

UNIT I

Health and Stress: Health: concept, definition, physical and mental health. Stress: definition, concepts of stress, Models of stress, Stressors , Reactions to life stress , Coping behavior, Defense Mechanisms, Effect of stress, Stress related physical disorders: Respiratory, Gastrointestinal, Cardiovascular, Migraine and Genitourinary diseases. Relation of stress to Mental health: Mental Health and mental illness, characteristics of a mentally healthy individual, causes of mental illness, Behaviour changes in mental illness, Basic types-Neurosis and Psychosis, Stress prevention, Treatment of stress. Role of social workers in promoting physical and mental health.

UNIT II

Psycho Social care: Conceptual clarity, definition, significance, scope of psychosocial care in professional social work, Identification of psychosocial needs, individual, family and societal levels, Psychosocial intervention among individuals, groups and community level. Psychosocial care intervention among special groups/vulnerable groups. Skills and techniques in providing psychosocial care. Need to involve family members and significant others in psycho-social care.

UNIT III

Psychosocial Assessment & Settings: Psychosocial Assessment: Components, guide for assessment of client/carer psychosocial needs. Settings and Situations: Disasters/ migration/ displacement /emergencies, HIV/AIDS, Neurological disorders, Pain & Palliative care, Substance abuse, Marital and family life, Life style diseases, Mental Illness, Children in difficult circumstances, Children and women in institutions, Elderly.

UNIT IV

Counseling Concepts and Stages: Concept and definition, elements, characteristics, goals, Historical evolution as a profession, Scope and Significance , Client Counselor Relationship, skills in counseling, Qualities of a counselor, characteristics of the client, Values and professional ethics in counseling, checklist for a counselor. Counseling Interview: Communication, verbal, nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, counter transference. Stages in counseling- (a) Getting started (b) Introductory talk (c) Identifying the issues (d) Facilitating expression of feelings (e) Practical plan of action (f) Implementing the plan (g) Evaluation and termination.

UNIT V

Techniques and Settings: Techniques of Counseling: Ventilation, Empathy, Listening, Explanation, Re-assurance, Externalization of interest, Recreation & Relaxation, Improving problem solving skill, Change of attitude/life style, encouraging healthy defense mechanisms: Sublimation, Altruism & Humour, reinforcement, getting others support. Counseling in various settings- Disaster, Family, Hospital(Medical and Psychiatry), Industry, Education, Community and Vulnerable groups, Pastoral, Vocational and Career. Recent Trends in counselling: Organ donation counselling- need and importance, living organ donation, donation and transplantation from deceased donors, dealing with family members: grief counselling and organ donation counselling, ethical practices and creating awareness, Agencies working for organ donation.

TEXT BOOKS/ REFERENCES:

1. Ashfold, J.B, Lecroy, C.W. & Lortie, K.L *Human Behavior in the Social Environment: A Multidimensional Perspective*. (2nd Edition) Belmont, CA, Wadsworth/ Thomson Learning 2001.
2. Baron, Robert A. *Psychology, New Delhi :Prentice- Hall of India* 2004.
3. Hurlock, Elizabeth *Developmental Psychology: a life Span Approach*, New Delhi: Tata McGraw Publishing Company Ltd 2003.
4. IASC (2007). Guidelines on Mental Health and Psychosocial Support in Emergency Settings [Online].http://www.who.int/mental_health/emergencies/guidelines_iasc_mental_health_psychosocial_june_2007.pdf [Accessed 31st September 2010]
5. Sekar, K., Parthasarathy, K., Muralidhar, D., & Chandrasekar Rao, M. (eds.) (2007) *Handbook of Psychiatric Social Work*. 1st edition. Nimhans publications.

Websites for organ donation counselling:

- 1.<http://www.donorrecovery.org/healthcare-professionals/organ-donation-families/>
- 2.<http://www.dnaindia.com/bangalore/report-organ-transplant-co-ordinators-to-give-donation-counselling-1582878>
- 3.<http://www.counselling-directory.org.uk/living-organ-donation.html>