

**M.Sc. COUNSELLING PSYCHOLOGY
COURSE OUTCOMES (COs)**

On completion of the course students will be able to

COURSE COMPONENT	COURSE	COURSEOUTCOME
CORE THEORY –I	COUNSELLING PROCESS, SKILLS AND TECHNIQUES	<p>CO1: Describe helping relationship as a process and role of micro skills, personal work and supervision in enhancing counselling relationship</p> <p>CO2: Recognise the counselling skills required to handle clients</p> <p>CO3: Explain ways to deal with resistant and reluctant clients</p> <p>CO4: Differentiate the key principles of five forces of counselling and psychotherapy</p> <p>CO5: Identify and differentiate skills at different stages of counselling</p>
CORE THEORY –II	BEHAVIOUR MODIFICATION	<p>CO1: Explain an understanding about the nuances of behaviour modification techniques and its application in counselling therapeutic process</p> <p>CO2: Match the theoretical basis for various behaviour modification techniques</p> <p>CO3: Understand the use of behaviour modification techniques to lifestyle disorders</p> <p>CO4: Utilize the ability to apply psychological knowledge to prevent and solve human problems existing at individual and group level</p> <p>CO5: Identify the techniques to develop behavioural skills in patients</p>
CORE THEORY –III	QUANTITATIVE RESEARCH METHODS	<p>CO1: Explain in detail the relevance of scientific research in Psychology.</p> <p>CO2: Demonstrate knowledge of research designs in quantitative research and the scientific process of research.</p> <p>CO3: Draw hypothesis and differentiate between various types of data collection and sampling methods employed in quantitative research.</p> <p>CO4: Describe application of experimental and non experimental research designs in Psychological studies.</p>

		CO5: Describe the application of survey and single-subject research.
CORE PRACTICAL-I	PSYCHOLOGICAL ASSESSMENTS 1	<p>CO1: To understand the nature of psychological assessments</p> <p>CO2: To know the history and evolution</p> <p>CO3: To understand the tests of intelligence</p> <p>CO4: To understand the test of personality</p> <p>CO5: To understand the tests related to health and cognition</p>
ELECTIVE THEORY-I	INTRODUCTION TO DIAGNOSTIC CLASSIFICATIONS	<p>CO1: List the mental disorders</p> <p>CO2: Identify disorders with client's presenting problems</p> <p>CO3: Conduct Mental status examination</p> <p>CO4: Ascertain client disorders and draw a prognosis</p> <p>CO5: Distinguish disorders based on the symptoms</p>
CORE THEORY –IV	COUNSELLING THEORIES AND PRACTICES	<p>CO1: Requirements and ethical practices of counselling and psychotherapy as a profession</p> <p>CO2: Relate the theoretical background of each theory in psychotherapy.</p> <p>CO3: Understand and describe the genesis of each psychotherapeutic approach with the school of thought.</p>
		<p>CO4: Explain the concepts, techniques and application of most important psychotherapies.</p> <p>CO5 : Choose an appropriate therapeutic approach to address the client's presenting problems and meet the client's need for counselling and therapy.</p>
CORE THEORY –V	ADVANCED STATISTICS IN PSYCHOLOGY	<p>CO1: Explain the Uses of statistics and measures of central tendency and variability.</p> <p>CO2: Know how to test significant difference between means</p> <p>CO3: Familiarise with the concept of multivariate analysis.</p> <p>CO4: Develop insights about Various non-parametric tests.</p> <p>CO5:Identify the situation in which ANOVA is used and the procedure to compute.</p>

<p>CORE THEORY –VI</p>	<p>QUALITATIVE RESEARCH METHODS IN COUNSELLING PSYCHOLOGY</p>	<p>CO1: Describe the origin and evolution of qualitative research methods.</p> <p>CO2: Explain the different approaches to qualitative research and their significance in finding relevant solutions to research problems.</p> <p>CO3: Familiar with mixed methods in research and their advantages and challenges.</p> <p>CO4: Acquainted with various qualitative methods of data collection and data analysis.</p> <p>CO5: Differentiate between different methods to design qualitative research.</p>
<p>CORE PRACTICAL- II</p>	<p>PSYCHOLOGICAL ASSESSMENTS II</p>	<p>CO1: To understand the tests related to clinical psychology</p> <p>CO2: Childhood related tests</p> <p>CO3:To assess tests related to industry</p> <p>CO4: To administer tests related to neuropsychology</p> <p>CO5: To administer tests related to counselling</p>
<p>ELECTIVE THEORY-II</p>	<p>PSYCHOLOGICAL INTERVENTION FOR DEVELOPMENTAL DISORDERS</p>	<p>CO1: List signs and symptoms, prevalence, comorbid factors management of intellectual disability</p> <p>CO2: List signs and symptoms prevalence comorbid factors management of Learning disability and ADHD</p> <p>CO3:Distinguish signs and symptoms prevalence comorbid factors management of Anxiety disorders and Autism s disorders</p> <p>CO4: Review assessment, comprehensive treatment and management learning disability, ADHD, Anxiety and Autism spectrum disorder</p> <p>CO5: Review assessment, comprehensive treatment and management of Autism spectrum disorder</p>
<p>CORE THEORY-VII</p>	<p>MARITAL AND FAMILY THERAPY</p>	<p>CO1: Understand the system of marriage and it’s legal aspects.</p> <p>CO2:Describe various family from different theoretical perspectives</p> <p>CO3:Explain various therapeutic approaches and settings/situations of family therapy</p> <p>CO4: Explain evaluation of family therapy work</p>

