



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



**Centre for Innovative Skill Based Courses
(Under Open Learning Development Centre)**

**Courses offered by
Department of Psychology
DDCE, SOL, COL, DU**

COUNSELLING AND ITS APPLICATION

Structure Of Lesson Plan

Level 1

COUNSELING AND ITS APPLICATION				
COURSE DURATION: 6 MONTHS				
LEVEL 1				
COURSE CODE	COURSE TITLE	THEORY	PRACTICAL	TOTAL
CA – 01	Counselling: Nature and Process	40	40	80
CA – 02	Counselling Theories	40	40	80
CA – 03	Individual and Group Counselling	40	40	80
CA - 04	Project 01	-	-	80

Level 2

COUNSELING AND ITS APPLICATION				
COURSE DURATION: 6 MONTHS				
LEVEL 2				
COURSE CODE	COURSE TITLE	THEORY	PRACTICAL	TOTAL
CA – 05	Child and Adolescence Counselling	40	40	80
CA – 06	Family, Relationship and Marital Counselling	40	40	80
CA – 07	Career Counselling	40	40	80
CA - 08	Project 02	-	-	80