

# SYLLABUS

## FOR

# P.G. Diploma Guidance and Counselling

## DEPARTMENT OF PSYCHOLOGY

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**EKLAVYA UNIVERSITY, DAMOH (M.P.)**

**Scheme of Examination P.G. Diploma Guidance and Counselling Psychology**

**For batch admitted in Academic Session 2021-22**

Subject wise distribution of marks and corresponding credits

S.No.	Subject Code	Subject Name	Maximum Marks Allotted					Total Marks	Contact Periods Per week			Total Credits
			Final Yearly	Theory Slot Half Yearly	Quiz/ Assignment/ Attendance	End Sem	Practical Slot Lab Work/ sessional		L	T	P	
1	DPSYC20Y101	Conceptual Perspectives of Counselling	60	30	5	5	100	4	0	0	4	
2	DPSYC20Y102	Counselling Application Psychology and Rehabilitation	60	30	5	5	100	4	0	0	4	
3	DPSYC20Y103	Rehabilitation	60	30	5	5	100	4	0	0	4	
4	DPSYC20Y104	Assessment and Evaluation	60	30	5	5	100	4	0	10	14	
6	DPSYC20Y105	Project and Practical	-	-	-	-	60	40	0	10	30	
<b>Total</b>			<b>240</b>	<b>120</b>	<b>20</b>	<b>20</b>	<b>500</b>	<b>20</b>	<b>0</b>	<b>10</b>	<b>30</b>	

Induction Programme of three weeks (MC): Physical activity, Creative Arts, Universal Human Values, Literary, Proficiency Modules, Lectures by Eminent

*Prakash*

Abhishek

*RS*



## I. Title of the Programme

The programme shall be called "P. G. Diploma Guidance or Counseling."

- PG Diploma in guidance & counseling or postgraduate diploma in guidance and counseling is a 1 year diploma course after bachelor courses teaching ways on how to guide and do the counseling of students.
- The eligibility criteria for the course post graduate diploma in guidance and counseling is to have a Bachelor's degree from a recognized institute.
- The jobs you can apply for after post graduate diploma in guidance and counseling are School counselor, mental health counselor, pastoral counselor, community counselor, rehabilitation counselor, health counselor, marriage and family counselor, career guidance counselor, etc.

## P.G. Diploma in Guidance & Counseling: Eligibility Criteria

- The eligibility criterion for the course is students have to clear a Bachelor's degree from a recognized college or University.
- Bachelor's degree specialization in human development, home science, psychology, child development, medicine, social work, child development, etc.
- No receptacle will be accepted. Students must have to clear the Bachelor's degree.

## P.G. Diploma in Guidance & Counseling: What is it About?

P. G. Diploma Guidance & Counselling or postgraduate diploma in guidance and counselling is a 1 to the 3-year course for postgraduate students.

- This course is about developing understanding which is required to counsel the students.
- This course helps candidates to achieve access to reach the strength of daily issues.
- Students will learn about different techniques and psychological principles required in the process of counseling.
- It helps in developing skills and good relations with clients.
- They understand problems related to organizational, social, economic, environmental, etc.
- They learn how to help adolescents in developing skills, clearing their doubts, abilities, etc.

## Why Study P.G. Diploma in Guidance & Counseling?

Every course has benefits and skills, students must be aware of while choosing them.

- The course has a variety of job opportunities available due to its growing demand.
- It will be beneficial for a high pay scale job.
- Free tours.
- One can become a teacher after the course.
- The candidate can gain more experience and skills.

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- Skills required to be a part of the course: The skills which are required to be a part of the course post graduate diploma in guidance and counseling:
- Analytical skills: It means the candidate has to collect and analyze information, interpret data and make a decision on different factors.
- Creativity: one should have creativity skills so that they can use their original ideas in work.
- Teamwork: One candidate should work with other associates to work efficiently and effectively. Should support each other. Everyone should contribute their effects to achieve goals.
- Good programming skills: They should have quick learning ability. They work hard by learning new necessary skills.
- Communication skills: one should be a good listener, friendliness, has confidence, respect each other, etc. makes a good communicator.

### P.G. Diploma Guidance & Counseling: Future Scope

- Students can pursue higher studies after a post-graduate diploma in guidance and counseling are P. G. Diploma in teaching English, PGD in public administration, PhD in guidance and counseling, PhD in guidance and counseling education, PhD in counseling psychology, etc.
- Students can pursue some specializations which include child development, human development, psychology, childhood studies, social work, etc.
- They have some employment sectors like news, media, school, colleges, universities, NGOs, Film Industry, hospitals, etc.
- They can work as a school counselor, mental health counselor, pastoral counselor, community counselor, rehabilitation counselor, health counselor, marriage and family counselor, career guidance counselor, etc.

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**Text/Reference Books:**

1. Patterson (2008), The Counseling Process, 10th Edition, Thomson Books, 10th India.
2. Rao S. Narayan (2007), Counseling and Guidance, 10th Edition, 11th Printing, Company Ltd.
3. Woditz and Dryden (1996), Handbook of Counseling Psychology, Sage Publications, London, Thousand Oaks, New Delhi.
4. Becker G.E. (1988), Introduction to Counseling, W.B. Brown Publishers.

