

M.Phil.  
(EDUCATION)  
SYLLABUS  
PAPER – II (Elective 6) –  
GUIDANCE AND COUNSELLING

**Objectives:**

After the completion of this course student will be able to

1. understand concept, need, importance of Guidance and Counseling.
2. understand the principles of Guidance and Counseling programme.
3. understand the concept and process of Counseling.
4. understand need for Guidance to the children with special needs.
5. acquaint with various procedures of organizing various Guidance services.
6. lists the principles and objectives of Guidance and Counseling.
7. explain the psychological and sociological foundations of Guidance and Counseling.
8. describe various approaches to Guidance and Counseling.
9. discuss the different types of therapy/ training.
10. describe the role of teachers in counseling situations.
11. identify the role of family, school, community in guidance and counseling
12. explain various theories of vocational development.
13. describe the process of vocational guidance
14. identify the specific areas warranting counseling.

**UNIT I**

Guidance and Counselling: Concept, Definition and Principles, Background, Scope, Current Status in India and Abroad – Objectives of Counselling – Counselling Skills; Counselling standards: Ethical and Legal.

**UNIT II**

Psychological Bases of Counselling: Human behaviour and Individual differences – Defense Mechanisms – Maladjustment – Mental health – Integrated Personality. Sociological bases: Social Nature of Human beings - Nature of Human relationships – Increasing complexity of today's world - Conflict of Values.

**UNIT III**

Approaches to Counselling:

- i) Directive and Authoritarian – Psycho-Analytic - Behaviouristic – Humanistic – Eclectic – Group Counselling.
- ii) Counselling as helping – Concept of Stress – Types of Stress – Counsellor and Client matching – Coping and Adjustment strategies of Controlling Stress as an experience – Transactional Analysis – Relaxation Techniques.
- iii) Structured Learning Therapy: The tasks of the Counsellor in social skill training – Irrational beliefs and problems – promoting rational thinking – Cognitive Behaviour Therapy – Desensitization – Assertiveness training.

## **UNIT IV**

### **Educational Counselling:**

- i) Need for Educational Counselling – Role of teachers in Counselling situations: a) Elementary school, b) high school, c) college – Teacher and Counsellor – Teacher and Counsellee.
- ii) Children with special needs – The gifted – Physically Handicapped – Mentally Handicapped – Emotional and Behavioural problems of adolescents – Examinations anxiety – Learning difficulties – Alcoholism and Drug abuse – Truancy among the Adolescents – Sex related problems.
- iii) Guidance Oriented Education: Educational Counselling & Curriculum – Counseling & Home – Counseling unit in educational institutions.

## **UNIT V**

### **Vocational Counselling:**

#### **Need for Vocational Counselling.**

- i) Theories of Vocational Development – Vocational Choice: after a) Primary education, b) High School Education, C) Higher Secondary and d) Professional course.
- ii) Process of Vocational Counselling – Vocational Guidance – Adolescent values - Job and Family – Perception of Sex roles – Occupation information – Job Analysis and Job description – Career Counselling – Information service and Guidance – Vocational Stress Counselling – overcoming plateau and burnout – Conflicts in work environment.

## **UNIT VI**

### **Family and Marital Counselling:**

#### **Need for Family Counselling**

- i) Family systems – Nuclear Family – Joint Family problems.
- ii) Child Guidance – Counselling the parents-child relationship problems – rejection – favoritism – other problems.
- iii) Parental Counselling – role of parents in dealing with children's problems.

#### **Need for Marital Counselling**

- i) Marital problems – socio-economic factors – finance – social life – religious and other values – occupational demands.
- ii) Counselling the Unwed Mothers, Divorcees and the Separated – Parents of Handicapped and deviant Children.
- iii) Genetic Counselling and its importance – before and after marriage.

## UNIT VII

### Health and Old Age Counseling:

#### Need for Health and Old Age/ Retirement Counseling.

- i) Problems of Aging – Psycho-somatic disorders – Ageing and its impact on health – Geriatric Counselling – Counselling the rehabilitated. Problems of Social Relations. Emotional problems, feeling of neglect and unworthiness, Psychological Seclusion, Social exclusion and need for inclusiveness.
- ii) Mental health – Psycho-neurosis – Psychosis – Psycho-therapy.
- iii) Loss of Spouse, Health problems; Planning for Health – Health insurance.
- iv) Financial Problems – Employed, Retired Pensioners, Retired Non Pensioners, Planning for old age/ retired life.

### References:

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