



XAVIER UNIVERSITY BHUBANESWAR



XAVIER SCHOOL OF HUMAN RESOURCE MANAGEMENT (XAHR)

Two-Year Full-Time Master's Program in Counseling - MC

The two-year full-time Master's Program in Counseling is offered by the Xavier Center for Counseling, in the Xavier School of Human Resource Management (XAHR) at XUB.

PROGRAM OBJECTIVES

The two-year Master's in Counseling in the Xavier Center for Counseling is designed to develop highly competent counseling professionals. It will impart the knowledge, skills and experience essential for counseling individuals and groups in multiple contexts. This program offers a thorough grounding in theory and ample opportunities for application of theory and development of counseling skills through regular practicums and internship.

Given the emerging intrapersonal, interpersonal and institutional issues and concerns in a world of chaos and conflict, there is a growing need to multiply certified (accredited) professional counselors who are compassionate and ethical. Counseling as a 'profession' is steadily gaining ground, given the disruptions of the present times. In the field of Counseling, good intentions are not enough; to be trained and accredited is essential. To help the present and future generations, survive and flourish in a world characterised by complexity and uncertainty, we need to train accredited counseling professionals through a Master's Program in Counseling.

ELIGIBILITY

- 3-year Bachelor's degree (or equivalent) in any discipline, with at least 60% marks in aggregate from a recognised University. Preference will be given to candidates who have a Bachelor's degree in Psychology.
- Candidates who expect to complete the final part of their degree examinations by June 15, 2018 can also apply. Offers of admission to such candidates, if made, will be provisional and will be automatically cancelled in the event of their failing to complete all the requirements for obtaining degree before June 15, 2018. A student after joining a program in this University will not be permitted to sit for any examination of any other institution or agency.

SELECTION PROCESS

- Application form + a Statement of Purpose (SOP).
- The SOP will describe, among other things, their goals, suitability for the program and motivation for joining.
- Candidates will be shortlisted on the basis of their academic records and SOPs.
- Shortlisted candidates will be required to appear for a personal interview.

LIST OF COURSES

CORE COURSES

BASICS OF PSYCHOLOGY & COUNSELING

- Introduction to Psychology
- Foundations of Counseling
- Individual and Group Dynamics
- Life Span Development
- Psychology and Neurochemistry
- Counseling within Indian Society & Culture.

INDIVIDUAL AND GROUP ASSESSMENT

- Statistics in Counseling
- Psychopathology and its classification
- Computer Assisted techniques
- Psychological Assessment of Self through Instruments
- Assessment of one's Virtues and Strengths

ELECTIVES

Concentration on any two of the Approaches to Counseling:

- Theory, application to self, classroom practice and practicum
 - Freudian
 - Rogerian
 - Rational Emotive Behaviour Therapy (REBT)
 - Dialectical Behaviour Therapy (DBT)
 - Positive Psychology

SCHOOLS OF PSYCHOLOGY & COUNSELING

- Schools of Psychology
- Counseling Skills I
- Counseling Skills II
- Approaches to Counseling:
 - Freudian, Jungian, Existential, Person-Centered, Gestalt, Rational Emotive Behaviour (REBT), Cognitive-Behaviour (CBT), Reality, Family, Dialectical Behaviour Therapy (DBT), Positive Psychology, Integrative/holistic, etc.
- Ethics and Professional Practice in Counseling
- Introduction to the Contexts of Counseling
 - Crisis Intervention, School, Career, Industry, Family, Relationships, Addiction, etc.
- Diversity Issues in Counseling

Concentration on any two of the Contexts of Counseling:

- Diagnostics, Assessment and Treatment in the contexts of
 - Education
 - Career
 - Industry
 - Family
 - Relationships
 - Addiction

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