

PG Diploma in Guidance and Counselling

Course scheme

Semester I

Course code	Course name	Credits	Total credits
PSY 581	Introduction to Mental Health Counseling	4	16
PSY582	Counselling and emerging trends	4	
PSY583	Psychological Scaling and Assessment	4	
PSY584	Positive psychology	4	

Semester II *

Total Credits

PSY 585	PRACTICAL (Case studies, Psychometric testing and Report Writing)	8	16
PSY586	Dissertation/Project	8	

*Internship -2 months

Evaluation: Satisfactory or Unsatisfactory.

Each student will prepare a field report to be submitted to department for Evaluation.

Course Scheme

SEMESTER I

Course Name: Introduction to Mental Health Counseling

Course Code: PSY 581

Credits: 4

MISSION: The course aims to cover the core areas of mental health that reflects current trends and broad domains classification of mental disorders and different techniques of psychological assessment; encouraging the students to develop analytical knowledge and understanding of mental health and wellbeing.

Objectives

1. To develop a deep understanding and broad knowledge of the historical background and concept of mental health.
2. To acquire in-depth insight and knowledge related to specialized topics such as classification of mental disorders and symptoms.
3. To acquire an overall perspective on the techniques and assessment of mental disorders and deep understanding of the concept of psychological well-being.

COURSE CONTENT:

Unit I

Historical background and concept of mental health, Significance of mental health Counselling.

Identification and classification of mental disorders (DSM and ICD), types of mental disorders, symptoms and general etiology of mental disorders and treatment.

Unit II

Process of counselling, Stages-building the rapport, In-depth Exploration, Action and Termination. Techniques and tools in counselling process

Unit III

Current trends in mental health counselling, role of mental health counselling in work settings, role of counsellor in private practice, ethical and legal issues, Community mental health.

UNIT IV

Etiology of Substance Abuse and Addictive Behavior: Etiology
Models of Addiction

Relapse Prevention, Self Help Groups, Alcohol Anonymous (AA), Family Therapy

Suggested Readings:

1. Abnormal Psychology by Carson -Allyn & Bacon-Jill M. Hooley,Susan Mineka,James N. Butcher-2008-EDN-13
2. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) , 2013 update to published by the American Psychiatric Association (APA)
3. ICD-10, 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD), published by World Health Organization (WHO)
4. Patterson, L. E. &Welfel, E. R. (2000) The Counselling Process, Wadsworth, USA

Course Name: Counseling and Emerging trends

Course code: PSY 582

Credits: 4

MISSION: The course aims to cover the core areas of counselling that gives an insight into the different types of counselling. It encourages the students to develop counselling skills and interdisciplinary application of counselling therapies.

Objectives:

- 1.To develop a deep understanding and broad knowledge of the historical background and concept of mental health.
- 2.To acquire in-depth insight and knowledge related to different specialized topics such psychodynamic approach, humanistic approach, behavioral approach and cognitive approach.
3. To acquire an overall perspective on the different emerging effective psychological tools

COURSE CONTENT:

Unit I

Concept, Historical Antecedents,

Therapeutic goals in Counselling.

Types of counselling: Directive Counselling, Non Directive Counselling, Marriage and family counselling, Guidance and career counselling, Rehabilitation counselling, Mental health counseling, Substance abuse counselling, Educational Counselling and Group Counselling .

Unit –II

Psychodynamic Approach: Freud, Adler and Jung.

Humanistic Approach: Existential, Client Centered Counseling, Gestalt Counseling

Unit –III

Behavioral Approach: Behavior Therapy, Cognitive Behavior Modification.

