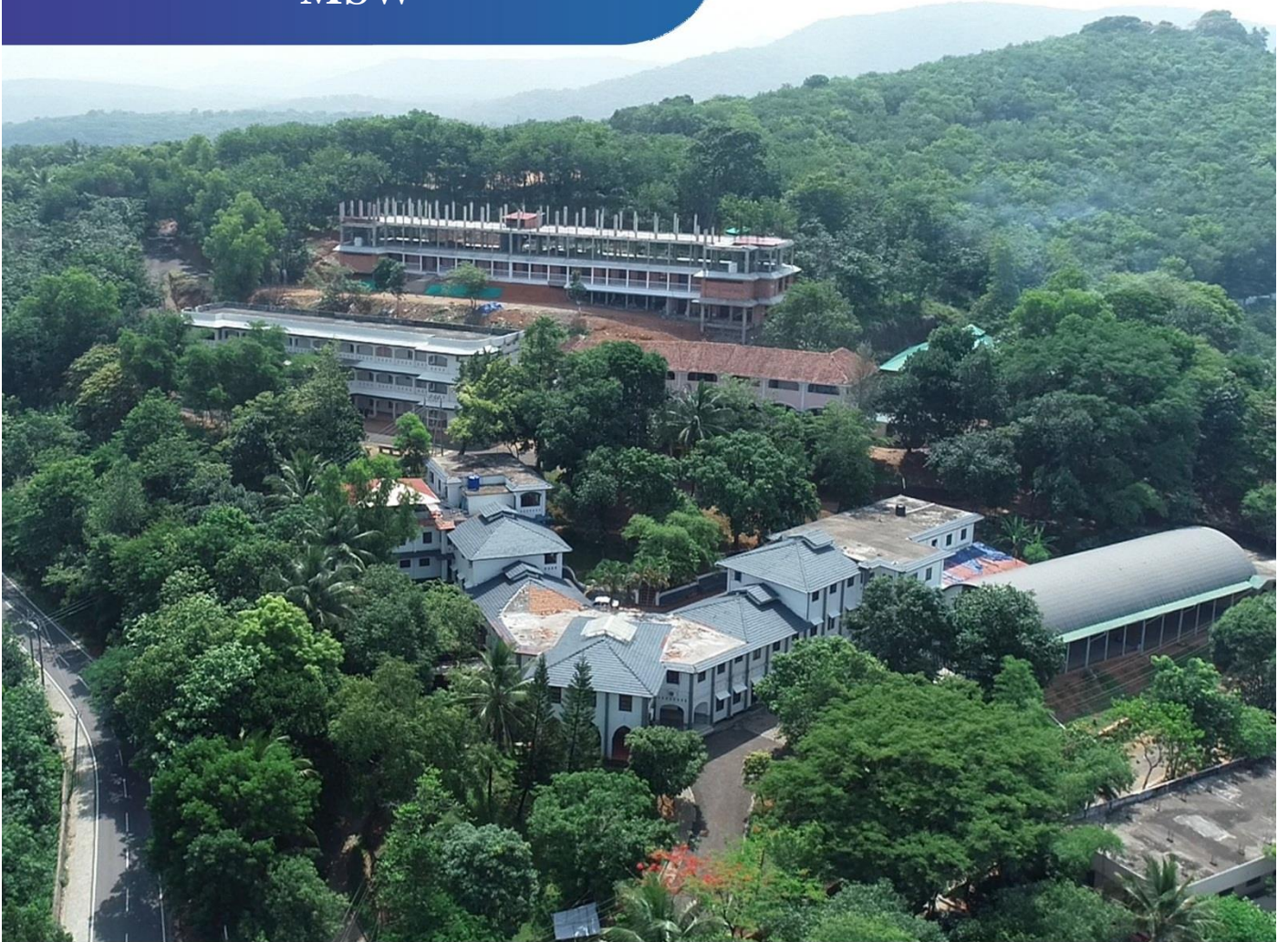




MES COLLEGE ERUMELY

**CERTIFICATE COURSE
MSW**



2021 - 2022

CERTIFICATE COURSE

SOLUTION FOCUSED COUNSELLING

DEPARTMENT OF SOCIAL WORK



*No Registration Fee for
Students From
MES College Erumely*

Starting on 14/03/2022



MES COLLEGE ERUMELY

(AFFILIATED TO THE MAHATMA GANDHI UNIVERSITY)

MES COLLEGE P.O ERUMELY, KOTTAYAM

www.meserumelycollege.ac.in

Directorate of Human Resource Development Council (HRDC)

Director : Rejoola O.M – 8289882175



MES College Erumely
Department of Social Work
Certificate Course in Solution Focused Counselling (SFC)

Introduction to Counselling Theories : (15 hrs)

Rationale for the Course:

Learners would be oriented to the philosophical and pragmatic dimensions of counselling theories as they are embedded in various sociological and psychological theoretical traditions. This is essential for developing in the learner a broadening and deepening of perspectives regarding the issues to be addressed using counselling and communication skills.

