

Govt. PG Girls Excellence (Autonomous) College, Sagar, MP

Department of Psychology

Online certificate Course in “Counselling for Mental Health and Wellbeing”

Syllabus

UNIT 1: Fundamentals of Mental Health

Nature and Characteristics of Mental Health, Laws and Principles of Mental Health, Role and Importance of Mental Health, Determinants of Mental Health.

UNIT 2: Fundamentals of Counselling

Nature and Scopes of Counselling, Goals and objectives of Counselling, Personal Qualities of Counsellor, Counselling Process, Factors affecting in Counselling Process, Non- verbal Communication in Counselling Interview

UNIT 3: Role of Counselling for Mental Health and Wellbeing-I

Group Counselling, Family Counselling, Pre- Marital Counselling, Counselling with parents, Counselling with Juvenile Delinquents, Rehabilitation Counselling, Guidance and Career Counselling and Educational Counselling

UNIT 4: Role of Counselling for Mental Health and Wellbeing-II

Counselling with old age People, Counselling for Alcohol and Drug Abuse, Counselling for HIV AIDS Patients, Mental Retardation Counselling, relationship counselling and sports counselling.

UNIT 5: Indian approaches for counselling

Mental Health Act in India, National Mental Health Programme, Yoga Meditation, Dance and Music

Reference Books:

1. Zimbardo P.G. & Weber A.L.(1997), Psychology.New York: Harper Collins Publishers.
2. J.D. Page, Abnormal Psychology
3. Carson and Butcher- Psychology and Modern Life, Harper Collins Collage Publication
4. निर्देशन एवं परामर्श, अमरनाथ राय एवं मधु अस्थाना
5. आधुनिक परामर्श मनोविज्ञान, अमरनाथ राय एवं मधु अस्थाना
6. निर्देशन एवं परामर्श, आराधना, एच. पी. भार्गव बुक हाउस

Reference links:

1. <https://www.verywellmind.com/what-is-counseling-psychology-2795648>
2. <https://cpa.ca/sections/counsellingpsychology/counsellingdefinition/>
3. <http://www.dspmuranchi.ac.in/pdf/Blog/stages%20of%20counselling.pdf>
4. <https://ncert.nic.in/textbook/pdf/lehe108.pdf>