

COURSE TITLE: CRISIS COUNSELING

COURSE CODE: GC 3103

HOURS TAUGHT: 3 HRS PER WEEK

PREREQUISITES: None

PURPOSE OF COURSE

The course is intended to expose students to the concept of crisis and the rationale behind crisis counseling.

The students will be taken through the types of crises, characteristics of individuals who have undergone a crisis.

Students will be exposed to the impacts of crisis on people's well being, counseling strategies and support systems for individuals who have been through a crisis.

EXPECTED LEARNING OUTCOME

By the end of the course , students should be able to:-

- Describe the concept of crisis and the rationale behind crisis counseling.
- Explain the types of crisis.
- Describe the characteristics of individuals who have undergone crisis.
- Establish the impact of crises on people's well being.
- Describe the counseling strategies and support systems for individuals who have been through crises.

COURSE CONTENT

- Describe counseling practices relevant to various crisis situations.
- Apply an appropriate crisis intervention model to a work place situation
- Analyze appropriate intervention methods for clients involved in self – inflicted harm or suicide, domestic violence and childhood abuse, taking into consideration the impact of coexisting mental health problems.
- Identify and analyze the various steps used in crisis counseling.
- Concept of crisis

- Types of crises

Characteristics of individuals who have undergone a crisis

- Impact of crisis on people's well being

Support systems for individuals who have been through a crisis

MODE OF DELIVERY

- Lectures
- Reading assignments
- Practical assignments
- Field trips
- Documentaries

INSTRUCTIONAL MATERIALS AND / OR EQUIPMENT

- Whiteboard and Markers
- Flip Charts
- LCD Projectors
- CDs, DVDs and Tapes

COURSE ASSESSMENT

- Continuous assessments tests 20%
- Group and individual project (course work) 20%
- End of Semester Examination 60%

READING MATERIALS / LIST

E – Patel (2005) Indian ocean Earthquake (Tsunami) New DheliIndia.

