

# **Introduction to the Counselling Skill Programmes**

**offered by**

**Centre for Lifelong Learning , TISS**

Application of counselling skills has become a central feature of the work of all helping professionals. In fact, an increasing demand is placed on helping professionals in different settings (health, education, welfare, corporate, and so on) to engage in counselling within their primary roles. Supervision of subordinates, mentoring, and coaching all require a strong base of interpersonal and effective communication skills. Administrators and managers of programmes/schemes are also using counselling skills for interpersonal effectiveness at different levels in their organisations. As a result, training in interpersonal and counselling skills is a value addition for any education or training programme. Hence, there is a growing demand for systematic training in interpersonal and counselling skills for different helping professionals to engage in the helping process or supportive work with greater confidence.

**Rationale:** Ladder based courses came into existence for the first time in response to the immense need expressed for such a Programme from a wide range of adult learners in civil society and academic institutions and who are willing to collaborate with the Centre for Lifelong Learning for offering such a programme. CLL has been offering a Diploma in Counselling since 2009 and a Post Graduate Diploma in Counselling since 2015 with an enrollment of over thirty students every year.

CLL is offering differentiated levels of training in Counselling Skills which include:

**1. Certificate in Counselling Skills**

**2. Diploma in Counselling Skills**

**3. Post-Graduate Diploma in Counselling**

The objectives of offering ladder-based programme is to :

1. Support a wide range of other job roles, e.g. social worker, nurse, care worker, lawyers, physicians and volunteers
2. Enhance the learner's emotional and social skills, and help the learner to understand self and his/ her relationships with others in family, work place and in other spaces more clearly
3. Provide the essential listening and communications skills used by helping professionals.

## **Duration and Pedagogy of the Course**

Keeping in mind the principles of adult and lifelong learning, the Certificate will be a first step in the Certification process. It is proposed to bring in flexibility into system by allowing multiple exit options. The learner may join at Certificate level and will have the option to exit after earning a 'Certificate degree' in one semester. The successful completion of a 2-semester programme would lead to the award of the Diploma and successful completion of 3-semester programme would lead to the award of P.G Diploma.

Thus, the course will be offered in a ladder manner, from Certificate level to a P.G Diploma.

The curriculum for the Counselling skill programmes is weighted for maximally for the “Transformative” and in an equitable balance between skill development and a foundational understanding and yet leans marginally towards the practical over the theoretical.

**Mode of delivery:** The course will be offered in contact mode- face-to-face learning- Part time weekend programmes.

Please note that - Field Practicum component will be full time course.

## COUNSELLING SKILL COURSES- CREDIT STRUCTURE

Courses	Credits	Hours
<b>Semester 1</b>		
Foundation course or Dialogues on Development	2	30
Introduction to Counselling and other helping professions	2	30
Establishing boundaries for the helping role	4	60
Introduction to Interpersonal and Counselling Skills for Helping Professionals	2	30
Use of Self Awareness in a helping role	2	30
Issues of Ethics and Diversity in a helping role	2	30
Learning Review Journal	2	30
Field Practicum ( Skill workshops and Field Visits)	2	60
<b>Total</b>	<b>18</b>	<b>300</b>
<b>Semester 2</b>		
Concepts in Psychology	2	30
Human growth and development Across lifespan	2	30
Introduction to Counselling process -I	2	30
Introduction to Counselling Theories-I	2	30
Developing Self Awareness	2	30
Field Practicum Field Practicum ( Skill workshops and block field work)	4	60
<b>Total</b>	<b>32</b>	<b>510</b>
<b>Semester 3</b>		
Introduction to Counselling Theories -II	2	30
Introduction to Counselling process Skills II	2	30
Mental Health, Well- being and Understanding Psychological Problems	2	30
Community Mental Health	2	30
Introduction to Theoretical Techniques and approaches	2	30
Developing personal self and professional Self -	2	30
Field work ( Skill workshops and Block Field work)	6	180
<b>Total</b>	<b>50</b>	<b>870 hrs</b>

**At the end of the 1<sup>st</sup> Semester= Certificate in Counselling Skills**

**At the end of the 1<sup>st</sup> and 2<sup>nd</sup> Semester = Diploma in Counselling Skills**

**At the end of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Semester= P.G Diploma in Counselling**

### Course Structure and Option for exit-entry Programmes

Semester	Certificate in Counselling Skills		Diploma in Counselling Skills		P.G Diploma in Counselling	
	No of courses	Total Credits	No of courses	Total Credits	No of courses	Total Credits
I	8	18	8	18	8	18
II	--	-----	6	14	6	14
III	---	---	---	----	7	18
<b>Total</b>	<b>8</b>	<b>18</b>	<b>15</b>	<b>32</b>	<b>21</b>	<b>50</b>

Please click the following link for more information on the following Programme:

- 1) [Certificate in Counselling Skills](#)
- 2) [Diploma in Counselling Skills](#)
- 3) [Post Graduate Diploma in Counselling](#)