



VALUE-ADDED COURSE

Offered by the

DEPARTMENT OF PHILOSOPHY

RABINDRA BHARATI UNIVERSITY

Course Code: D Phil-VAC 01/2023

Course Title: **Basic Orientation in Psychological Counselling**

Nature of Programme : **Interdisciplinary**

Duration: **15 to 20 Days**

Hours: **30 hours**

Date: **10th May , 2023 Onwards**

Time: **3.00pm to 4.30pm**

Eligibility: **All students pursuing Post Graduate Courses , M.Phil and Ph.D**

programmes in any discipline of

Rabindra Bharati University

Course Fees: **Free**

Mode: **Blended**

Venue: Department of Philosophy [Third Floor]

Rabindra Bharati University

Emerald Bower Campus

56A, B.T. Road, Kolkata-700050

Registration Link: <https://forms.gle/D3bZ5fbWshB25YmN6>

Course Coordinators:

Dr. Pritha Ghosh Sen

Email: pritha.ghosh@rbu.ac.in

Contact No: 9433443344

Dr. Mousumi Das

Email: mousumi.philosophy@gmail.com ,

Contact No: 9330581602

Dr. Bijoy Sardar

Email: bijay.rbu@gmail.com

Contact No: 8296782188

Head of the Department of Philosophy :

Dr. Kuntala Bhattacharya

Email : kuntala.bhattacharya@rbu.ac.in

Contact No. 9836565909

Approved/Forwarded by-----

(Signature of the Chairman, Skill Development Centre)

Approved by Dean-(FA/FFA/FVA) -----

Certificate will be provided to all successful participants.

Please note : Maximum number of participants is 30. Candidature will be selected on first come first serve basis.

Course Content

VALUE-ADDED COURSE

Offered by the

DEPARTMENT OF PHILOSOPHY

RABINDRA BHARATI UNIVERSITY

Duration: **15 to 20 Days**

Hours: **30 hours**

Date: **10th May , 2023 Onwards**

Time: **3.00pm to 4.30pm**

Course Title : **Basic Orientation in Psychological Counselling**

Aim:

The course is designed specifically to train the students with the basic skills in psychological counselling which would help them to cope with some basic psychological problems in their personal and professional life. Moreover, the course is also designed to train the students with some common practical problems of daily life like behaviour therapies, stress management, anger management, grief and bereavement and crisis intervention like violence and suicide.

Objectives:

The course is designed for the students who are beginners in Psychological Counselling for a basic orientation. The course comprises of **four modules** :

Module I deals with the basics of counselling which includes the purpose and process of counselling and qualities of a good counsellor.

Module II explores different problems and solutions of stress management, anger management, self-care and burnouts; with the analysis of cognitive behaviour therapies.

Module III analyses different kinds of emotions and emotional intelligence. It further explores different types of communication skills namely aggressive, submissive and assertive.

Module IV discusses and demonstrates special areas of counselling giving special emphasis on the palliative care of patients with serious physical illness (such as cancer), grief and bereavement and crisis intervention, namely violence and suicide.

Course in Detail

Module 1: Basics of Counselling

- What is Counselling ?
 - Counselling and Helping
 - Characteristics of Counselling
 - Areas of Counselling and Helping

- Purpose of Counselling
- Proper Process of Counselling
- Qualities and Basic Skills of a Good Counsellor
 - Attending
 - Listening
 - Responding
 - Reflecting
 - Empathy

Module Outcomes:

- ✓ The students will be able to understand the basic concepts of counselling.
- ✓ They will learn to make out the process involved in basic counselling.
- ✓ They will come to know and practice certain qualities and skills of a good counsellor.

Module 2: Stress and Anger Management

- Stress Management
- Anger Management
- Cognitive Behaviour Therapy
- Self-care and Burnouts

Module Outcomes:

- ✓ The students will have clear conception of stress, tension and anger.
- ✓ They will learn certain techniques of handling stress and anger.
- ✓ They will learn how important it is to take care of themselves and prevent burnout.

Module 3: Emotions and Emotional Intelligence

- Different Kinds of Emotions
- Emotional Intelligence
- Styles of Communication
 - Aggressive
 - Submissive
 - Assertive

Module Outcomes:

- ✓ The students will be able to understand the different kinds of emotions and their roles in our life.
- ✓ They will come to know in detail about Emotional Intelligence.
- ✓ They will also learn about the difference between IQ and EQ and how to improve their EQ.

Module 4: Special Areas of Counselling

- Palliative Care of Patients with Serious Physical Illness (such as Cancer)
- Grief and Bereavement
 - What is Bereavement
 - Bereavement related to Developmental Processes
 - The Medical Model and the Companionship Model
 - Bereavement and Guilt
 - The Process of Grieving
 - PTSD
 - How to help persons unable to grieve?
- Crisis Intervention
 - Violence
 - Suicide

Module Outcomes:

- ✓ The students will be able to know about what palliative care is and its importance in seriously physically ill people.
- ✓ They will understand the role of grief and the process of mourning and also its importance in maintaining good mental health.
- ✓ They will also have some basic concepts of dealing with two crises situations, namely violence and suicide.

=====