

केरलकेन्द्रीयविश्वविद्यालय  
CENTRAL UNIVERSITY OF KERALA

Established by the Parliament of India vide the Central University Act, 2009 (No.25 of 2009)

Periye, Kasaragod District, Kerala, INDIA – 671 316

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DEPARTMENT OF SOCIAL WORK

MINUTES OF THE BOS MEETING – SOCIAL WORK – 11<sup>TH</sup> MAY, 2016

Venue: Conference Room, CUK, Periye

Members Present: Dr. Jilly John, Dr. Renjith R. Pillai (Internal Expert)  
Dr. Sekar, Dr. B T Lawani, Dr. Rameela Shekhar (External Expert)

1. Dr. John, Dean, School of Social Sciences, welcomed the participants and recommended the board to consider the women sensitivity issues and conflict resolution issues.
2. Board decided to have concurrent field work in all the 4 semesters in addition to block field work
3. Collaboration in terms of development of electives with other departments to be initiated.
4. The board discussed on the course structure, added few more details on the papers.
5. Based on the Dean's suggestion, the Board recommends that training of trainers to be organised on the areas – women issues and conflict resolution on the larger framework of disaster management.
6. Recommends for a centre for women studies from UGC at CUK.
7. The board also recommends proposals to be forwarded to ICSSR for setting up a Centre for Disaster Management as a virtual Department with involvement of allied Departments.
8. Board discussed in detail, the faculty involvement in supervision of field work and handholding support provided at the field level for students. Field work agencies are scattered in and around Kasargod District (approximately 70 square kilometers). The board strongly recommends that the direct cost involved in travelling to these social laboratories is reimbursed.

Dr. K Sekar  
External Expert

Dr. B T Lawani  
External Expert

Dr. Rameela Shekhar  
External Expert

Dr. Jilly John  
Chairperson

Dr. Renjith R. Pillai  
Internal Expert





केरल केन्द्रीय विश्वविद्यालय

**CENTRAL UNIVERSITY OF KERALA**

Tejaswini Hills, Periyar P.O, Kasaragod, Kerala, India- 671 316

**DEPARTMENT OF SOCIAL WORK**

Date 11.05.2016

**DEPARTMENT OF SOCIAL WORK BOARD OF STUDIES MEETING**

| Sl.No. | Name   | Signature                          |
|--------|--|------------------------------------|
| 1.     | Dr.Jilly John, Assistant Professor & HoD I/c Department of Social Work -- <i>Chair Person - B.O.S.</i>   | <i>Jilly John</i>                  |
| 2.     | Dr.Renjith R Pillai, Assistant Professor Department of Social Work   | <i>Renjith R Pillai</i>            |
| 3.     | Dr.Reinhart Philip, Assistant Professor, Department of International Relations   | <i>Reinhart Philip</i>             |
| 4.     | Dr K Sekar<br>Professor<br>NIMHANS<br>Bangalore-560029   | <i>Dr K Sekar</i>                  |
| 5.     | Dr Rameela Shekhar<br>Professor & Dean<br>Department of Social Work<br>Roshininilaya,<br>Mangalore   | <i>Rameela Shekhar</i><br>11/04/16 |
| 6.     | Dr B T Lavani<br>Director,<br>Yashwantrao Chavan Institute of Social Sciences<br>Studies and Research<br>Bharati Vidyapeeth University<br>Pune   | <i>Dr B T Lavani</i>               |
| 7.     | Dr Prof.L/Tharabhai<br>Former professor & Head of the Department of Sociology<br>Madurai Kamaraj University Madurai<br>2A,GIE Classic, Tank Road, Near Vanjiyoor School,<br>Thiruvananthapuram Kerala-695001 | <i>Dr Prof.L/Tharabhai</i>         |

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सामाजिक कार्य विभाग  
Department of Social Work  
केरल केन्द्रीय विश्वविद्यालय  
Central University of Kerala

*Jilly John*  
11/05/16  
DR. JILLY JOHN  
CHAIR PERSON

# HMS 5301 - THEORY AND PRACTICE OF COUNSELLING

## Course Objectives

- Have a holistic understanding of counselling as a helping method
- Attain advanced understanding of various approaches, process and techniques in counselling
- Familiarize counselling settings and application of counselling
- Inculcate appropriate attitudes and values for professional counselling practice

## Course Outline

### Unit 1 Counselling as a helping profession

- Definition, characteristics, goals of counselling and elements of counselling Scope and significance of counselling practice
- Client-counsellor relationship Qualities of a counsellor Characteristics of the client Skills in counselling
- Values and professional ethics in counselling

### Unit 2 Theories and approaches

- Psychoanalytic approach, client-centered approach Cognitive-behavioural approach, TA, REBT
- Crisis intervention, eclectic approach Couple and marital therapy

### Unit 3 Techniques of counselling

- Ventilation, empathy, listening, explanation, re-assurance Externalization of interest, recreation and relaxation Improving problem solving skill, change of attitude/life style
- Encouraging healthy defence mechanisms - sublimation, altruism and humour Reinforcement, social support

### Unit 4 Stages of counselling

- Getting started
- Introductory talk
- Identifying the issues
- Facilitating expression of feelings
- Practical plan of action
- Implementing the plan
- Evaluation and termination Transference and counter transference Do's and don'ts in counselling

### Unit 5 Counselling settings

- Child and adolescent guidance Clinic, schools/ colleges/universities Family court, de-addiction centres, HIV/AIDS counselling
- Palliative care centres, industrial settings, etc. Lay counselling

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