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Course code	CONCEPTUAL PERSPECTIVES OF COUNSELLING Paper-1	L	T	P	C
DPSYC20Y101		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
<b>Unit – 1</b>					12
<ul style="list-style-type: none"> <li>Basic foundation and brief history, Meaning, purpose and goals of counseling, professional and ethical issues, education and training of counselor, counselor and clients characteristics.</li> </ul>					
<b>Unit – 2</b>					12
<ul style="list-style-type: none"> <li>Counseling relationship, counseling, need for psychological testing and seeking other relevant information, involving other significant persons during counseling process.</li> </ul>					
<b>Unit – 3</b>					12
<ul style="list-style-type: none"> <li>Counseling process and procedure : Problem identification, delimitation and analysis of the problem, specification of behavior change through counseling, application of techniques, procedures for change, recording, termination and evaluation of counseling outcomes</li> </ul>					
<b>Unit – 4</b>					12
<ul style="list-style-type: none"> <li>Counseling approaches: Psychodynamic-Freudian, Neo Freudian. Humanistic-Existential, client centered. Cognitive Rational emotive, Transactional Analysis. Behavioral Operant conditioning.</li> </ul>					
<b>Unit – 5</b>					
<ul style="list-style-type: none"> <li>Indian contribution to counseling Yoga, Meditation &amp; Vipasyana , Arham dhyana yog. Ethics in counseling: Codes of professional ethics and ethical principles.</li> </ul>					12

### Text/Reference Books:

- Patterson (2008), The Counselling Processes, India Edition, Thomson Books/ cole India Pvt.,Ltd., India.
- Rao S. Narayan (2007), Counselling and Guidance, Tata McGraw-Hill Publishing Company Ltd.
- Woolfe and Dryden (1996), Handbook of Counseling Psychology, Sage Publications, London, Thousand Oaks, New Delhi.
- Beskin, G.S. (1988), Introduction to Counseling. W.G. Brown Publications.

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Course code	COUNSELLING APPLICATION Paper – 2	L	T	P	C
DPSYC20Y102		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
<b>Unit – 1</b>					
<ul style="list-style-type: none"> <li>Individual Vs group counseling couple, marital &amp; family counseling. Counseling for parents of exceptional children, career counseling for students, counseling for adolescents.</li> </ul>					
<b>Unit – 2</b>					
Counseling for special Groups : <ul style="list-style-type: none"> <li>Parents for M.R. .</li> <li>HIV/ AID Victims</li> <li>Alcoholics / Drug addicts</li> <li>Physically handicapped.</li> </ul>					
<b>Unit – 3</b>					
<ul style="list-style-type: none"> <li>Counseling for prevention, modification and enhancing health behavior. Psychoneuro immunology: prevention of hyper tension, coronary heart disease, AIDS, Cancer and Arthritis, psycho gynecology and menstrual disorders.</li> </ul>					
<b>Unit – 4</b>					
<ul style="list-style-type: none"> <li>Genetic counseling and parenthood, counseling for retirement and old age, for tobacco addiction, for population planning, for developing interpersonal trust and social harmony.</li> </ul>					
<b>Unit – 5</b>					
<ul style="list-style-type: none"> <li>Major techniques used in counseling process : Relaxation procedure (Jacobsen's), Yogic exercises, Bio feedback, Crisis intervention – Suicide prevention, calamities victims, Stress management</li> </ul>					

### Text/ Reference Books:

- Patterson (2008), The Counselling Processes, Indian Edition, Thomson Books/COLE India Pvt. Ltd.
- Asthana, Madhu and Rai, Amar Nath (2006), Guidance and Counselling, Moti Lal Banarsidas, Bunglow road, Delhi – 110 007.
- Windy, D. (1988) (ed) Counselling in action, N.Y. Sage.
- Plomin, R. DeFroes. J.C. and Mc Cleanron G.E. (2000), Behavioural Genetics W.H. Feeman and Co.
- Brannan, L. and Feist, J. (2000), Health Psychology: An Introduction to behavior and health, Thomson Learning.



Course code	PSYCHOLOGY AND REHABILITATION Paper-III	L	T	P	C
DPSYC20Y103		4	0	0	4
Pre-requisite	Nil	Syllabus version 100 Marks			
<b>Unit - 1</b>		12			
<ul style="list-style-type: none"> <li>• Scope and role of psychology in rehabilitation of the disabled of disadvantaged and victims of traumatic events (natural &amp; man made) expanding role of psychologists.</li> </ul>					
<b>Unit - 2</b>		12			
Definition and concepts of impairment, disability, handicap habitation and rehabilitation.					
<b>Unit - 3</b>		12			
Definition characteristics and management of various disabilities <ul style="list-style-type: none"> <li>• Mental retardation</li> <li>• Learning disabilities.</li> <li>• Visual disabilities</li> <li>• Hearing &amp; Speech disabilities.</li> <li>• Orthopedic and neuromuscular disabilities.</li> <li>• Emotional disabilities (Due to traumatic events)</li> </ul>					
<b>Unit - 4</b>		12			
<ul style="list-style-type: none"> <li>• Agencies involved in area of rehabilitation models of services available with emphasis on the ground level realities in the Indian context role of N.G.O.s</li> </ul>					
<b>Unit - 5</b>		12			
<ul style="list-style-type: none"> <li>• Government schemes and policies legislation and legal aspects, RCI, ethical issues related to working with disabled people.</li> </ul>					

