

Post-Graduate Department Psychology

Name : Dr. Manjit Sidhu
Course : M.A. Psychology
Class : 3rd semester
Paper : VI: Counselling Psychology – Professional Foundations
Topic : Basic Techniques of Counselling

1. Transaction Analysis

<https://docs.google.com/presentation/d/1P2hDEKATTK8kENOkL8OPT7QPYw8xLGPY/edit?usp=sharing&oid=101000652910443193933&rtpof=true&sd=true>

2. Sensitivity Training

<https://docs.google.com/presentation/d/1y3zX5zeDp2hG4tWbxV5dRMgUN4ycZaNF/edit?usp=sharing&oid=101000652910443193933&rtpof=true&sd=true>

3. Assertiveness Training

<https://docs.google.com/presentation/d/1t6hmLsojcb7CGk5jLHTx8I3laj5QPosv/edit?usp=sharing&oid=101000652910443193933&rtpof=true&sd=true>

Practice Questions

https://docs.google.com/forms/d/e/1FAIpQLSf96cUITtGWtS_KvXnEumSZGo55gFIyn_uFlj

https://docs.google.com/forms/d/e/1FAIpQLSfpGwCKaWvt10qSnTuXIJfgp349vdar_hp4PXNtnBuwtsBzvA/viewform?usp=sf_link

Further Readings

1. Gelso, C.J., Fretz, D.R., & Bruce, R. (1995). *Counselling Psychology*. New York: Prentice Hall.
2. Gilliland, B., James, R.K., & Bowman, J.J. (1989). *Counselling*. New York: McGraw Hill
3. Nystul, M.S. (2001). *Introduction to Counselling*. New Mexico State University: Allyn and Bacon