

## **P.G. DEPARTMENT OF PSYCHOLOGY**

### **Certificate Course in Psychological Skills**

**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 andBacon.

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.

