Strategies
* Issues & trends in career counseling
* School and University counseling
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|  | **Assessment 3** |  |
| **15th**  | **Writing a Counseling Case Report And Poster Presentation** |  |
| **16th**  | **Final Exam** |  |

**Recommended Books**

Capuzzi, D., & Gross, D,R. (2007). *Counseling & Psychotherapy, Theories & Practice, (4th Ed).* Pearson Education, Inc.

Fall, K, A., Holden, J, M., & Marquis, A. (2010) Theoretical *Models of Counseling &*

 *Psychotherapy*, ( 2nd Ed). Taylor & Francis Group

Reynolds, C. A. (2015). Introduction to Professional Counseling. Sage Publications.

Sandoval, J. (2013). Crisis Counseling, Intervention, and Prevention in the schools. ( 3rd Ed). Taylor & Francis Group.

Seligman, L., & Reichenberg, W. L. (2010). Theories of Counseling and Psychotherapy. (3rd Ed). Pearson Education, Inc.