

Wollo University
Institute of Teachers' Education and Behavioral Sciences
Department of Psychology

Basics of Guidance and Counseling Course outline

Course Name	Basics of Guidance & Counseling
Course Code	Psy 3081
Target Groups:	Third Year Special Needs and Inclusive Education Students
Instructor	Goche T. (MA, Counseling Psychology) E-mail: gochetegegne76@gmail.com/goche.tegegne@wu.edu.et

1. Course Description

This course is designed to familiarize students with the basic principles and concepts of counseling, the rationale, the nature and process of counseling as a profession. After an overview on the basics of counseling relationship, the course will focus on the major theoretical orientations in counseling. Students are encouraged to be reflective learners who integrate what they learn with their personal experiences. Some practical experiences on self-understanding may be provided.

2. Course Objectives

After successful completion of the course students will be able to:

- Ψ Understand the meaning, nature, goals and processes of counseling
- Ψ Comprehend the ethical and legal issues of counseling profession
- Ψ Distinguish the qualities of good counselor
- Ψ Develop assessment tools in counseling services
- Ψ Discuss a wide range of therapeutic approaches, their key concepts and assumptions, and therapeutic goals and techniques.
- Ψ Compare and contrast counseling theories with reference to their conceptual, practical and ethical dimensions
- Ψ Appraise the contributions and limitations of each of the therapeutic approaches.

3. Course Content

- 1 Introduction
 - 1.1. Definition & nature of guidance and Counselling
 - 1.2. Historical development of counselling
 - 1.3. Goals of counselling
 - 1.4. Classifications of Counselling
 - 1.5. Determinants of effective counselling services
 - 1.5.1. Characteristics of counsellor
 - 1.5.2. Characteristics of client
 - 1.5.3. Characteristic of environmental set up
- 2 **Approaches of counseling**
 - 2.1. Individual counseling
 - 2.2. Group counseling
- 3 **Counseling processes**
 - 3.1. Assessment in counseling
 - 3.2. Phases of counseling

- 4 An overview of counseling theories
 - 4.2. Major theories of counseling
 - 4.2.1. Psychodynamic theory
 - 4.2.2. Behavioural theory
 - 4.2.3. Cognitive theory
 - 4.2.4. Humanistic theory
- 5 **Ethics & Legal Issues in Counseling**
 - 5.1. Code of ethics in counseling
 - 5.2. Legal issues in counseling
 - 5.3. Errors in counseling

4. Teaching & learning methods

- Ψ Lecture Method
- Ψ Project Work
- Ψ Assignments,
- Ψ Independent work

5. Assessment Methods

Dominantly, there will be formative continuous assessment (quizzes, individual and group work, discussion, class activity, assignments) just at the end of each week. Moreover, summative assessments such as final examination will be carried out at the end of the course.

Quizzes/Tests	30%
Individual Assignments with presentation	30%
Final Examination	40%

6. Course Policies

All students are expected to abide by the code of conduct of students as per the Legislation of the respective university throughout the course. Academic dishonesty, including cheating, fabrication and plagiarism will not be tolerated and will be reported to the bodies for action.

Regular attendances, class activities (questions), doing assignments and submitting them on time are indispensable vehicles for the successful accomplishment of the course. Moreover, mobile cell phones are to be switched off so as to avoid distractions in the teaching learning activities including examination time. Lastly, but not least, note that all issues discussed in the class will be incorporated in quiz, mid or final exams.

7. References

- Kathryn Geldard and David Geldard (2005). *Practical Counseling skills: An integrated approach*. Palgrave Macmillan Ktd. China.
- Steve Cooper (2005). *A comprehensive handbook for counseling: Inception, Implementation and Evaluation*. Infinity Books. New Delhi.
- Shertzer and Stone (1977). *Fundamentals of Counseling*