



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

<b>Semester: 3</b>	<b>Subject Code: MBC-LWEP/SK/</b>	<b>Lectures: 45</b>
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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	Jaya
Faculty	Ms. Sharmin Palsetia	Sharmin
Faculty	Ms. Hasina Shaikh	Hasina
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	Sairaj
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	Amruta
Industry Expert	Ms. Sandy Dias Andrade	Andrade
Alumni	Ms. Trupti Poduval	Trupti
Industry Expert	Shilpa Salve	Salve
Industry Expert	Benaifer Jesia	Benaifer

Course 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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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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