

Faculty	Management and Social Sciences	
Department	Sociology	
Course Title	INTRODUCTION TO COUNSELLING AND CORRECTIONS	
Year of Study	2	
Course Code	CSS 205	
Credit Hours	2	
Contact Hours	30	
Mode of Delivery	Classroom Lectures	
Mode of Assessment	Weight%	
Continuous Assessment	30%	
Final Examination	70%	
Total	100%	
Course Lecture/Instructor	Dr. Olorunmola Jide Joseph	
Course Description	<p>This course examines the concept of guidance and Counselling from Criminological and penological perspectives. It introduces the students to meaning of guidance and counseling as tools of Corrections with particular reference to Reformation, Rehabilitation and Reintegration(RRR) of offenders as useful and law-abiding citizens of a free society. It emphasizes the use of counseling, formal education as well as trade learnin to achieve RRR</p>	
Course Objectives	<p>The following are the objectives of this course:</p> <ul style="list-style-type: none"> (i)To introduce students to the field of counseling and corrections (ii) To acquaint students with the popular approaches to counseling and corrections (iii) To familiarize students with the treatment of depression and anxiety (iv) To teach students approaches to treatment to trauma and loss (v) To introduce students to approaches of counseling couples (vi) To acquaint students with popular students counseling method (vii) To introduce students to evaluation of the philosophies and practices relevant to processing the convicted offender within and outside correctional institutions. (viii) To introduce students to several methods of re-socialization (changing the offender from a law-breaker to a law abiding person.) (ix)To acquaint students with general principles and methods of reformation, rehabilitation and reintegration of offenders back to the society. 	
Learning Outcomes	<p>At the end of this course students should have been able to:</p> <ul style="list-style-type: none"> (i) to comprehend fully, the field of counseling and corrections (ii)understand the popular approaches to counseling and corrections 	

	<p>(iii) know the treatments of depression and anxiety</p> <p>(iv) know the treatment of trauma and loss and the popular students counseling methods</p> <p>(vi) acquaint themselves with the approaches of counseling couples</p> <p>(vii) evaluate the philosophies and practices relevant to processing the convicted offender within and outside correctional institutions.</p> <p>(viii) understand <i>several methods of re-socialization of offenders and ultimately reformation, rehabilitation and reintegration of offenders back to the society.</i></p>	
Teaching and Learning	The class will meet for two hours each week. Class time will be used for lectures	
Detailed Course Content	Introduction to the field of counselling and corrections and an evaluation of the philosophies and practices relevant to processing the convicted offender within and outside prisons through the several methods developed to change the offender from a law-breaker to a law-abiding person and to rehabilitate and integrate him/her into the society.	
Course Content Sequencing		
Weeks	Detailed Course Outline	Allocated Time
Week 1	Introduction to counseling and corrections	2 HOURS
Week 2, 3	What is guidance and counseling? Counselling approaches, Counselling skills	4 Hours
Week 4, 5, 6	Steps to effective reformation, rehabilitation and reintegration of offenders back to the society. key principles in planning and effective supervision in reformation, rehabilitation and reintegration of offenders.	6 Hours
Week 7, 8	Enhanced programme of action for discharged or released inmates-establishment of reformation, rehabilitation and reintegration centers. social welfare services in nigerian correctional services and duties of a social worker.	4 Hours

Week 9, 10, 11	Faith based programme/chaplain/Imam roles of welfare officers in the management and control of offenders. RRR in Nigerian Correctional service farm centers borstal Institutions and remand Centers,non-custodial aspect	6 Hours
Week 12	Examination	

Recommended Reading Materials.

- *Abramowitz, J., Deacon, B., & Whiteside, S. (2019). Exposure therapy for anxiety, second edition: Principles and practice. Guilford Press.
- *Afujue, Chuks (2003) A Monograph delivered to the After Care Officers at Correctional Staff College, Barnawa, Kaduna.
- *American Psychological Association (2010). Publication Manual of the American Psychological (6th ed.) Wahington, DC
- *Beecher, H. W. (n.d.) Retrieved March 11, 2020, from <https://www.brainyquote.com/>
- *Bernier, A., & Dozier, M. (2002). The client-counselor match and the corrective emotional experience: Evidence from interpersonal and attachment research. *Psychotherapy: Theory, Research, Practice, Training*, 39, 32–43.
- *Besley, A. C. (2002). Foucault and the turn to narrative therapy. *British Journal of Guidance & Counselling*, 30, 125–143.
- *Bibb, J., Castle, D., & Newton, R. (2015). The role of music therapy in reducing post-meal related anxiety for patients with anorexia nervosa. *Journal of Eating Disorders*, 3, 50.
- *Blanck, P., Perleth, S., Heidenreich, T., Kröger, P., Ditzen, B., Bents, H., & Mander, J. (2018). Effects of mindfulness exercises as stand-alone intervention on symptoms of anxiety and depression: Systematic review and meta-analysis. *Behaviour Research and Therapy*, 102, 25–35.

