

**DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY, AURANGABAD.**



**POST GRADUATE DIPLOMA IN
PSYCHOLOGICAL COUNSELLING
[PGDPC]**

With effective from 2014-15

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD,
POST GRADUATE DIPLOMA IN PSYCHOLOGICAL COUNSELLING
[PGDPC]

Syllabus (with effective from 2014-2015)

Regulation and scheme of studies

Introduction: Dr. Babasaheb Ambedkar Marathwada University is launching the Post Graduate Diploma Psychological Counselling [PGDPC] to meet the professional needs of manpower in the area of career guidance and counseling cells, hospitals and NGO's.

People living in the modern world are suffering various psychological problems they facing various stressful situations and strain. To deal with psychological problems, we need trained counselors. In the present situation very few trained counselors are working in the field. Students offering counselling psychology at the MA level or in the other Social Sciences do not feel fully equipped to become skilled and professional counselors. In order to meet this need, the Board of Studies in Psychology propose to introduce the 'Post-Graduate Diploma Psychological Counselling' affiliated to Babasaheb Ambedkar Marathwada University or any other college affiliated to Babasaheb Ambedkar Marathwada University.

Objectives: The course is designed to train

1. Counselors for peoples who ate suffering from various Personal Psychological Problems like anxiety, stress, failure, fear. etc.
2. Counselor for interpersonal problems at work place and in group situation
3. Counselors for Pre-marital counseling, Marital counseling, Family counseling and Old age counseling.
4. Counseling for problems related with behavior problems, concentration problems, study habit problems, fear of examination in school children.
5. Counseling for problems faced in adolescent age.

➤ **Transactional Strategies:**

The curriculum transition is conducted utilizing face to face interaction with the faculty; project work, assignments, supervised practical activities in real life situation as well as under simulated conditions using available electronic media and other field study, including educational tours.

➤ **Medium of instructions:**

In view of different regional and state languages bilingual policy is followed and medium of instruction is English/ Marathi. It is desirable that the applicants have adequate proficiency in reading, writing and speaking the English language.

➤ **Admission procedure:**

The college or institute would release an advertisement to news paper for admission. The release of advertisement would be done in May-June for the commencing from August of the same year. The eligible candidate would be applying for the course on the prescribed admission form of the college or institute.

Eligibility for admission:

1. Candidate having M. A. in psychology with specialization Counselling and Clinical Psychology will be given first preference for admission.
2. M.A. in entire or general Psychology.

Selection mode:

It is based on merit cum interview of the candidate after scrutinizing the application form for consideration of merit criteria qualifying examination will be treated as the bench mark. Eligible candidates will be selected.(50% of weightage will be given for obtained marks in qualifying examination and 50% of weightage will be given for appearance in the interview.)

Intake capacity:

The course is open for 20 candidates.

Duration of the course:

The PGDPC Programme commences generally in August and last up generally the end of May at the subsequent year.

Admission fees

1. Tuition and other fees will be charged as per prescribed by the University.
2. Other dues will be charged as per the norms of the University/college.

Attendance Rules: Each candidate is required to:

- i. Attend the Diploma course on full – time basis and not permitted to pursue any other course of study, or undertake any employment during the period of course.
- ii. Minimum attendance as per norms of the university is compulsory for the appearing for examination.

Rules of conduct:

- i. The candidates are required to abide by the rules normal academic course with regard to discipline, punctuality as well as the rules of hostel and mess enforced from time to time.
- ii. A candidate may be asked to discontinue from the course or the hostel because of unsatisfactory progress, irregular attendance, undesirable behavior or on medical ground.

Eligibility of Examination:

The candidate shall be eligible to appear in the session- end examination and viva – voce for the award of the diploma subject to the following conditions.

- i. A minimum 75% attendance in each theory course; and
- ii. Completion of all the supervised practicum.

Scheme of studies evaluation:

- i. The course comprises of both theory and practicum. Evaluation of both theory and practicum will be made by the panel of examiners. Appointed as per the University norms.

- ii. The theory part consists three theory papers each carrying of 100 marks with 1:4 weightage for internal and external examination.
- iii. The practicum also consists of four components. The entire practicum shall be supervised and evaluated by the faculty members. The internal evaluation will be continuous and comprehensive as detailed in course description.
- iv. The final session end evaluation shall include vivo-voce. Examination covering the entire theory and practicum the final vivo-voce shall be conducted jointly by the course faculty or guide as an internal examiner and external examiner appointed by university as per the norms cited.
- v. Evaluation (i) during the session and (ii) at the end of the session on four courses will be conducted as shown in the table.

