

COURSE IN SCHOOL COUNSELLING

About the course

School counselling is an integral part of the education system in countries representing over half of the world's population and in countries it is emerging as a critical support for elementary, middle and high school learning and student health concerns. Our children in schools and the youth are subjected to new challenges in sustaining their well-being.

This course is intended to create awareness on psycho-social problems affecting our children. School counsellors are vital members of the education team. They work with teachers, parents or guardians to help students in the areas of academic and career achievement, personal and social development etc. They work with students experience in family crisis, who contemplate with suicide and those who are victimised with sexual abuse or being bullied.

Objectives of the course

The course helps you become familiar with

1. Describe the concept of counselling.
2. The role and characteristics of a counsellor.
3. The need for offering healthcare to children and adolescents in schools.
4. Disorders like ADHD, autism disorder, general anxiety disorders and interventions.
5. Classroom management in schools.
6. Subjects like inter disciplinary collaboration.

Course Syllabus

(Duration : 15 hrs)

Module 1- Introduction to Counselling(3hrs)

Introduction - Definition of Counselling - Areas of Counselling -Principles of Counselling - Guidance and Counselling - Counselling skills and Relationship - Individual Counselling and Group Counselling

Module 2 - School Counselling (3hrs)

Introduction - What is School Counselling - Duties of School Counsellor - Role and functions of School Counsellor - Goal of School Counselling - Difference between a Counsellor and a Teacher - Classroom Management - School Counsellor roles in Career Readiness

Module 3 - Students with Special needs (2hrs)

Introduction - What is Special needs - Type of Disabilities - The rights of persons with disabilities act (RPD Act 2016)

Module 4 - Prevention/Auxiliary programming (2hrs)

Introduction - School Violence - Risk factors for school violence - Violence prevention programmes - School Bullying - Bullying Prevention Programmes

Module 5 - Common Childhood Disorders and Interventions (5hrs)

Introduction - Anxiety and Depression - Disorders (SLD,ODD,ASD,CS,ADHD,OCD,PTSD, Tourette syndrome) - Crisis intervntion , response and recovery