		CO5: Assess and diagnose presenting problems from clients (couples and families)
CORE THEORY-VIII	PSYCHOMETRY	<p>CO1: Describe the characteristics of effective psychological tests.</p> <p>CO2: Explain the requirements and procedure for constructing a psychological test.</p> <p>CO3: Procedure for drawing norms for a psychological test.</p> <p>CO4: Challenges and advantages of constructing different types of psychological tests.</p> <p>CO5: Procedure for constructing and validating, establishing norms for a psychological test.</p>
CORE THEORY-IX	TRAINING AND DEVELOPMENT - TRAINING MODULES	<p>CO1: Utilise the conceptual framework of training and development.</p> <p>CO2: Build their skills and attitude to become a trainer</p> <p>CO3: Identify the methods and techniques to be used in training</p> <p>CO4: Translate their knowledge on stages for preparing training modules</p> <p>CO5: Develop their own training module and enhance their presentation skill</p>
CORE THEORY-X	COUNSELLING SKILLS TRAINING (PRACTICUM)	<p>CO1: Assess and exploring self in a deeper way realising Their inner potentials and areas of improvement</p> <p>CO2: Identify the methods and techniques to be used in training</p> <p>CO3: Relate therapeutic model with the help of supervised Counseling</p> <p>CO4: Practice case writing and verbatim writing skill</p> <p>CO5: Pointout therapeutic skills for every stage of counselling</p>
ELECTIVE THEORY-III	COUNSELLING IN EDUCATIONAL AND CORPORATE SETTINGS	<p>CO1: Outline of counselling in the workplace set up and relate to different models</p> <p>CO2: Outline the history and development of school counselling and the changing role of school counsellors</p> <p>CO3: Describe different methods of employee group counselling and identify skills for dealing with problem behaviours in workplace</p> <p>CO4: Discuss occupational factors to identify the need for counselling</p>

		CO5: Describe the various roles of a school counsellor, necessary skills and essentials of an effective training program
CORE THEORY-XI	COUNSELLING AND PSYCHOTHERAPY FOR GROUPS AND SPECIAL POPULATION	<p>CO1: Classify the need for different kinds of group work</p> <p>CO2: Review the process and goals of group counselling</p> <p>CO3: Sketch group dynamics and differentiate each stage of group counselling</p> <p>CO4: Describe different therapeutic intervention approaches for families</p> <p>CO5: List strategies to handle problems situations in groups of specific population</p>
CORE- FIELD PRACTICUM	COUNSELLING AND PSYCHOTHERAPY – PRACTICUM	<p>CO1: Conduct counselling interview and assessments</p> <p>CO2: Establish working relationship with clients</p> <p>CO3: Gather relevant information and diagnose client problems</p> <p>CO4: Devise a treatment plan</p> <p>CO5: Critically assess skills used in counselling using verbatim and self-supervision</p>
ELECTIVE IV-CASE STUDY	CASE STUDIES	<p>CO1: Learning about childhood disorders and rehabilitation training</p> <p>CO2: Conduct mental Status Examination and clinical interview</p> <p>CO3: Administering assessments and counselling sessions in industrial sectors</p> <p>CO4: Organize field observations and report in case study format</p> <p>CO5: Training on school and career psychology related tests and modules.</p>
ELECTIVE THEORY-V	CONTEMPORARY THERAPIES	<p>CO1: Describe expressive arts therapy</p> <p>CO2: Describe psychodrama and it's application of therapeutic techniques</p> <p>CO3: Describe narrative therapy and it's application of therapeutic techniques</p> <p>CO4: Describe animal assisted therapy and play therapy; and it's application of therapeutic techniques</p>

		CO5: Apply the principles of alternate therapies to plan treatment for clients.
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