Proposed Evaluation Scheme

	Core Courses	Total Instructional hours	Internal Marks	External Marks	Total Marks	Credit
1	Counselling In Action	120	20	80	100	4
2	Assessment in psychological counseling	120	20	80	100	4
3	Counselling Modules and fields of counseling	120	20	80	100	4
4	Practicum					(8)
	Listening and communication skills	60				
	Field Work for Counseling Cases	60				
	Evaluation Practicum					
	i. Report of Cases		25	25	50	2
	ii. Reporting Group		25	25	50	2
	iii. Case presentation			50	50	2
	iv. Vivo-voce			50	50	2
	Total	480	110	390	500	20

- Internal marks will be given on the basis performance on group discussion active participation in reflective thinking session, practice in school and correctional institutes, presentation in seminar, practicum record and sessional work and tests.

Regulation for the award of the Diploma:

- i. The percentage of marks obtained by the candidates in each theory paper and practicum will be converted in to grade as per the university norms if possible.
- ii. In order to be eligible for the award of the Diploma, it is necessary for candidate to obtain at grade C (in the range of 40% to 50% marks) in each of the theory papers.(internal + external) and practicum, including viva-voce examination separately.

Award of Diploma:

The award of diploma of this course is given under the seal of vice-chancellor of University.

THEORY PAPERS
Paper I: Counselling In Action

Objectives: After completion of the course the counselor candidate able to:

1. Understand the nature and process of counseling
2. Acquire the listening and communication skill for counseling.
3. Understand the personal and professional aspects of counseling

1. Introduction to counseling	25 Hrs.
1.1 Importance of Counselling	
1.2 History of counseling	
1.3 Evaluation of definition of counseling	
1.4 Goals of Counselling	
1.5 Counselling setting	
1.6 Professional and Ethics of counseling	
1.7 Professional preparation	
i. Education and Training	
ii. License of counselor	
2. Approaches to counseling	20 Hrs.
2.1 Directive approach	
2.2 Prescriptive approach	
2.3 Negotiative approach	
2.4 Consultative approach	
2.5 Non-directive approach	
3. Counselling skills	25 Hrs.
3.1 verbal communication	
3.2 Non verbal communication	
3.3 Do's and Don'ts of listening	
3.4 listening and communication skills	
i. Empathy	
ii. Unconditional positive regard	
iii. Genuineness	
iv. Reflecting	
v. Mirroring	
vi. Paraphrasing	
4. Counseling Relationship	25 Hrs.
4.1 Building therapeutic relationship	
4.2 initial interview	
4.3 transference	
4.4 counter-transference	
5. Counseling Process	25 Hrs.
5.1 First Phase	
i. Rapport	
ii. Therapeutic contract	
iii. Assessment	
5.2 Middle phase	
i. Emotional work	
ii. Plunging into process	
iii. Timing	
5.3 The final phase	
i. Planning for termination	

- ii. Repeating old themes
- iii. Feeling reaction to termination

Books for reading:

1. Gladding, S.T. (2009), Counseling: A Comprehensive Profession, Pearson
2. Gibson, R.L. & Mitchell, M.H. (2006), Introduction to Counselling and Guidance, Printice Hall of India Private Ltd., New Delhi.
3. Ivey, A. E. & Ivey, M. B. (2007), Intentional Interviewing and Counselling, Thomason: Brooks /Cple.
4. John McLeod (2003), An Introduction to Counselling, Rawat Publication, Jaipur India.
5. Moursund, Janet (...) The Process of counseling and therapy III edition
6. Nelson R. & Jones (2008), Basic Counselling Skills: A Helper's Manual. Sage Publication, India private Ltd. New Delhi.
7. Patri, V.R. (2001), Counselling psychology, Authers Press, Indian Institute of counseling New Delhi.
8. Welfel, E. R. and Patterson L.E. (2005), The counseling Process: A Multitheoretical integrative Approach' CENGAGE Learning India private Ltd. New Delhi.