### Text/Reference Books:

- Sunder, S.(2005) Textbook of Rehabilitation, Jaypee Brothers Medical Publishers (P) Ltd. New Delhi.
- Joseph, R.A. (2003) Punerbas Ke Aayam, Sanaklan Publisher Varanasi 221005.
- David Werner, (1994) Disabled Village Children New Delhi India.
- Murickan, J. Kaveparampil (1995) Persons with disabilities in society.
- Joseph Works (1984) Mental Retardation and Development Disabilities. Vol. 13.

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Course code	ASSESSMENT AND EVALUATION Paper-IV	L	T	P	C
DPSYC20Y104		4	0	0	4
Pre-requisite	Nil	Syllabus version			
		100 Marks			
<b>Unit – 1</b>		12			
	<ul style="list-style-type: none"> <li>Preliminary assessment, screening, case history taking psychological testing and making the psychological testing and making the psychological report. Referral to other agencies for evaluation. Relevance of psychological assessment in the field of counseling.</li> </ul>				
<b>Unit – 2</b>		12			
	<ul style="list-style-type: none"> <li>Behavioral and development scales, psycho-educational tool, assessment of cognitive function, personality characteristics family functioning and coping styles of people with disabilities.</li> </ul>				
<b>Unit – 3</b>		12			
	<ul style="list-style-type: none"> <li>Psychological/Therapeutic needs of the client with disabilities Behavior therapy and behavior modifications various techniques like relaxation, systematic desensitization, Bio-feedback, assertive training, B.M. techniques to increase desirable behavior, reinforcement.</li> </ul>				
<b>Unit – 4</b>		12			
	<ul style="list-style-type: none"> <li>Cognitive approached in managing disability.</li> </ul>				
<b>Unit – 5</b>					
	<ul style="list-style-type: none"> <li>Role of community in rehibition services attitudinal changes and community resource mobilization. parents and self-help group's, Disadvantages group's like urban, rural, poor's.</li> </ul>				

### Text/Reference Books:

- Astana, Bipin (2009) Measurement and Evolution in Psychology and Education (English and Hindi) Agrawal Publications Hospital Road Agra-2
- Asthana B and Shrivastava, V. (2008) Educational Research and Statics Agrawal Publication Agra-2
- Joseph, W. (1984) Mental retardation and Development Disabilities
- David Werner (1984) Disable Village Children.
- Freeman F.S. (1978) Theory and Practice of Psychological Testing.
- Anasstassi, A. (1982), psychological testing, N.Y.: McMillan.
- Harsen, M. and Bellack, A.S. (ed) (1998), Behaviour Assessment, N. Y. pergmon

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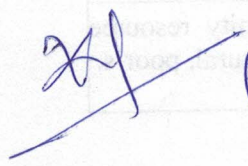
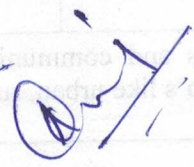
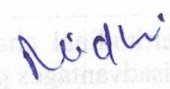
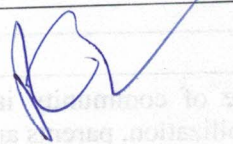
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Course code	PRACTICA-PROJECT, Paper-V	L	T	P	C
DPSYC20Y105		4	0	10	14
		Syllabus version			
		100 Marks			
<ol style="list-style-type: none"> <li>1. Preliminary Interview report.</li> <li>2. Observation report.</li> <li>3. Case History taking report.</li> <li>4. Screening psychological tests (Reven's Progressive Matrices, Bender Gestalt test, Draw-A-Man test).</li> <li>5. Development schedule/ personality inventory / any other relevant test.</li> <li>6. Disability / Counseling specific test.</li> <li>7. Adjustment Inventory.</li> <li>8. Institutional visits and observation report.</li> </ol>					
<p>In addition to the above, the student will plan and carry out a project work under the guidance of a supervisor in the particular area of Disability / counseling.</p>					

Text Reference books:

- Astum Bipo (2009) Measurement and Evaluation in Psychology and Education (English and Hindi) Agrawal Publications Hospital Road Agra-2
- Ashish B. and Shrivastava, V. (2008) Educational Research and Statistics Agrawal Publication Agra-2
- Joseph, W. (1984) Mental retardation and Developmental Disabilities
- David Werner (1984) Dialectic Village Children
- Freeman F.S. (1978) Theory and Practice of Psychological Testing
- Anastasi, A. (1983) Psychological testing, N.Y.: McMillan
- Larson, M. and Bellack, A.S. (ed) (1998) Behavior Assessment, N.Y. Pergamon

