

SHAILABALA WOMEN'S AUTONOMOUS COLLEGE, CUTTACK



CERTIFICATE COURSE

OFFERED BY P.G DEPARTMENT OF PSYCHOLOGY

ON

FAMILY COUNSELLING

FOR UNDER-GRADUATE STUDENTS

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# Certificate Course in Family Counseling

Hours- 40 Hours

Marks- 50

## Objectives-

- To help the students to understand family, family dynamics and Family counseling.
- To provide preventive services to women and family who are victims of atrocities and family maladjustments through systematic counseling and legal provisions.

## Outcomes-

- Better understanding of healthy boundaries, family pattern and counseling.
- Enhanced Communication and improved problem solving and deeper empathy.
- Enhanced knowledge on different legal provisions and understanding about criminals and their behavior.

## Unit- I

BKD Introduction to family, types, family life cycle, models and methods of Counseling.

## Unit- II

YP Theoretical approaches to Counseling:- Freud and neo Freudians; Humanistic approach- existential and client-centered. Cognitive approach-rational emotive and transaction analysis: Conjoint family therapy(Virginia Satir), Supportive family therapy, Cognitive behavioral therapy. Marriage and family counseling.

## Unit- III

AN Ethical and legal issues in Counseling.

## Unit- IV

BKD Crime and Criminal behavior, Domestic Violence, Brief ideas on family courts act, Hindu Marriage Act, Muslim Marriage Act, Special Marriage Act, Hindu Adoption and Maintenance Act, Indian Evidence Act, IPC, CRPC & Fundamental rights and Duties

## BOOKS:

1. A Handbook on Laws related to Crimes against Women and Children by Himansu Garg(IPS), The Bright Law House
2. Counseling: A comprehensive profession(2009) by Gladding, S.T.Pearson.
3. Crime and Criminality in India by Raneeta Pal, Notion Press Media Pvt. Ltd.
4. Commentary on The Family Courts Act, 1984 by K. Pan Duranga Rao, Gogia Law Agency, Hyderabad.
5. Marriage Laws and Family Courts Act by E.L. Bhagiratha Rao, Asia Law House.

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