Paper II: Assessment in psychological counseling

Objectives:

- i) To introduce the students various types of assessment techniques in counseling.
- ii) To enable to students to assess the psychological problems of the clients for counseling.
- iii) Understand the testing, assessment and diagnosis in counseling

1. Assessment of psychiatric disorder	20 Hrs.
1.1 History taking	
1.2 Mental status examination	
1.3 Behavioural analysis	
1.4 Cognitive assessment	
2. Psychological tests	25 Hrs.
2.1 Intelligence tests	
2.2 Aptitude tests	
2.3 Achievement tests	
2.4 Personality tests	
2.5 Interest inventories	
3. Other techniques of assessment	25 Hrs.
3.1 Observation	
3.2 Rating scales-	
3.3 structural interview	
3.4 DSM-IV-TR	
3.5 ICD-10	
4. Assessment of Childhood problems	25 Hrs.
4.1 Mentally Retarded	
4.2 Learning Disabled	
4.3 Emotional Disturbed	
4.4 Children with Autism	
4.5 Children with A.D.H.D.	
4.6 Slow learners	
5. Clinical assessment tools	25 Hrs.
5.1 Beck depression inventory	
5.2 Derogatis Psychiatric Rating Scale	
5.3 Inventory of Suicide Orientation-30	
5.4 Neuropsychological battery	
5.5 Projective Techniques	

Books for reading:

Anastasi, A. T. & Urbina, Susana (1997) *Psychological testing*, 7th edition Indian reprint 2002, Pearson Education Inc.

Brander, B D. & Hayes, T. (2010), *Introduction to counseling* (Spl. Ed.) Toronto/ Pearson.

Jphn McLeod, (2003), *An Introduction to counseling* (third Ed)Rawat Publication Jaipur India.

Whiston, S.C. (1999), *Principles and application of assessment in counseling*, Wadsworth, Belmont, Brooks-Clole

Paper III: Counselling Modules and fields of counseling

Objectives: After Completion of the course the counselor candidate would be able to:-

1. Understand basic concepts of various therapies
2. Apply various counseling therapies to Indian context.

Part I

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|---------------------------------------|----------------|
| 1. Psychoanalytic psychotherapy | 15 Hrs. |
| 1.1 Freudian | |
| 1.2 Neo-Freudian | |
| 2. Person-Centered therapy | 15 Hrs. |
| 3. Transactional analysis | 15 Hrs. |
| 4. Cognitive -Behaviour therapy | 15 Hrs. |
| 4.1 Progressive muscular relaxation | |
| 4.2 Mental Relaxation | |
| 4.3 Systematic desensitization | |
| 4.4 Assertiveness training | |
| 4.5 Rational Emotive behavior therapy | |
| 4.6 Beck's cognitive therapy | |

Part: II

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|--|----------------|
| 1. Marital and Family counseling | 15 Hrs. |
| 1.1 Marriage counseling | |
| 1.2 Marriage and couple counseling | |
| 1.3 Inter-spouse Relationship and Adjustment | |
| 1.4 Adjustment with Spouse, Sexual Adjustment, economical adjustment, in-law adjustment, adjustment with parenting | |
| 1.5 Process of Family Counselling | |
| 1.6 Family and Systemic therapy | |
| 2. Career counseling | 15 Hrs. |
| 2.1 Importance of career counseling | |
| 2.2 Career information | |
| 2.3 Career Development Theories | |
| 2.4 Trait and factor theory | |
| 2.5 Development theories | |
| 2.6 Social cognitive career theory | |
| 3. Counselling for specific problems. | 15 Hrs. |
| 3.1 HIV/AIDS counseling and pre test-post test counseling | |
| 3.2 Suicide and Deliberate self –harm | |
| 3.3 Alcohol problems | |
| 3.4 Anger control | |
| 3.5 Bereavement /Grief | |
| 3.6 Crisis intervention | |
| 4. Counseling for clinical problems | 15 Hrs. |
| 4.1 Anxiety and Panic | |
| 4.2 Stress related problems | |
| 4.3 Depression | |
| 4.4 Obsessive-Compulsive Disorder | |
| 4.5 Phobias | |
| 4.6 Psychosomatic disorders | |
| 4.7 Sexual dysfunction | |

Books for Reading:

