PG DIPLOMA IN PSYCHOLOGICAL COUNSELLING

(Non-Semester)

(With effect from the academic year 2013-14)

Eligibility for the Course

Candidates for admission to PG Diploma in Psychological Counselling should possess any Bachelors degree in social and behavioural sciences like sociology, psychology, political science, economics, history, philosophy, women’s studies.

Duration of the Course

One year PG Diploma in Psychological Counselling is a non-semester course for One Year duration

Examination

All the theory papers are of 3 hours duration each for maximum of 100 marks with passing minimum of 50 marks. Project preparation which include collecting the basic data either through primary or secondary or both – for project work – 60 marks and for viva-voce – 40 marks. Passing Minimum is 50 marks (Project 30 marks and Viva-voce – 20 marks)
QUESTION PATTERN FOR THEORY PAPERS:

Time: 3 Hours

Max: 100 Marks

SECTION – A (10 X 3 = 30 Marks)
Answer any TEN Questions (Out of 12).

SECTION – B (6 X 5 = 30 marks)
Answer any SIX Questions (Out of 8)

SECTION – C (4 X 10 = 40 Marks)
Answer any FOUR questions (Out of 6)

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<th>S.No.</th>
<th>Theory</th>
<th>Maximum Marks</th>
<th>Minimum Marks</th>
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<tr>
<td>1.</td>
<td>Fundamentals of Psychology</td>
<td>100</td>
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<td>2.</td>
<td>Psychopathology and Mental Health</td>
<td>100</td>
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<td>3.</td>
<td>Counselling and Health Psychology</td>
<td>100</td>
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<td>4.</td>
<td>Counselling Techniques and Assessment</td>
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<td>5.</td>
<td>Project &amp; Viva – voce</td>
<td>100</td>
<td>50</td>
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Paper- I

FUNDAMENTALS OF PSYCHOLOGY

Unit - I


Unit - II


Unit - III


Unit - IV


Unit - V


References:

Paper- II

PSYCHOPATHOLOGY AND MENTAL HEALTH

Unit – I

Psychopathology: Historical views, Causal factors and view points concept of abnormality - Classification of mental disorders - Disorders in infancy, Childhood, Adolescence – Delirium - Anxiety and panic disorders.

Unit – II

Mood disorders and suicide, Somatoform and dissociative disorders, Personality disorders, Substance related disorders. Manic Depressive Psychosis - Schizophrenia and Delusional disorders - Different types - Symptomatology and Treatment.

Unit – III

Organic Disorders: Brain disorders and other cognitive impairments - Eating and Sleep disorders - Dementia - Sexual and Gender Identity disorders – adjustment disorders – Problems related to abuse and neglect- Psycho – somatic disorders.

Unit – IV

Diagnostic Methods: Differential diagnosis – Types of tests - Inventories, Projective tests - Clinical Assessment: The information, DXPLAIN, clinical audit - various types of assessment, rapport, physical assessment, Neurological examination, Neuropsychological assessment.

Unit V

Mental Health: Factors that contribute to mental health - Importance of mental health – Mental health Model: Prevention, Primary, Secondary and tertiary - Characteristics of mentally healthy person - Ethical issues:

Contemporary issues, need for planning, challenges and legal issues.

References:

Paper- III

COUNSELING AND HEALTH PSYCHOLOGY

Unit – I


Unit – II


Unit – III

Special areas: Family counseling, students counseling, parental counseling, educational, vocational and career counseling, pastoral counseling - Counseling Interview: Communication, verbal, nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, counter transference.

Unit – IV


Unit – V


modification and cognitive approaches to prevention – Smoking – Cancer risk – Worksite health promotion – AIDS.
References:


3. Fundamentals of Counseling, Shertzer and Stone, Houghton Miffin Co.,

Paper- IV

COUNSELLING TECHNIQUES AND ASSESSMENT

Unit - I

Professional Preparation & Training: Selection, skills, counseling as a profession, desirable characteristics - Modern Trends: Career guidance, Functions of counselor, values - Assessment: Physical setting, room, length of session, group counseling, stages of counseling - Techniques: Egan’s Model, Interviews, testing.

Unit - II


Unit - III


Unit - IV


Unit - V

Intelligence Testing — Theories of intelligence - classification of intelligence tests - Individual & Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of

**References:**

4. Introduction to Counseling and Guidance, Gibson & Mitchell, PHI India Ltd.