

6. Correctional institutions — state organizations — certified approval schools — remand and observation home — reformatory.
7. Prison reforms. in India — UN standard — Penal reforms in India — non-criminal lunatics.
8. Administrative and organizational procedures of Prison — Case studies — Parole and after care — Statutory provisions — principles and practices — role in the control and management of crime.

Paper XIII

Mental Health and Counselling Techniques

1. Client as a person — voluntary and non-voluntary client — expectations — client behaviour — communication — verbal and non-verbal.
2. Counselling as a tool for help — aspects, types, influences, need for counselling — goals of counselling — short and long-term — process goals — principles and techniques of counselling
3. Counsellor as professional — personality — coping — awareness — expertise — gender — values — behaviour — burn-out — self-renewal — prevention of burn-out professional issues and trends.
4. Approaches to counselling — affective theories like psychoanalysis — client-centred therapy — existential counselling — cognitive and behavioural counselling — reality therapy — eclectic approach to content of counselling.
5. Indigenous approaches of help and self-help like yoga, medication — specific attitudes and values — meditation.
6. Counselling techniques like initiating contact — intake — rapport — establishing structure — interaction — attending behaviour — observation — responding — rating and its interpretation.
7. Types of counselling — family counselling — marital counselling — child counselling — educational counselling — drug counselling — AIDS counselling — Counselling for groups — process, advantages and disadvantages — issues — stages.
8. Counselling in the field of mental health — role and functions of counsellors.