1. Hoffman, *counseling Client with HIV Disease: Assessment, intervention and prevention*.
2. Kottler, J. A. & Shepard D. S. (2008), '*Counseling: theories and Practice*', Cengage Learning India Private Limited Patparganj New Delhi.
3. Malvika Kapur (2011), '*Counseling children with Psychological problems*', Dorling Kindersley (India) Pvt. Ltd. Pearson. Delhi.
4. Meichenbaum, D. (1977) '*Cognitive –Behaviour modification: an integrative approach*', New York ; Plenum Press.
5. Nichols, P. M. & Schwartz C. R. (2006), '*Family therapy –concept and methods*' 7th edition Allyn and Bacon, Boston, Pearson educational Inc Press, Inc
6. Rimm, D.C.&Master, J.C. (1987), '*Behaviour therapy: Techniques and Empirical findings*'. New York: Harcourt, Brace, Jovanich.
7. Stewart, I. (2000), '*Transactional analysis counseling in action*'. London: Sage.
8. Udupa, K. L. (1985), '*Stress and its management by Yoga*' Delhi : Martilan Banaraa Das.
9. Verma, L. (1990) '*The management of children with emotional and behavioural difficulties*', London: Routledge.
10. Worden, J. (---) '*Grief Counseling and grief therapy*' Amazon co. UK

Paper IV: Practicum

The course will focus “theory practice” integration. In counseling practice session candidate will be assisted to identify the psychological problem of the clients and candidate will try to find out the causes behind this problem, by arranging some counselling sessions of the clients. In this direction, the counselling practice session will be integrated with the theory course and start after one month of theory classes. For the purpose of counseling practice session, secondary schools from the city, day care centers, mental hospitals & NGOs may be treated as experimental sites. Candidate should select at least ten cases from different areas such as school counselling, family counselling, pre-marital counselling, marital counselling for children with special need, personal problems, clinical cases counselling, etc. and two exercise of group counseling. Counselling such as old age problems, Career guidance, self-awareness, Study habits, Life coaching skills etc.

I. Listening and communication Training

60 Hrs.

- a) Attention giving
- b) Active listening
- c) Reflecting
- d) Paraphrasing
- e) Summarizing
- f) Questioning
- g) Do's and Don't
- h) Twelve typical

- 1) In the beginning the candidate will practice counseling skill with role play group under the supervision.
- 2) Each practice session may be video recorded and play back in group for discussion and feedback.
- 3) Application of counseling skills in real situation can be reported by the candidate and discussed with the faculty or in peer group for necessary modification.

Field work:

a) Counselling Cases (individual):

30 Hrs.

Report of the 10 counselling cases should be neatly typed in the standard format and a bound copy should be submitted. The report should cover the following points.

1. Case history,
2. Identification of the problem
3. Psychological Assessment
4. Diagnosis of problem
5. Prognosis
6. Session plan
7. Therapeutic intervention.
8. Summary and outcomes

b) Counselling Cases (Group): Candidate should practice group sessions 30 Hrs.

- 1) Family
- 2) Old age group
- 3) Alcoholic dependent group

- 4) HIV/Aids
- 5) Mental retardation
- 6) Other

Two exercises should be neatly type of on the standard format and should be included in the bound copy of the report.

Evaluation of Practicum:

1. The external examination of practicum will be conducted by one internal and two external examiners appointed by University.
2. Each batch of practicum, examination will be consisting of only 08 students.
3. Duration of the examination for each batch will be 4 ½ hours.
4. Assessment of analysis of cases will do by examiners.
5. Break-up of marks will be as follows:

i) Report of cases:	50 (25internal +25 viva voce)
ii) Reports of group:	50 (25internal +25 viva voce)
iii) Case presentation :	50
iv) Vivo-voce:	<u>50</u>

Total: 200

Books for Reading:

- 1) Corey Gerald, (2008), '*Group Counselling*', Brooks Cole ,
- 2) पवार बी. एस. आणि चौधरी, जी.बी.(2004) '*समुपदेशन मानसशास्त्र*' प्रशांत पब्लिकेशन्स पुणे.
- 3) देशपांडे चंद्रशेखर, आणि इतर (2010) '*समुपदेशन: शास्त्रीय प्रक्रिया व उपयोजन*' उन्मेष प्रकाशन, पुणे.
- 4) HIV Counselling Handbook for the Asia-Pacific: UNICEF East Asia and Pacific Regional Office, 2009. ISBN: 978-974-685-112-1. http://www.unicef.org/eapro/HIV_handbook.pdf.