

**Kanya Maha Vidyalaya (Autonomous), Jalandhar**

**P.G. DEPARTMENT OF PSYCHOLOGY**

**Certificate Course in Professional Counseling Skills**

**SCHEME AND CURRICULUM OF EXAMINATION OF ADD-ON CERTIFICATE COURSE**

**Session: 2025-26**

Course Code	Course Title	Credit	Course Type	Max Marks			Examination Time (In Hours)	
				Total	Ext.			
					L	P		
CCSL-1441	Professional Counseling Skills	2	C	50	50		3 Hours	

**C- Compulsory**

**Duration- 30 hours**

**Eligibility- 10+2**

**Eligibility: 10+2 (any stream)**

**Course Objective:** This course offers a solid grounding in Professional Counseling 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**

### **Introduction to Counseling**

- Meaning and Introduction to the concept “Counseling”
- Understanding the role of a counsellor
- Ethical Issues in counselling

**Counseling Skills** (Active Listening, Attending, Empathy, Unconditional Positive Regard, Congruence)

### **The Counseling Process**

## **Section- B**

**Psychological Problems:** Introduction to the concept of Stress, Anxiety, Depression, Loneliness and Adjustment. Factors affecting these psychological problems.

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

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

### **References:**

1. Cormier, S. & Hackney, H. L. (2012). *The Professional Counselor: A Process Guide to Helping*. Pearson Education.
2. Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy*, 8th Edition, Wadsworth, USA.
3. Douglass, R.G., & David, C. (2007). *Counselling and Psychotherapy*. New Delhi: Pearson Education.
4. Nystul, M.S. (2001). *Introduction to Counselling*. New Mexico State University: Allyn and Bacon.
5. Orlans, V., & Scoyoc, S.V. (2009). *Short Introduction to Counselling Psychology*. New York: Sage Publishers Ltd.
6. Patterson, L.E. & Welfel, E.R. (2000). *The Counselling Process*. Wadsworth, USA.

**References:**

1. Cormier, S. & Hackney, H. L. (2012). *The Professional Counselor: A Process Guide to Helping*. Pearson Education.
2. Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy*, 8th Edition, Wadsworth, USA.
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