CLUSTER UNIVERSITY OF SRINAGAR

SYLLABUS (FYUP UNDER NEP 2020)
UG- Ist Semester (NEP)
Subject: Philosophy

Course Title: Philosophical Counselling: A Therapy-I (SEC)

Course Code: UGPHL22S101   Total Credits: 04 :(Theory: 02; Tutorial/Practical = 02)

Contact Hrs: 60 (Theory: 30, Tutorial: 30)   Max. Marks: 100

          Theory Internal: 50

          Tutorial (Internal): 50 Marks

Unit I.	**a)** Meaning of Philosophical Counselling **b)** History of Philosophical Counselling **c)** Uses of Philosophical Counselling
Unit II.	**a)** Socrates: Unexamined life is not worth living **b)** Epicurus: Philosophy as therapy of the soul c) Stoice: Philosophy as the learning the art of living
Tutorials:- Assignment/Group Discussions/Presentation/Quiz/Book Review/Field Survey(Followed by Viva-Voce	
	a) Conducting workshops / counselling sessions at community level for practical orientation of students. b) Report writing of case studies.

Unit III.	1. Logo Therapy: Basic principles
	Techniques of Logo Therapy
	a. Dereflection, b. Paradoxical Intention, c. Socratic Dialogue
	2. Logic Based Therapy (LBT)
	    a. Meaning and scope
	    b. Five step method
	    c. LBT fallacies

Unit IV.	1. Rational Emotive Behaviour Therapy (REBT)
	    a. 'ABC' model of REBT
	    b. Role of 'DEF' in REBT
	2. Existential Therapy
	    a. Freedom and responsibility
	    b. Alienation
	    c. Meaninglessness
	Note: Workshop will be conducted for practice of these methods.
	Students will play a role as counselee and counsellor and will write a case history.

Suggested Readings:

- W.T Stace: A Critical History of Western Philosophy
- Raab Peter: Philosophical Counselling
- Frank Thilly: A History of western Philosophy
- Bertrand Russell: A History of Western Philosophy
- Bottom Alain De: The Consolations of Philosophy
- Richard Nelson jones: Theory and Practice of Counselling and Therapy
- Cohen E. D: Logic Based Therapy and everyday emotions
- Albert Ellis: Rational Emotive Behaviour Therapy
- Irvin D. Yalom: Existential Psychotherapy
- Cohen E. D. And Samuel: Philosophy, Counselling and Psychotherapy