

**P.G. DEPARTMENT OF PSYCHOLOGY**

**Certificate Course in Psychological Skills**

**2022-23**

**Course Title: Psychological Skills**

**Course Code: CPSL-1441**

**Number of Credits: 2**

**Marks: 50**

**Number of Hours: 30**

**Eligibility:** Graduate and Post- Graduate students of any streams.

**Course Objective:** This course offers a solid grounding in Psychological skills. It combines academic, practical and experiential components within a supportive and challenging environment.

In this course, students will explore the practical and ethical issues of working with clients in a variety of situations, and develop essential communication and counselling skills. Students will be able to learn to apply academic theory through skills practice sessions and group work.

**Section-A**

**Psychological Problems:** Introduction to the concept of Stress and Anxiety.

**Communication Skills**

**Section- B**

**Coping Techniques:** Emotion focused, Problem focused, Time management.

**Relaxation Techniques:** Progressive Muscle Relaxation, Yoga, Meditation, Mind-fullness and Biofeedback Relaxation Technique.

**References:**

Corey, G.(2009). Theory and Practice of Counselling and Psychotherapy, 8<sup>th</sup> Edition, Wadsworth, USA.

Douglass, R.G., & David, C. (2007). Counselling and Psychotherapy. New Delhi: Pearson Education.

Nystul, M.S. (2001). Introduction to Counselling. New Mexico State University: Allyn and Bacon.

Orlans, V., & Scoyoc, S.V. (2009). Short Introduction to Counselling Psychology. New York: Sage Publishers Ltd.

Patterson, L.E. & Welfel, E.R. (2000). *The Counselling Process*. Wadsworth, USA.