

**POST GRADUATE DIPLOMA IN PSYCHOLOGICAL
COUNSELLING**

SYLLABUS

			<u>Course Code</u>
Paper I	.	Fundamentals of Psychology	MCP 11
Paper II	.	Developmental Psychology	MCP 12
Paper III	.	Psychopathology and Mental Health	MCP 13
Paper IV	.	Counselling and Health Psychology	MCP 14
Paper V	.	Counselling Techniques and Assessment	MCP 15

Paper- I

FUNDAMENTALS OF PSYCHOLOGY (MCP 11)

Block - I

Introduction - definitions - Schools of Psychology - Applications and fields . Methods -Brain and Behaviour: Neurons: Nerve impulse, Synapses, Neurotransmitters - Nervous system: introduction to CNS, PNS.

Block - 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.

Block - 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.

Block - 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.

Block - 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 :

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.

Paper- II

DEVELOPMENTAL PSYCHOLOGY (MCP 12)

Block – I

Nature and meaning of Development - Goals of Development - Significant facts about Development and Stages - The Prenatal Period - Characteristics of Prenatal Period - Importance of conception - Hazards during prenatal period - Genetic disorders.

Block - II

Infancy and Babyhood. Characteristics -Hazards of infancy- Developmental tasks of babyhood- Physiological functions: Muscle control, Speech development. Emotional expressions . Development in socialization - Hazards of baby hood . Childhood - Early and Late Childhood - Characteristics . Skills - Speech improvement . Play - Common interests - Sex role typing - Family relationships - Personality development - Hazards.

Block - III

Exceptional Children. Definition - Gifted children - Mentally retarded - Backward children - Pervasive psychological disorders: Autism, Dyslexia, ADHD. Learning disabilities . Puberty . Characteristics - Criteria and causes of puberty - Body changes - effects of changes - Sources of concern - Unhappiness at puberty - Hazards of puberty.

Block - IV

Adolescence: Characteristics, Physical changes, Emotionality, Interests - Sex interests and sex behaviour during adolescence - Family relationships - Personality changes - Happiness and hazards. Adulthood: Characteristics. Developmental tasks - Vocational selection and adjustments - Marital adjustments - Adjustment to parenthood - Criteria for successful marital adjustment - Marital problems and interventions.

Block - V

Middle age - Characteristics of middle age - Developmental tasks - Social and vocational adjustments - Adjustment to changes life patterns - Relationship

with in-laws -Old age . Characteristics - Physical changes - Mental and Behavioural disorders - Successful aging. Social issues - Relationship in late life - Changing social systems -Health related issues - Dementia and other cognitive disorders - Approaches to successful aging - Attitudes towards death - Old age homes.

References

1. Developmental Psychology. A life Span approach 6th Edn. Elizabeth B.Hurlock, Tata McGraw Hill 1990.
2. Developmental Psychopathology. Weiner Charles.MC Graw Hill 1994.
3. Counselling and Life Span Development. Thomas Murray Sage Pub 1990.
4. Advanced Educational Psychology S K Mangal 2nd Edn Prentice Hall of India 2002.
5. Autism: Diagnosis and after Mythily Chari IRIS 2004.

Paper- III

PSYCHOPATHOLOGY AND MENTAL HEALTH (MCP 13)

Block – 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.

Block – 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.

Block – 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.

Block – 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.

Block 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:

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.

Paper- IV

COUNSELING AND HEALTH PSYCHOLOGY (MCP 14)

Block – 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.

Block – 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.

Block – 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.

Block – IV

Health & Stress: Concepts of stress . Models of stress . Stressors . Reactions to life stress . Coping behaviour . 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.

Block – 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:

1. An introduction to Health Psychology, 2nd Edition Robert J.Gatchel, Andrew Baum & David S.Krantz, Mc Graw Hill, NY,1989.
2. Text book of Rehabilitation . 2nd Edition S.Sunder, Jaypee Brothers, New Delhi, 2002.
3. Fundamentals of Counseling, Shertzer and Stone, Houghton Mifflin Co.,

Paper- V

COUNSELLING TECHNIQUES AND ASSESSMENT (MCP 15)

Block - 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.

Block - 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

Block - 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.

Block - 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.

Block - V

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.

References :

1. Counseling Psychology, S.Narayana Rao, Tata Mc Graw Hill 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.