**PSY 2207 Counseling Psychology**

**Course aim:** The course aims at introducing students to the basic principles of counseling. It helps students appreciate the importance of counseling and equips them with basic helping skills in the counseling relationship.

**Course Content:** Topics to be covered include: the definition of counseling, the importance purpose and goals of counseling; the counseling process, counseling skills, the attending skills including minimal responses, active listening, and reflection of content, asking questions and information giving; ethical issues in counseling; Group therapy counseling settings and counseling approaches

**Reading List**

Gilliland, B, R., James, R.K., Bownman, J. T.(1989). Theories and strategies in counselling and psychotherapy (2ndEd) Boston, Allyn Bacon.

Olu, M. (1984). Fundamentals of Guidance and counselling. London, Macmilan.