

PSY-413 Counseling individuals with diverse needs (3 CHs)

Course Pre-requisite: Foundational Counseling Skills

Course Description

1. This course will be an introduction and an overview of the use of basic counseling skills to meet mental health needs of diverse populations in the Pakistani context (for e.g. children, the elderly, survivors of trauma or grief, persons belonging to minority groups in Pakistan, persons with addictions, as well as with those in different settings such as career counseling and health settings). The course will highlight common features of basic counseling skills applicable across the various populations as well as key differences in the approach adopted to meet the mental health needs of a given group.

Course Objectives

2. The course is designed to:
 - a. Teach the commonalities as well as differences in use of counseling skills to meet mental health needs of diverse groups
 - b. Give a review of current, evidenced based approaches most appropriate for counseling a given group
 - c. Polish critical and analytical thinking skills of students in choosing appropriate counseling tools and approaches when working with diverse groups
 - d. Highlight the cultural and ethical aspects of counseling diverse groups in the Pakistani setting

Course Learning Outcomes

3. At the end of the course the students will be able to demonstrate:
 - a. An understanding of how to adapt the counseling approach to best suit the mental health needs of diverse groups
 - b. Use of critical and analytical thinking skills in choosing appropriate counseling approaches when working with diverse groups
 - c. Knowledge of current research on counseling diverse populations
 - d. An understanding of ethical and cultural considerations in counseling diverse groups in the Pakistani context.

4. Course Contents

- a. Counseling children and adolescents
- b. Counseling with the elderly
- c. Counseling in health settings
- d. Drug counseling and rehabilitation
- e. Counseling and psychological first aid for trauma and grief
- f. Career and vocational counseling

5. Text Books

- a. Wong, Daniel W., Kimberly R. Hall, Cheryl A. Justice, and Lucy W. Hernandez. *Counseling individuals through the lifespan*. SAGE, 2015.
- b. Sue, D. W., & Sue, D. (2012). *Counseling the culturally diverse: Theory and practice*. John Wiley & Sons.

6. Reference Books

- a. Seligman, L. (2004) *Diagnosis and Treatment Planning in Counseling. Third Edition.* Springer Science+Business Media, Inc.
- b. Worden, J W (2008) *Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner.* Springer Publishing Company LLC, NY, NY.
- c. Blonna, R &Watter, D. (2005) *Health Counseling: A Micro Skills approach.* Jones and Bartlett Publishers, Sudbury, MA.
- d. Blando, J. (2011) *Counseling Older Adults.* Taylor and Francis Group, LLC.
- e. Vernon, A. (2009) *Counseling Children and Adolescents. Fourth Edition.* Love Publishing Company, UK.