**Govt. College Kheri Gujran Faridabad**

Name of Assistant Professor : DR .ARUN KUMAR

Class:–M.A 4th sem.

Subject: -**COUNSELLING TECHNIQUES AND STRATEGIES**

Lesson Plan For Weeks: 18

Week 1

UNIT-I Strategies of Counselling: Directive, Non-Directive

Week 2

Approach to Counselling; Elements of Effective Therapeutic Position, Goals Directed Nature of Counselling & Psychotherapy, Need for Pragmatic Therapeutic Position.

Week3

Counselling vs. Psychotherapy. Psychoanalytic Approach: View of Human Nature, Development of Personality, defense Mechanisms, Major methods & techniques.

Week 4

UNIT-II Affectively Oriented Approaches: Existential therapy; Person-centred therapy;

Week 5

Gestalt therapy; Theoretical analysis of affective approaches. Cognitively Oriented Approaches:

Week 6

Rational Emotive Therapy; Beck’s Model; Transactional Analysis. Theoretical analysis of cognitive approaches.

Week 7

UNIT-III Behaviourally Oriented Approaches: Behaviour Therapy: Meaning & Goals

Week 8,

Behavioural Connections; Systematic Desensitization, Relaxation, Flooding Therapies; Behavioural Contingencies

Week 9

Reinforcement, Punishment, Shaping; Modelling Techniques; Self Instructional Training.

Week 10

Self Inoculation. Theoretical analysis of behavioural approaches.

Week 11

UNIT-IV Family Systems Approach: Bowen’s Intergenerational Approach.

Week 12

Structural Family Therapy, Strategic Therapy and Current Trends in Family Systems Therapy.

Week 13 asholi

Week 14

Promotional Approaches: Creative Art Therapies, Yoga and Meditation, Mindfulness.

Week 15-18

Revision with previous years question papers.

**Note: -** Assignment will be given to students time to time.