

# The Short-Term Programme in School Counselling Course, The School of Human Ecology, TISS.

**Application Deadline:** 20<sup>th</sup> September 2018

**Rationale:** Masters' in Applied Psychology, with Specialisation in Counselling Psychology that provide in-depth inputs to work in school settings are few in number in India. Some school-based counselling and guidance courses at the Post-Masters' level exist and provide for the basic inputs in counselling and guidance. The main aim of this Short-Term Programme will be to support counsellors working in schools or candidates who have completed a Master's in Psychology and would want practice inputs through the provision of supervised field work or "supervision of the practice". More importantly, an agentic perspective, which will include a humanistic perspective and interventions that are child and family-based in a systemic perspective that have been the underlying base of the Master's Programme will inform this Course as well.

The Course aims to enhance the professional skills and strengthen field practice of already existing professionals in the field by strengthening theory and by providing supervision. (There is also the Short-term Career Counselling, a Course that is under way in collaboration with Promise Foundation, Bengaluru. Students can get the Short-Term Certificate in Career Counselling on completion of this specific course).

**Credits:** 8 Credits as per the Credits for the Semester IV Elective – 4 Credits for Theory and 4 for Practice; a total of 270 hours of work (60 hours in the Classroom, at least 15 hours of individual supervision, and about 196 hours of field practice).

## **Course Contents:**

Developing a holistic understanding of the child in school setting and be able to address the needs for counseling children, adolescents and parents is the aim. Macro, as well as micro theoretical perspectives, in understanding children, systems and parenting strengthens the interventions undertaken at the individual, family and school level. Focus will be on providing agentic strength-based approach to problem-solving and to build on evidence-based interventions for children. Faculty from within and outside School, with adequate specialised knowledge will teach and provide supervision for this Course.

### ***School Counselling has been conceptualised to address the needs for counseling children such as:***

academic lags, learning problems, fears and phobias largely related to school life, bullying, fear of teachers and fear of failure, examination anxiety, aspects related to family life and relationship issues.

### ***And developmental support will come from:***

- psycho-education and life-skills education namely:
- cognitive and problems solving skills,
- emotional and social skills,
- promoting play in children,
- assisting in their career guidance, etc.

**Method of Teaching/Transaction of the Curriculum:** Lectures, Demonstrations, Case Studies and some presentations and utilising modules created by students for interventions.

**Assessments:** As per the Elective course – Examinations and/or assignments (e.g., preparation of modules for intervention, review of literature to look at modules and evidence-based interventions, etc) and

presentations) 4 in number, and field practice assessment (utilisation of supervision inputs, concurrent field practice reports and practice skills).

**No. of Seats:** Maximum number of students to be admitted to the course: 10

**Duration of the Course and Course Time:** 1 Semester - 15 weeks (three and a half months):

classes once a week; field practice (if not working or has not worked in school settings) for 2 full days a week and one a hour a week for supervision (Individual Conference), and regular group conferences.

**Eligibility for the Course:**

- Completion of Masters in Psychology or Masters in Education from a recognized University
- Minimum three years of experience as a counsellor and with some background of working with children

**Any enquiries for the Course can be sent at:** [mamatha.shetty@tiss.edu](mailto:mamatha.shetty@tiss.edu), [rajanimk@tiss.edu](mailto:rajanimk@tiss.edu) and [samruddhi@tiss.edu](mailto:samruddhi@tiss.edu),

**Important Dates:**

**Last Date for Receipt of Completed Form by email:** 20th Sept, 2018.

Personal Interview: First Week of October 2018.

Announcement of selection: Second Week of October, 2018.

**Course Contact Period:** 14th November 2018 to 7<sup>th</sup> March 2019, inclusive of both the days.

**Teaching and Field Work Completion:** By 7th March 2019.

Assessment completion By 31st March 2019

Announcement of results By 15 May 2019.

Candidates will not be provided with accommodation facilities. Selected candidates will be assisted to find accommodation close to the Institute.

-Mamatha & Rajani for TISS.