

Department of PSYCHOLOGY



MICRO-SKILLS IN COUNSELLING

Value Added Course 2023 -24

Duration : 30 hours

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Objectives

- To understand the application of counselling in various settings such as personal, educational, children- adolescents and familial issues.
- Practical exposure to counselling sessions through role-plays.
- Develop micro-skills needed for an effective counsellor

Expected Outcome

- Rapport building.
- Develop skills for counselling
- Conduct effective counselling sessions

Syllabus

Module 1 - Counselling Techniques

Module 2 - Micro- Skills

Module 3 - Skills for various counselling settings

Module 4 - Demonstration of Micro-skills

Module 5- Practical Implications of Micro-skills

**THIS COURSE AIMS
TO DEVELOP
ESSENTIAL
COUNSELLING
SKILLS SUCH AS
LISTENING, NON-
VERBAL
COMMUNICATION,
SILENCE, EMPATHY
AND RESPONDING.**

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