



**PG DIPLOMA IN MINDFULNESS BASED COUNSELING: LISTENING
WITH EMBODIED PRESENCE**

SUBJECT: SKILLS OF LISTENING & COUNSELING (VERBAL & NON VERBAL)

Semester: 1	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Identify the experiential learning of the attitudes and skills in deep listening and counseling
- Use perceptive skills and observations
- Apply skills in a counseling context

Unit 1: Embodied Presence in the Practitioner

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- Understanding Embodiment
- Interoceptive awareness
- Skills of Grounding, Centering and a Whole body approach in listening

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya Rajgopalan</i>
Faculty	Ms. Sharmin Palsetia	<i>Sharmin Palsetia</i>
Faculty	Ms. Hasina Shaikh	<i>Hasina Shaikh</i>
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Sandy Dias Andrade</i>
Alumni	Ms. Trupti Poduval	<i>Trupti Poduval</i>
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>

Course Coordinator

- Understanding Presence and its role in the listening and counseling process
- Identifying states of Presence



Unit 2: Attunement & Resonance

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- Sensing, feelings, sensations
- Inner attunement
- Attunement to other
- Resonance – somatic, empathetic and psychological field
- Interoceptive awareness of feelings-sensations and felt sense

Unit 3: Verbal Skills of Counseling

9

- Skills of reflection, paraphrasing, summarizing
- Skills of open ended and close ended questions
- Skills of silence and inquiry
- Combining skills in counseling

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Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya</i>	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>	
Faculty	Ms. Hasina Shaikh	<i>Hasina</i>	
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Unit 4: Intention and Attention in Counseling

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- Role of intention in the counseling process
- Practices of intention
- Importance of self-care of the counselor
- Principles of attention in listening and counseling
- Dual attention in the counseling process



Unit 5: Wholeness

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- Working with aligning to wholeness in the body in the counseling process
- Working with wholeness through using paraphrasing and reframing verbal skills
- Working with titration and pendulation

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

Mindfulness Practices: 60

Assignments & Self Study: 22.5

Practical Work: 30

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