

Teen-Marital Counselling



Psychogenesis Research Foundation

COURSE OUTLINE OF TEENAGE COUNSELLING

A. Concept of Puberty, Adolescence and Teen

B. Adolescent development's important domain of

1. Biological changes – onset of puberty
2. Cognitive changes – emergence of more advanced cognitive abilities
3. Emotional changes – self image, intimacy, relation with adults and peers group
4. Social changes – transition into new roles in the society
5. Emancipation: It is the ambition for freedom from parental sovereign. The individual hates control of the parents. He seeks identity to himself.

C. Stages of adolescence periods:

- Early adolescence (10 -13yrs): Spurt of growth of development of secondary sex.
- Middle adolescence (14-16yrs): Separate identity from parents, new relationship to peer groups, with opposite sex and desire for experimentation.
- Late adolescence(17-19yrs): Distinct identity, well formed opinion and ideas

D. Normal VS Abnormal: (Abnormal Behaviours vs Normal Behaviours).

- Argue for the sake of arguing
- Jump to conclusions
- Self-centered
- Find fault in the adult's position
- overly dramatization

E. Adolescent Health Problems

a. Physical health issues

b. Mental health issues including anxiety, depression and suicide

F. Criteria For Adolescent Friendly Health Worker

G. Adolescent Counseling /Therapy:

1. Key factors in Adolescent Counselling (counseling Tips Adolescents)
2. Effective Techniques for Counselling Adolescents
3. Parenting teenagers

Duration: 5months combine with Marital Counselling

MARITAL COUNSELLING

SYLLABUS

- **Concept of Marriage Life** – Basic Ideas and misconception about Marriage
- **Form of Marriage – such as**
 - Monogamy:** One person is allowed to marry once.
 - Polygamy:** Person (man or woman) is allowed to marry more than once.
 - Polygyny:** A husband is permitted to have more than one wife at one time.
 - Polyandry:** A woman marries to more than one man at a time .
 - Fraternal polyandry:** When a woman is considered and treated as the wife of all the brothers living in the family and the offspring is considered to be the son/daughter of the eldest
- **Dynamics of Spouses** – Personality and Characteristics of Husband –Wife and their influence on each other
- **Conflict and Dynamics of Marital Life** – Common Causes of Marital Conflict and their Resolution
- **Top 10 Causes Of Marital Discord** – Common ten frequent unhealthy factor causing difficulties in marital life such time-apart, sex ,children, personality factors
- **Divorce Factor In India On Our Cultural Context** –
- **Golden rules of Conjugal life** – Important Basics of Conjugal Life
- **Marital counseling** – The Seven Principles of Making Marriage Work, Guttman Couple therapy, marriage counseling or marital therapy

Duration: 6 months (Combine Course with Teenage

Each exam is (question paper based) 50 marks. Your score will be converted into 100.

No of Exam : 1st, Assessment and 2nd ,Final

EXAM – based on two months coverage of syllabus.

FINAL EXAM – based on entire syllabus. 80% attendance is expected

N.B. : After final exam we provide Marks-Sheet and Certificate for pass-out students.