

P. G. DIPLOMA IN GUIDANCE & COUNSELING

Diploma in Guidance and Counseling aims to counsel and guide the young generation for defining their career path ahead. The course intends to enable students in developing skills and competencies needed for meeting the challenges and needs of the real world effectively. Different kinds of problems are prevailing in the society and these have also percolated down to children. . The answer to such problems lies in the fields of counseling psychology which is not only an important branch of Psychology but, in facts, deal with the application of psychological principles as well as therapeutic techniques in combination

Hence this syllabus is created keeping in mind the changing nature of the society, educational institutions and the workplace and inculcate the required skills in the students to understand and respond to the same efficiently and effectively.

- **Duration:** 1 years (2 semesters)
- **Total Seats:** 20
- **Total Credits:** 34
- **Medium :** English
- **Eligibility:** Any graduate from a recognized University with minimum 45% marks.

Evaluation scheme:

Assessment method	Assessment tool	Weightage/Max marks		Duration	
		Weightage	Marks		
In-Semester (40%)	MTE-I	Weightage	10%	1 hrs	
		Marks	20 M		
	MTE-II	Weightage	10%	1 hrs	
		Marks	20 M		
	Assignments	Weightage	10%		
		Marks	10 M		
	Seminar/presentation	Weightage	5%		
		Marks	10 M		
Attendance	Weightage	5%			
	Marks	5 M			
End-Semester (60%)	End Sem Exam	Weightage	60%		3 hrs
		Marks	60M		

Framework of Program

SEMESTER	Sr. No.	COURSES	L-T-P-C	EVALUATION	
				External	Internal
I	1.	Basics in psychology	4-0-0=4	60	40
	2.	Introduction to guidance & counseling	4-0-0=4	60	40
	3.	Development of individual across the lifespan	4-0-0=4	60	40
	4.	Practical (Case studies, visits to special schools, old age home)	0-0-10=5	60	40
II	5.	Important areas of counseling	4-0-0=4	60	40
	6.	Therapeutic approaches to counseling	4-0-0=4	60	40
	7.	Psychological Assessment	4-0-0=4	60	40
	8.	Practical (psychological testing on subject & workshop on career guidance on school students)	0-0-10=5	60	40

SEMESTER-I

Paper-1 Basics in psychology

Unit-1

Introduction to psychology: Meaning, Early schools, history, scope in psychology.

Unit-2

Perception: Perceptual process and perceptual errors.

Learning: Nature, concept & theories.

Unit-3

Memory & forgetting: Concept, theories

Emotion & motivation: Concept, theories

Unit-4

Personality: Meaning, Types of personality

Approaches: Psychodynamic, Humanistic, Existential, Type & trait approach to personality

References:

1. Baron, R. & Misra. G. (2013). *Psychology*. Pearson.
2. Morgan, C. T., King, R. A., Weisz, J. R., Scholpler, J. (2017). *Introduction to Psychology* (7th Ed).New Delhi: Tata McGraw Hill
3. Galotti, K. M. (2017). *Cognitive psychology in and out of the laboratory*. Sage Publications

Paper-2 Introduction to guidance & counseling

Unit-1

Guidance: Def, Nature, concept, History, principle & types of guidance.

Guidance at different stages: Guidance to Pre-primary, elementary school, middle school, high school, college students, Characteristics of students and their need according to stages.

Unit-2

Counseling: Def, Nature, concept, History, principle, types & scope of Counseling

Counselor's characteristics, Ethical codes in counseling, Stages or process of counseling

Unit-3

Approaches to counseling: Psychoanalytic, behaviorism, humanistic, cognitive approach

Unit-4

Creative approaches to counseling:

Art, imagery, guided imagery, hypnotherapy, music, writing: structured writing, poetry, play - games

References:-

1. Gladding, S.T. (2009). *Counselling: A Comprehensive Profession*: New Delhi: Pearson
2. Corey, G. (1996). *Theory and practice of counseling and psychotherapy* (5thed.). Pacific Grove
3. Sharf, R.S. (2000). *Theories of psychotherapy and counseling: Concepts and cases* (2ndEd.).

Paper-3 Development of individual across the lifespan

Unit-1:

Concept of Development, Growth and Development, Life Span Perspective, Methods of Studying Development and Characteristics of Development; Prenatal Development (Genetics, Environment Influence and Hazards of Development); Development During Infancy (Physical, Psychosocial, Cognitive and Linguistic); Early Childhood (Physical, Psychosocial, Cognitive and Linguistic)

Unit-2:

Development during Early School Years (6-11 Years); Physical Development; Cognitive, Social, Emotional and Moral Development; Schooling and Development; Identification of Problems in School Children and Remedial Measures

Unit-3:

Development during Adolescence; Physical Changes; Cognitive Changes; Identity, Self Concept, Self Esteem, Peer Group Relationship; Challenges and Issues in Adolescent Development

Unit-4:

Adulthood and Ageing; Physical Changes (Early Adulthood, Middle Age, Old Age); Cognitive Changes (Early Adulthood, Middle Age, Old Age); Psychosocial Changes (Early Adulthood, Middle Age, Old Age); Challenges and Issues in Ageing Process

References

1. Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
2. Santrock, J. W. (2014). *A Topical Approach to Life-Span Development* (7th Ed.). McGraw Hill.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.

