



## CENTRE FOR INNOVATIVE SKILL BASED COURSES (CISBC) OPEN LEARNING DEVELOPMENT CENTRE (OLDC)

Department of Distance and Continuing  
Education  
School of Open Learning, Campus of Open  
Learning  
University of Delhi, Delhi-110007



---

### Certificate Course in Counseling and its Application

#### INTRODUCTION

This course is designed to introduce students to the foundational principles and practices of counseling. It covers essential counseling skills, ethical considerations, and various counseling techniques to equip students with the knowledge and tools to effectively support individuals across diverse life situations. Whether you're looking to pursue a career as a counselor or simply wish to enhance your interpersonal skills, this course will provide a comprehensive understanding of the counseling process, its different styles, and its applications in various fields.

#### COURSE OBJECTIVES

The primary objective of this course is to provide students with a well-rounded understanding of counseling theories, practices, and skills. Students will explore different counseling approaches, develop essential counseling competencies, and learn how to apply these skills to real-world scenarios. By the end of this course, students will be capable of effectively engaging in counseling sessions, utilizing different techniques, and understanding the role of a counselor across different contexts.

#### COURSE OUTCOMES

1. Understand the key motivations and myths behind becoming a counselor.
2. Differentiate between counseling, guidance, psychotherapy, and interviewing.
3. Gain insight into the levels of counseling and the prerequisites for various professional roles.
4. Develop core counseling skills, including non-judgmental behavior, empathy, active listening, and effective communication.

5. Learn how to apply different therapeutic approaches, including behavioral, humanistic, psychoanalytic, person-centered, cognitive-behavioral, and brief solution-focused counseling.
6. Understand the ethical considerations and professional responsibilities of a counselor.
7. Apply the learned skills in case study assessments, role-plays, and practical exercises.
8. Gain an understanding of specialized areas such as career counseling, family counseling, and clinical mental health counseling.
9. Develop a personal style of counseling practice that aligns with individual strengths and preferences.

## Structure of Lesson Plan

Weeks	Hours (3 Classes per week of 2 hours)	Course Title	Content
Week 1	6	Introduction to counselling & Ethical Considerations and Essentials of Counselling Skills	<ul style="list-style-type: none"> <li>- Introduction to the counseling field.</li> <li>- Differences between counseling, guidance, psychotherapy, and interviewing.</li> <li>- Counseling roles, prerequisites, and certification levels.</li> <li>- Benefits for those without a psychology background.</li> <li>- Ethical principles in counseling.</li> <li>- Key qualities and skills: empathy, active listening, communication, emotional stability.</li> <li>- Micro skills hierarchy and counseling as both an art and science</li> </ul>
Week 2	6	Observation and Interviewing Skills & Confrontation and Client Change	<ul style="list-style-type: none"> <li>- Attending skills: eye contact, body language, verbal tracking.</li> <li>- Identifying client emotions and non-verbal cues.</li> <li>- Open vs. closed questions and practicing paraphrasing, reflection, and summarizing.</li> <li>- Role-play exercises.</li> <li>- Techniques: confrontation, focusing, client change scale.</li> <li>- Reflection of meaning, reframing, and exploring logical consequences.</li> <li>- Psychoeducation, self-disclosure, and providing feedback.</li> </ul>
Week 3	6	Behavioral Therapy and Psychoanalysis	<ul style="list-style-type: none"> <li>- Behavioral Therapy techniques and principles.</li> <li>- Understanding Psychoanalytic techniques used in counselling: Free</li> </ul>

			association, transference, countertransference.
Week 4	6	Additional Therapeutic Styles	<ul style="list-style-type: none"> <li>- Person-Centered Therapy</li> <li>- Cognitive-Behavioral Therapy (CBT).</li> <li>- Brief Solution-Focused Counseling.</li> <li>- Integrative and Eclectic Counseling approaches.</li> <li>- How to identify your personal counseling style?</li> </ul>
Assessment as homework		Case study-based Assessment - students would be given different cases and they have to plan their counselling process as per the learned skills	
Week 5	6	Case Study Assessment	<ul style="list-style-type: none"> <li>- Case study-based assessment where students plan counseling interventions for various cases using different therapeutic approaches.</li> </ul>
Week 6	6	Individual and Group Counseling	<ul style="list-style-type: none"> <li>- Individual vs. Group Counseling: Techniques and considerations.</li> <li>- Consultation and Supervision in counseling.</li> <li>- Testing, assessment, and diagnosis in counseling.</li> </ul>
Week 7	6	Specialized Counseling Areas & Professional School Counseling	<ul style="list-style-type: none"> <li>- Career Counseling across the lifespan.</li> <li>- Couple and Family Counseling: Approaches and techniques.</li> <li>- Professional School Counseling: Roles and techniques. - College Counseling and Student-Life Services.</li> </ul>
Week 8	6	Counseling in Specialized Fields & Final Assessment	<ul style="list-style-type: none"> <li>- Counseling in abuse, addiction, and disability contexts.</li> <li>- Clinical Mental Health and Private Practice Counseling.</li> <li>- Case studies from various counseling scenarios.</li> <li>- Students will create a video and submit a write-up with their proposed solutions and interventions.</li> </ul>