



**SUBJECT: REFLEXIVE LEARNING**

Semester: 4	Subject Code: MBC-LWEP/	Lectures: 45
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**Learning Outcomes:**

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

- Understand their own inner patterns and beliefs.
- Listen deeply to themselves and extend self-compassion.
- Use observation skills in group processes.

**Unit 1: Listening to feelings and needs**

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- Listening in Personal Spaces & Journaling Insights
- Observation & Noting of feelings, needs, resources

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



## Unit 2: Elements of a Professional Space

- Working with clients in professional settings
- Engaging in group process work

## Unit 3: Understanding different perspectives and experiences

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- Peer exchanges
- Group learning and discussion

## Unit 4: Understanding Self

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- Personal Counseling & Therapy
- Inner Listening Processes
- Reading and writing from a felt sense experience

## Unit 5: Designing Group Process & Observation of Group Dynamics

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- Group process and facilitation

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- Observing key factors that form groups
- Observing titration and pendulation in a group process

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

30  
80  
22.5

#### Reference Books:

- On Becoming a person - Carl Rogers
- The Gift of Therapy - Irvin Yalom
- Sitting Together - Ronald Siegel
- The Miracle of Mindfulness - Thich Nhath Hahn
- Whenever you go, there you are - Jon Kabat-Zinn
- Group Therapy - Irvin Yalom
- A way of being - Carl Rogers
- Focusing - Eugene Gendlin
- In an unspoken voice - Peter Levine
- Non Violent Communication - Marshall Rosenberg

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