

CERTIFICATE COURSE IN COUNSELLING AND ITS APPLICATION {ONLINE}

Offered by

Centre for Innovative Skill-Based Courses (CISBC)
Open Learning Development Centre (OLDC)
University of Delhi

COURSE INTRODUCTION

The **Certificate Course in Counselling and its Application** is designed to introduce learners to the foundational principles, theories, and practices of counselling. The course provides essential knowledge of counselling skills, ethical considerations, therapeutic approaches, and practical techniques required to effectively support individuals across diverse life situations.

Whether learners aspire to pursue a professional career in counselling or wish to enhance their interpersonal and communication skills, this programme offers a comprehensive understanding of the counselling process, its various approaches, and its application in educational, personal, family, career, and mental health settings.

COURSE OBJECTIVES

The primary objectives of this course are:

- To provide a comprehensive understanding of counselling theories, principles, and practices.
 - To develop essential counselling competencies and interpersonal skills.
 - To introduce learners to various counselling approaches and therapeutic techniques.
 - To enable learners to apply counselling skills in real-life situations and professional settings.
 - To enhance understanding of ethical responsibilities and professional standards in counselling.
 - To develop confidence in conducting Counselling sessions and case assessments.
 - To expose learners to specialized fields of Counselling including career, family, school, and mental health Counselling.
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COURSE OUTCOMES

Upon successful completion of the course, learners will be able to:

1. Understand the motivations, scope, and professional requirements of Counselling.
2. Differentiate between Counselling, guidance, psychotherapy, and interviewing.
3. Understand various levels of Counselling and certification requirements.
4. Demonstrate essential Counselling skills including empathy, active listening, communication, and non-judgmental behaviour.
5. Apply behavioural, psychoanalytic, person-centered, cognitive-behavioural, solution-focused, and integrative Counselling approaches.
6. Understand ethical principles and professional responsibilities in Counselling practice.
7. Conduct case assessments and develop Counselling intervention plans.
8. Apply Counselling skills in specialized areas such as career Counselling, family Counselling, school Counselling, and mental health Counselling.
9. Develop a personal Counselling style based on professional competencies and individual strengths.

COURSE STRUCTURE

Duration: 02 Months / 8 Weeks (48 Hours)

Class Schedule: 2 Classes per Week (3 Hours per Class)

Mode: Online

DETAILED LESSON PLAN



Week 1 (6 Hours) Introduction to Counselling Psychology

Topics Covered:

- Definition & Scope of Counselling Psychology
- Understanding the Counselling profession and its impact
- Historical Perspectives & Evolution
- Development of Counselling approaches
- Branches & Specializations in Counselling
- Career Counselling
- Family Counselling
- Trauma Counselling
- Mental Health Counselling
- Role & Responsibilities of a Counsellor
- Key competencies and ethics
- Difference Between Counselling, Therapy & Coaching
- Applications of Counselling Psychology:
 - Schools
 - Workplaces
 - Mental Health Centres

Week 2 (6 Hours) Psychological Theories & Counselling Approaches

Topics Covered:

- Psychoanalytic Approach
 - Freud
 - Jung
 - Erikson
- Understanding unconscious influences
- Behavioural & Cognitive-Behavioural Therapy
 - CBT
 - REBT
- Techniques for behaviour modification
- Humanistic & Client-Centered Therapy
 - Rogers
 - Maslow
- Role of self-actualization

Week 3 (6 Hours) Psychological Theories & Counselling Approaches – Advanced

Topics Covered:

- Existential Therapy
 - Gestalt Therapy
 - Addressing meaning, emotions, and awareness
 - Positive Psychology
 - Strength-Based Approaches
 - Building resilience and well-being
 - Integrative & Eclectic Approaches in Counselling
 - Combining multiple theories for effectiveness
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Week 4 (6 Hours) Counselling Techniques & Interventions

Topics Covered:

- Active Listening & Empathy in Counselling
 - Importance of Non-Verbal Cues
 - Questioning & Probing Techniques
 - Open-ended questions
 - Closed-ended questions
 - Cognitive Restructuring & Thought Modification
 - Helping clients reframe negative thinking
 - Behavioural Techniques in Counselling
 - Exposure Therapy
 - Reinforcement Strategies
 - Developing a Therapeutic Relationship
 - Building trust and rapport with clients
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Week 5 (6 Hours) Psychological Disorders & Mental Health Issues

Topics Covered:

- Anxiety & Mood Disorders
 - Depression
 - Generalized Anxiety
 - Panic Disorders
 - Personality Disorders and their implications
 - BPD
 - Narcissistic Personality Disorder
 - Psychotic Disorders
 - Schizophrenia
 - Delusions
 - Symptoms, causes, and treatments
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Week 6 (6 Hours) Mental Health Issues, Ethics & Professional Standards

Topics Covered:

- Mental Health Issues
- Substance Abuse & Addiction
- Psychological dependence
- Counselling approaches for addiction
- Child & Adolescent Mental Health Issues
- ADHD
- Learning Disabilities
- Conduct Disorders
- Suicidal Ideation & Self-Harm
- Identification
- Prevention
- Intervention Strategies
- Ethics & Professional Standards
- Confidentiality & Client Privacy
- Informed Consent & Counselling Boundaries
- Cultural Competency in Counselling

Week 7 (6 Hours) Ethics, Professional Standards & Practical Applications

Topics Covered:

Ethics & Professional Standards

- Ethical Dilemmas in Counselling
- Managing conflicts and professional responsibilities
- Legal Aspects & Counselling Regulations
- Understanding mental health laws
- Self-Care & Burnout Prevention for Counsellors
- Maintaining mental well-being

Practical Applications

- Conducting Counselling Sessions
- Role-Playing
- Practicing real-life scenarios

Week 8 (6 Hours) Practical Applications, Case Studies & Final Assessment

Topics Covered:

- Case Study Analysis of Psychological Disorders
- Understanding client presentations
- Writing Counselling Reports & Assessments
- Documenting client progress
- Use of Psychological Tests in Counselling
- Screening Tools and Assessment Methods
- Technology & Online Counselling Platforms
- Ethics and challenges of digital therapy
- Case Study / Practical Assessment
- Final Assessment

ASSESSMENT PATTERN

- Class Participation and Practical Exercises
- Role Plays and Counselling Simulations
- Case Study Assignments
- Written Assessment
- Final Video Presentation
- Counselling Intervention Report

CAREER OPPORTUNITIES

After successful completion of the course, learners may explore opportunities in:

- Counselling Support Services
- School Counselling Assistance
- Career Guidance Services
- Family and Community Support Programmes
- NGO and Social Development Organizations
- Educational Institutions
- Student Wellness and Support Services
- Mental Health Awareness Programmes
- Human Resource and Employee Assistance Services

The course also provides a strong foundation for pursuing advanced studies and professional certifications in Counselling, Psychology, Mental Health, Social Work, and Human Development.

CERTIFICATION

Upon successful completion of the programme and fulfilment of assessment requirements, learners will be awarded a **Certificate in Counselling and it's Application (Online)** by the **Centre for Innovative Skill-Based Courses (CISBC), Open Learning Development Centre (OLDC), School of Open Learning, University of Delhi.**

CISBC, OLDC, DU