

**SUBJECT: THEORETICAL ORIENTATIONS IN COUNSELING & GROUP
PROCESS WORK**



Semester: 3	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:

- Understand frameworks of key counseling approaches.
- Understand the orientation of a mindfulness based approach to counseling within the context of psychological approaches in counseling
- Identify key psychological markers in mindfulness practice.

Unit 1: Theories of Counseling

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- Theories of Counseling Approaches
- Contextualizing Mindfulness Based Approaches within Psychology
(Historical Perspectives, Contemporary frameworks)

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

Coordinator

Unit 2: Identifying key psychological markers

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- Developmental Stages and Corresponding Emotional Needs
- Psychiatric Conditions



Unit 3: Understanding the Embodied Mind

- The mind-body connection
- Learning the role of cognition to sensations and implicit memory
- The felt sense, implicit knowing, intuition and the collective unconscious

Unit 4: Principles of Mindfulness Based Counseling

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- Concepts from a Humanistic Approach, Compassionate Communication and Focusing in Listening & Presence
- The Theoretical Framework of Mindfulness Based Counseling : Listening with Embodied Presence (Main Principles & Rationale for Process)

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Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>

Unit 5: Embodiment

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- Embodiment of Feelings
- Embodied Cognition

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)



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