

COURSE STRUCTURE

PG Diploma in Psychological Counselling - Course Structure

Non - Sem	Course Code	Title of the Paper	Cr.	Hrs./ Week	Max. Marks		
					Int.	Ext.	Total
	1	Fundamentals of Psychology	6	4	25	75	100
	2	Psychopathology and Mental Health	5	4	25	75	100
	3	Counseling and Health Psychology	5	10	25	75	100
	4	Counseling Techniques and Assessment	6	10	25	75	100
		Total	22	28	100	300	400

SYLLABUS

Semester I					
Course Code		1. FUNDAMENTALS OF PSYCHOLOGY	T	Credits: 4	Hours/Week: 4
Objectives	<ul style="list-style-type: none">● To equip the students with the history and evolution of counseling.● Learn and practice skills of counseling and familiarize with the counselling format.● To understand nature and determinants of Personality and to identify IQ classification.				
Unit - I	Introduction - definitions - Schools of Psychology - Applications and fields-Methods -Brain and Behaviour: Neurons: Nerve impulse, Synapses, Neurotransmitters - Nervous system: introduction to CNS, PNS.				
Unit - II	Sensation and Perception: Sensory Processes - Five sense organs and their functions - Perception and perceptual process – Attention and Perception – Movement and Depth perception – Role of Learning				
Unit - III	Learning: Conditioning – Classical – Stimulus: generalization and discrimination – Operant: Reinforcement, Shaping of behaviour, Extinction – Reward and Punishment - Cognitive learning - Remembering and Forgetting: General memory functions: kinds and types, STM, LTM – encoding – storing, Information Processing theories - Causes of forgetting, amnesias – Improving memory.				
Unit - IV	Thinking: Thinking Process – Speech- Language and thinking – Concept formation - Problem solving - Decision making - Creative thinking – Motivation: Needs and drives - Biological motives, Social motives - Theories of motivation -Aggression as a motive.				
Unit - V	Intelligence: Nature and Definitions - Theories of intelligence - Tests of intelligence – IQ classification - Personality: Definitions - nature and determinants of Personality - Theories - Personality Assessment - Emotion and Stress: Biological basis of emotion - Theories of emotion - Sources of stress – GAS - Causes and management of stress.				
References nd Text Books: 1. Psychology, Neil. R Carlson 2nd edn Allyn & Bacon Inc Boston 1987. 2. Introduction to Psychology, Arnof Witting, Mc Graw Hill 1977. 3. Contemporary Psychology and Effective Behaviour, James C Coleman IV Edn, Scott Foresman & Co .4. Stress management, Jonathan C Smith, Springer Pub co 2002.					

I - SEMESTER				
Course Code	2. PSYCHOPATHOLOGY AND MENTAL HEALTH	T	Credits: 4	Hours/ Week :4
Objectives	To give insight into the various factors that contribute to mental health and acquire skills to identify disorders and clinical assesments.			
Unit - I	Psychopathology: Historical views, Causal factors and view pointsconcept 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 and Text Books:				
1. Developmental Psychopathology, Weiner Charles Mc Graw Hill 1994.				
2. Handbook of clinical Psychology, Benjamin B Wolman Mc Graw Hill Book Co 1965				
.3. Abnormal Psychology and Modern Life 10 Edn Robert C Carson, James N Butcher and Susan Mineka Harper Collins 1996.6. John Antony D. (2011) <i>Types of Counselling: The Classic Schools</i> , Dindigul: Anugraha Publications				

I - SEMESTER					
Course Code		3. COUNSELING AND HEALTH PSYCHOLOGY	P	Credits:5	Hours/Week: 10
Objectives	To impart to the student's knowledge of Theories of counseling and approaches to counseling. Also to practise the techniques in the special areas of Counselling. To give insight into Stress-related disorders and Pain Management.				
Unit - I	Introduction: Definition – Development and goals- preparation -Counselor-counselee relationship - counseling process: Steps – purposes of counseling - Approaches to Counseling: Directive, Non- directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach.				
Unit - II	Theories of counseling: Psychoanalytic, Individual, Person-centered, Behavioural Theories – Reality therapy- REBT theory – Gestalt Counseling –Transactional analysis - Expectations and Goals: Individual variations, goals achievement of positive mental health, personal effectiveness, help change, decision making - Counseling & related fields: Psychotherapy, Advising, Guidance, Clinical Psychology, Hagiology.				
Unit - III	Special areas: Family counseling, student counseling, parental counseling, educational, vocational, and career counseling, pastoral counseling -Counseling Interview: Communication, verbal, and nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, countertransference.				

Unit - IV	Health & Stress: Concepts of stress – Models of stress – Stressors – Reactions to life stress – Coping behavior – Task-oriented reaction pattern – effect of stress - Stress-related disorders: Respiratory, Gastrointestinal, Cardiovascular, Migraine and Genitourinary diseases – Relation to Mental health – Psychological disorders – Stress prevention – Treatment of stress.
Unit - V	Pain and its management: Definition - Physiology of pain – Gate theory of pain – Measurement of pain – Acute Vs chronic pain – Pain control techniques - Prevention & Health promotion – Lifestyle risk factors – Prevention Methods – Factors affecting prevention – Barriers – Approaches – Effects of fear communication – common sense model of illness & their effects – Behaviour modification and cognitive approaches to prevention – Smoking – Cancer risk – Worksite health promotion – AIDS.
References and Text Books 1. An introduction to Health Psychology, 2nd Edition Robert J.Gatchel, Andrew Baum & David S.Krantz, Mc Graw Hill, NY,1989. 2. Textbook of Rehabilitation – 2nd Edition S.Sunder, Jaypee Brothers, New Delhi, 2002. 3. Fundamentals of Counseling, Shertzer and Stone, Houghton Mifflin Co.,	

SEMESTER I					
Course Code		4. COUNSELLING TECHNIQUES AND ASSESSMENT	P	Credits: 6	Hours / week : 12
Objectives	To impart to the student knowledge of practical skills on using Psychological tests and how to evaluate a test. At the end of the course, the student must be able to use the Techniques of testing personality in their life and counseling practice.				
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	Group Counseling – Definitions – Group Guidance – Theoretical considerations – values of group Counseling - Group therapy – T & Sensitivity groups – Group process and group dynamics – Establishment – selection – identification – productivity and realization - termination – multicultural issues				
Unit III	Other methods of assessment – Observation, rating scales – checklists –interview schedules – other measures: anecdotal reports – Autobiography, dairies and daily schedules – group assessment techniques: Sociometry – Ethical and Legal guidelines - Case study preparation and report writing.				
Unit IV	Introduction to Psychological Tests – Concept and evolution – Principal characteristics of psychological tests – Purposes – Uses of Psychological tests – Varieties of tests – Criteria of a Good Test – How to evaluate a test – characteristics of a test. Reliability & Validity - Cautions for the use of Psychological tests.				

Unit V	<p>Intelligence Testing — Theories of intelligence - classification of intelligence tests- Individual& Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of intelligence test scores - Aptitude Testing – differential aptitude test Battery – Special aptitude tests - Personality Testing –Techniques of testing personality – Observation – Situational Test –Interest Testing –Interest inventories and preference records.</p>
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	<p>References and Text Books</p> <ol style="list-style-type: none"> 1. Counseling Psychology, S.Narayana Rao, Tata Mc Graw Hil Pub, 1981 2. Psychological Testing, Anne Anastasi. 3. Theory and Practice of Psychological Testing, by Freeman. 4. Introduction to Counseling and Guidance, Gibson & Mitchell, PHI India Ltd.
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