Learner Objectives of the Course: On completion of this course, the student will be able to:

1. Demonstrate a critical and pragmatic understanding of the possibilities of relating and applying various the assumptions and principles as wholes as well as elements to new circumstances;
2. Reflect on the similarities and differences between the theories.
3. Formulate real life contextual application prospects of the theories.

Unit 1: Understanding key concepts of Counselling Theories: Psychoanalytic- Psychodynamic theories-Beginnings; social and historical development in psychoanalytic/psychodynamic ideas and approaches; Core psychodynamic concepts; Personality development; Therapeutic elements; current theoretical developments; humanistic-existential; cognitive behavioural approaches.

Unit 2 : Counselling Process and models: Defining the processual nature of counselling, Developing a Therapeutic Alliance; Working with the Transference; Working with the Counter Transference; Internal Supervision; Therapeutic Interventions.

Unit 3: Group Counselling : Nature and purpose of groups, Group processes and dynamics, stages in group counselling and techniques, group counselling skills - group formation skills, session focused skills.

Methodology: Socratic Questioning, lecture and Discussion method.

Mode of Assessment: Group Assignment, Written exam.

Readings

Meier, S. T., & Davis, S. R. (2011). *The elements of counseling (7th ed.)*. Belmont, CA: Brooks/Cole

McAuliffe, G., & Associates. (2013). *Culturally alert counseling: A comprehensive introduction (2nd ed.)*. Thousand Oaks, CA: Sage.

Storr, Anthony (2001) *Freud: A Very Short Introduction*, OUP

Spurling, Lawrence (2004) *An Introduction to Psychodynamic Counselling*, Palgrave

Howard, Susan (2005) *Psychodynamic Counselling in a Nutshell*, Sage

Jacobs, Michael (2010, 4th ed.) *Psychodynamic Counselling in Action*, Sage

Brown, D. and Srebalus, D.J. (1988) *An Introduction to the Counselling Process*, Prentice Hall, Philadelphia, PA.

SSW0402 : Solution focused Counselling: (15 hrs)

Counselling process is more problem focused here providing a real-life connection to the academic exercises. This is a strengths-based model emphasizing client's social capital and the ways and methods to mobilize them to solve their problems

Objectives of the Course: By the end of the course, the student will be able to

1. Introduce to the skills and tools required for solution-focused therapy
2. Employing the understanding of social constructionism for counselling purposes
3. Demonstrate theoretical perspectives that materializes in clients' change of perceptions.

Course Contents

Different contexts - both individual and group - are analyzed with the social constructionist paradigm; The nature of relationship between the counsellor and the client in such contexts are also analyzed.

Unit I: Definitions, characteristics of Solution focused counselling: Definition, Empirical and conceptual foundations -social constructionism, systems theory, positive psychology, Review of important texts in solution focused counselling; Their relevance in the realm of real-life contexts.

Unit II: Therapeutic aspects of Solution-focused counselling: Core values and assumptions of solution-focused counselling, Therapeutic dimension- Milton Erickson, brief strategic therapy, Solution-Focused Brief Therapy (SFBT), Client-Directed Outcome-Informed Practice (CDOI).

Unit III: Task and Techniques of Solution Focused Counselling: Building collaborative relationships; Co-constructing solvable problems; Building on exceptions; building on resources; changing the perspective and action.

Methodology: Role-play, lecture and discussion method.

Mode of Assessment: Group Assignment/ Individual Assignment, Written exam.

Readings

de Shazer, S. (1985). Keys to solution in brief therapy. New York, NY: W. W. Norton.

Franklin, C., Trepper, T. S., Gingerich, W. J., & McCollum, E. E. (Eds.). (2012). Solution-focused brief therapy: Research, practice, and training. New York, NY: Oxford University Press.

Gergen, K. (2009). An invitation to social construction. London, England: Sage.

Murphy, J. J. (2008). Solution-focused counseling in schools (2nd ed.). Alexandria, VA: American Counseling Association.


M.E.S COLLEGE ERUMELY
Department of Social Work
Certificate Course Attendance 2021-2022
MSW I

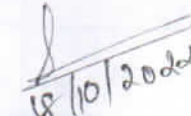
Course : Solution Focused Counselling

Sl. No.	Reg. No.	Name	Attendance Percentage
1.	210011034448	Amina M Falsy	95 %
2.	210011034449	Amrita S	97 %
3.	210011034450	Ancymol Chacko	95 %
4.	210011034451	Anjaly P M	94 %
5.	210011034452	Anna Rose Mary Joseph	90 %
6.	210011034453	Anu Joy	89 %
7.	210011034454	Anu P Chacko	91 %
8.	210011034455	Anupama T S	90 %
9.	210011034456	Aparna Pradeep	89 %
10.	210011034457	Aseef P Hassan	80 %
11.	210011034458	Ashna K I	92 %
12.	210011034460	Aswin P Prathap	81 %
13.	210011034461	Chinthumon Saseendran	83 %
14.	210011034462	Fathima N	96 %
15.	210011034463	Litta Susan Thomas	89 %

