

**MES COLLEGE, MARAMPALLY**  
**DEPARTMENT OF PSYCHOLOGY**

*CERTIFICATE COURSE*

**COUNSELLING SKILLS FOR ENHANCING SELF AND OTHERS**

Total hours: 30

Objectives:

- Understand healthy personality.
- This course enables students to become better individuals in society.
- Learn counseling skills

<b>MODULES</b>		<b>HOURS</b>
Module 1	Healthy Personality	4
Module 2	Self development	5
Module 3	Phases in counselling	6
Module 4	Basic Counselling Skills	7
Module 5	Ethical Issues in counselling	3
Activities	1 detailed case study -5 sessions	5
<b>Evaluation:</b>	Total Mark: 100	Test Paper: 70 Activity Based Evaluation: 30
<b>Reference Books:</b> 1. Nelson, R .(2012). <i>Basic Counseling Skills</i> , New Delhi: Sage Publication. 2. Gladding, T. S.(2013). <i>Counseling: A Comprehensive Profession</i> , India: Pearson education.Inc.		