

VOCATIONAL COURSE

03

ON

POSITIVE PSYCHOLOGY

AND

COUNSELLING

Title of the course: Positive Psychology and counseling

Duration: 6 months

Nodal Department of HEI to run course: Psychology Department of Jagran College of Arts, Science and Commerce

Broad Area/Sector: Psychology

Sub Sector: Positive Psychology

Nature of the course: Independent

Aligned NSQF Level: Foundation

Name of proposed skill partner: Little Leap (Holistic Mind Pvt Ltd)

JOB prospects: Counsellor, Social Worker, Motivational Speaker, Life Coach, Human Resource Specialist, Recreational Therapist

Syllabus:

Unit	Topic	Sub Topic	General/Skill component	Theory/Practical/OJT/Internship/Training	No. of theory hours Total= 15 hr = 1 credit	No. of Skill hours Total= 60 hr =2 credits
I	Positive Psychology	Understanding Psychology as a field	Meaning of psychology	Theory	2	
		Understanding Positive Psychology, Positive emotions, Positive thoughts	Self-Awareness	Theory	3	
		The Self-Reflection and Insight Scale (Grant et al., 2002)	Assessment	Practical		5
II	Individual Strength	Inner Strength, Self-Awareness, Self Esteem	Character strength and virtues	Theory	3	
		Identifying individual strength through VIA scale	Assessment	Practical		5
III	Happiness	Pursuit of Happiness- Gratitude, Hope, Forgiveness,	Meaning of Happiness	Theory	4	

		Spirituality				
		Happiness Measure (HM: Fordyer, 1988)	Assessment	Practical		5
		Measurement of subjective well-being through – the satisfaction with life scale (SWLS: Diener, Emmons, Larren & Griffin, 1985)	Assessment	Practical		5
IV	Counselling	Goals of Counselling	Meaning of counselling and guidance	Theory	1	
		Difference between Counselling and Guidance		Theory	1	
		Ethics		Theory	1	
V	Counselling skills	Learning Counselling skills through role play, videos, observations etc. i.e Rapport building, Empathy, Non-judgmental attitude	Rapport building, Empathy, Non-judgmental attitude	Practical/Internship/ Training		10
		Applications of Counselling Skills		Practical/Internship/ Training		20

Suggested Reading-

- 1- Baumgardner, S.R. & Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- 2- Carr, A. (2004). *Positive Psychology: The Science of Happiness and Human Strength* U.K.: Routledge.
- 3- Synder, C.R. & Lopaz, S.J. (2011). *Positive Psychology: The Scientific and practical exploration of Human Strengths*. Thousand Oaks, CA: Sage.
- 4- Synder, C. R. & Shane, J.L. (2005). *Handbook of Positive Psychology*. Oxford University Press.

Suggestive digital platforms web links-

- <http://heecontent.upsdc.gov.in/Home.aspx>
- <http://www.apa.org>
- Canadian Positive Psychology Association
- International Positive Psychology Association
- Positive Psychology Center (UPenn)
- Positive Psychology News (PPND)