	210011034464	Milna Thomas	81 %
17.	210011034465	Muhammed Rafi C S	80 %
18.	210011034466	Muhuzina Kabeer	84 %
19.	210011034467	Nayana P Kumar	90 %
20.	210011034468	Neethu P S	91 %
21.	210011034469	Richu Saji	89 %
22.	210011034470	Shahina Basheer	84 %
23.	210011034471	Soniya Alice Joseph	95 %
24.	210011034472	Thazleema Shanavas Khan	94 %


19/10/2022


Prof. (Dr.) ANIL KUMAR. S
Principal
MES College, Erumely


18/10/2022
Dr. SAMSEER R. H.
HEAD OF THE DEPARTMENT
DEPARTMENT OF SOCIAL WORK
MES COLLEGE ERUMELY

M.E.S COLLEGE ERUMELY
Department of Social Work
Certificate Course Attendance 2021-2022


MSW Semester-IV II

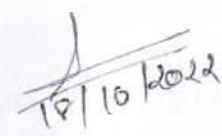
Course: Solution Focused Counselling

Sl. No.	Reg. No.	Name	Attendance Percentage
1.	200011035067	Abin D Kumar	80 %
2.	200011035069	Adeena Sadiq	82 %
4.	200011035070	Akhil J Jacob	88 %
5.	200011035071	Albiya Shaji	92 %
6.	200011035072	Aleena Denny	90 %
7.	200011035073	Amith Lal Dious	88 %
8.	200011035074	Amritha Sajeev	90 %
9.	200011035075	Ananthu Ravi	85 %
10.	200011035077	Aswathy Subhash	89 %
11.	200011035079	Chinchu Vijayappan	91 %
12.	200011035080	Devika Mohan	90 %
13.	200011035081	Gayathri C M	91 %
14.	200011035082	Jayalakshmi K J	89 %
15.	200011035083	Josna Joseph	92 %
16.	200011035084	Muhammad Shifas K S	94 %

	200011035085	Navya Venu	89 %
18.	200011035086	Nikhitha Prasad	88 %
19.	200011035087	Salma Ali	94 %
20.	200011035088	Sangeetha Sajeevan	87 %
21.	200011035089	Shedha Shahul	92 %
22.	200011035090	Shiji I	94 %
23.	200011035091	Silla Anna Saji	95 %
24.	200011035092	Sreedevi Vinod	93 %
25.	200011035093	Sreelakshmi S	91 %
26.	200011035094	Thasneem H	89 %


19/10/2022


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18/10/2022
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DEPARTMENT OF SOCIAL WORK
MES COLLEGE ERUMELY

MES COLLEGE ERUMELY
Directorate of Human Resource Development Council
CERTIFICATE COURSE Eligible List :2021-2022
Department of Social Work

Course: Solution Focused Counselling

Sl. No.	Reg. No.	Name	Score
1	200011035070	Akhil J Jacob	27
2	200011035073	Amith Lal Dious	27
3	200011035074	Amritha Sajeev	28
4	200011035083	Josna Joseph	25
5	200011035087	Salma Ali	31
6	200011035089	Shedha Shahul	31
7	200011035091	Silla Anna Saji	32
8	200011035093	Sreelakshmi S	27
9	200011035094	Thasneem H	27

Head of the Department
27/10/2022
Dr. Samseer R. H.

Director HRDC
REJOOOLA O.M.

Principal
Prof. (Dr.) ANIL KUMAR S.
PRINCIPAL
MES COLLEGE ERUMELY





MES COLLEGE ERUMELY

ESTD : 1995 (AFFILIATED TO MAHATMA GANDHI UNIVERSITY)

A Minority Educational Institution, Certified by National Minority Education Commission

M E S Erumely P.O., Kottayam Dist., Pin. 686 509

MES/EC/HRDC/1282

30/11/2022

Certificate of Merit

This is to certify that ~~Mr.~~/Ms..... THASNEEM H.....
has successfully completed the 30 hours Certificate Course entitled..... SOLUTION.....
FOCUSED COUNSELLING.....Conducted by MES College Erumely



HEAD OF THE DEPARTMENT
DEPARTMENT OF SOCIAL WORK

Chinchanol Chacko
Head of the Department

Rejo
REJOOLA O.M
Co-Ordinator

Anil
Prof. (Dr.) ANIL KUMAR S.
Principal
MES College Erumely
Principal



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ESTD : 1995 (AFFILIATED TO MAHATMA GANDHI UNIVERSITY)

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M E S Erumely P.O., Kottayam Dist., Pin. 686 509

MES/ED HRDC/1274

30/11/2022

Certificate of Merit

This is to certify that Mr./Ms. AKHIL J JACOB

has successfully completed the 30 hours Certificate Course entitled SOLUTION

FOCUSED COUNSELLING.....Conducted by MES College Erumely



HEAD OF THE DEPARTMENT
DEPARTMENT OF SOCIAL WORK

Chinchumol Chacko
Head of the Department

R. J. O. M.

REJOOLA O.M

Co-Ordinator

A. K. S.
Prof. (Dr.) ANIL KUMAR S.
Principal
MES College Erumely
Principal