Paper-4 Practical

- Case studies
- visits to special schools, old age home, Palliative centers & orphan age
- Report writing

SEMESTER-II

Paper-5 Important areas of counseling

Unit-I

Counseling children and adolescent: emotionally disturbed, under achievers, slow learners, socially disadvantaged, ADHD & Learning disabilities
Educational & Career counseling to children.

Unit –2

Counseling marital, sexual and role related problems: premarital, marital counseling, identification of sex related problems, role conflict and counseling.

Unit-3

Counseling for drug addicts, alcoholic and attempted suicides: identification of psychological problems and counseling.

Unit-4

Counseling the physically and mentally handicapped: psychological and vocational evaluation and rehabilitation.

Counseling for terminal diseases and chronic illness: cancer, HIV,AIDS etc; evaluation and counseling.

Counseling the aged: identification of psychological problems and counseling.

References

- Nugent, Frank A.(1995): An Introduction to the profession of counselling ,Maxwell Macmillan Canada, Inc. Toronto.
- Gibson, R.L. and Marianne, H.M.(2008):Introduction to counselling and Guidance,7th edition, Prentice Hall of India, New Delhi.
- Narayan Rao S.:(1991) *A counselling psychology*: Tata McGraw Hill Book company, New Delhi.
- Arulmani, G. Arulmani, S.N. (2004). *Career Counselling; A Handbook*. New Delhi: Tata McGraw Hill
- Crow & Crow. (1962). *An Introduction to Guidance*. New Delhi: Eurasia Publishing House
- McLean & Holan. (1955). *Counselling Psychology*. London: Tata McGraw Hill
- Brian, B. (1982). *Vocational Adjustment of Disabled Persons*. Paper Text Ed. Pro. Ed.

Paper-6 Therapeutic approaches to counseling

Unit-1

Becoming a psychotherapist: Training and supervision; Stages of therapy; Modes of therapy: Individual, group, couples & family; Psychotherapy research.; Critical/controversial issues in psychotherapy.

Unit-2

Psychoanalytic therapies; Brief analytic therapies; Object-relations therapies; Interpersonal approaches

Unit-3

Behavioral therapy; Cognitive therapy (Beck); Rational emotive behaviour therapy (Ellis). Systematic desensitization, Contingency contracting, Shaping, Aversive conditioning, Modeling

Unit-4

Client-centered therapies; Existential therapies; Gestalt therapies; transpersonal therapies. Milieu therapy, Progressive relaxation, Flooding, Hypnosis

Traditional approaches: Yoga, Shavasan, Meditation, Vipashyana; Recent methods: Cyber therapy, tele-counseling

Readings:

- Brems, C. (2000). *Dealing with challenges in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Brems, C. (2001). *Basic skills in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Corey, G. (2015). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston: Cengage Learning.
- Dryden, W. (2007). *Dryden's handbook of individual therapy* (5th ed.). New Delhi, India: Sage.
- Feltham, C. (Ed.) (1999). *Controversies in psychotherapy and counseling*. New Delhi, India: Sage.
- Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics* (Low Price Edition). Delhi, India: Pearson Education.

Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6th ed.). Boston: Allyn & Bacon.

Paper-7 Psychological Assessment

Unit-1

Introduction to assessment: Concept, nature, types of assessment; Well known psychological tests; Tests and testing in India used for counseling, importance in counseling.

Unit-2

Intelligence test: nature, types & importance; IQ-concept; Stanford –Binet Intelligence scale (SB-IV), Differential ability scales (DAS); Wechsler scales, Bhatia battery test.

The assessment of aptitude and interest: Differential Aptitude Tests (DAT), Scientific Aptitude Test (SAT); Strong’s Interest Inventory (SII), Vocational Interest Record

Unit-3

The assessment of personality: Children personality questionnaire, High school personality questionnaire, 16 PF, CAQ ; Eysenk personality inventory(EPQ-R); NEO –PI

Projective techniques and tests: Sentence Completion Test (SCT), Children apperception test- CAT ; Rosenzweig Picture Frustration Test (children and adult), House Tree Personality (HTP)

Unit-4

Assessment of adjustment & memory: Bell’s adjustment inventory , Edwards personal preference schedule; PGI Memory scales.

References

- Aiken, L.R.(2000):psychological testing and assessment,10th edition, Allyn and Bacon, inc.
- Walsh, W.B. and Betx, N.E.(1997): tests and assessment,3rd edition, Prentice-Hall, Inc., Englewood Cliffs , New jersey.
- Anastasi , A & Urbana, S(1997): psychological testing, 7th edition, Prentice Hall, Inc., Englewood cliffs, New jersey.
- Graham, J. R., Naglieri, J.A. (Eds.), (2003). *Handbook of Psychology; vol.10 Assessment Psychology*. New Jersey:. John Wiley
- Freeman (1960). *Theory and Practice of Psychological Testing*
- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books.
- Manuals of the Psychological Tests mentioned in curriculum

Paper-8 Practicum

- psychological testing on subject
- workshop on career guidance on school students