Cognitive Approach: Rational Emotive Behavior Counseling (REBT), Beck's Cognitive Therapy, Transactional Analysis

Unit –IV

Therapies emerging as effective psychological tools:

Art Therapy ,Eclectic Therapy , Emotionally Focused Therapy , Hypnotherapy , Integrative Therapy , Interpersonal Psychotherapy , Mindfulness-Based Cognitive Therapy , Motivational Interviewing ,Multicultural Therapy , Narrative Therapy , Neuro-Linguistic Programming Therapy , Parent-Child Interaction Therapy (PCIT) , Play Therapy, Rational Emotive Behavior Therapy , Transpersonal Therapy , Trauma-Focused Cognitive Behavior Therapy Reality Therapy and Solution-Focused Brief Therapy

Suggested Readings:

1. Brown, J.A. & Pate, R.H. (1983) Being a Counsellor: Directions and Challenges Brooks/Cole Publishing Company, USA.
2. Corey, G. (2009) Theory and Practice of Conselling and Psychotherapy, 8th Edition, Wadsworth, USA
3. Herr, E. L. & Crammer, S. H. (1988) Career Guidance & Counselling Through the life Span. Third Edition, Scott, Foresman& Company, USA.
4. Kotler, J. A. & Brown, R. W. (2000) Introducaton to Therapeutic Counselling Process. 4th Edition Brooks/Cole Publishing Company, USA.
5. Patterson, L. E. &Welfel, E. R. (2000) The Counselling Process, Wadsworth, USA

6. Shertzer, B. & Stone, C. (1976) Fundamentals of Guidance. Third Edition Houghton Mifflin Company, USA.
7. Woolfe, R., Strawbridge, S., Dryden, W. & S. (2003) Hand Book of Counselling Psychology, Sage Publications, London.
8. Kotler, J. A. & Brown, R. W. (2000) Introduction to Therapeutic Counselling Process. 4th Edition Brooks/Cole Publishing Company, USA.
9. Introduction to art therapy by Judith Aron Rubin, published by Routledge 2010

Course Name: Psychological Scaling and Assessment

Course Code: PSY 583

Credits: 4

MISSION: To provide in-depth knowledge for the students to equip themselves with various types of Psychological tests, their usage, scoring, clinical interpretation

Objectives: To highlight the utility of psychological tests along with counselling.

UNIT 1

Intelligence, Achievement and Creativity tests. Interest and Aptitude scales

UNIT II

Personality Assessment: Psychometric and Projective tests

UNIT III

Neuropsychological and Clinical assessment

UNIT IV

Scales related to wellbeing, self-esteem, Self-efficacy, and psychometric attributes relevant for school students

Suggested readings:

1..Brown, J.A. & Pate, R.H. (1983) :

Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA.

2.Corey, G. (2001) : Theory and Practice of Counselling and Psychotherapy, Sixth Edition, Wadsworth, USA.

3. Felthman, C. & Horton, I.E. (2006).

The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London.

4.Gladding, Samuel T. (1972) :

Counselling. A Comprehensive Profession, 4th Edition Brooks/Cole Publishing Company, USA.

5. Patterson, L. E. & Welfel, E. R. (2000)

The Counselling Process, Wadsworth, USA.

6. Shertzer, B. & Stone, S. C.(1976) :

Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA.

Course Name: Positive psychology

Course Code: PSY584

Credits: 4

MISSION: The course aims to cover the core areas of positive psychology that gives an in depth knowledge into the different areas of topics such as happiness, positive emotions and wellbeing. It encourages the students to understand the concept of positive traits such as self-regulation, virtues, strengths, optimism and self-esteem.

Objectives:

1. To develop a deep understanding and broad knowledge of PERMA model of wellbeing.
2. To acquire in-depth insight and knowledge related to different specialized topics such happiness, wellbeing, self-realization, positive emotions and positive traits.
3. To have an overall understanding of the meaning of life and wellness.

Course Content:

Unit I- What is Positive Psychology

Traditional psychology-Why the negative focus?

Positive psychology: Assumptions, Goals and Definitions

Changing paradigms of Positive psychology- PERMA model

Health Psychology

Unit II-The Meaning and Measure of Happiness

Psychology of Well-being

Two traditions of Happiness : Hedonic and Eudaimonic –definition, measurement and comparison

Subjective Well-being, Self-realization

Happiness and the facts of life

Money, Happiness and Culture

Unit III-Positive emotions and Well-being

Positive emotions: Broaden –and –build theory of Positive emotions

Positive emotions and Health resources

Cultivating positive emotions- flow experiences, savoring

Personal Goals as Windows to Well-being

Life above zero: Interconnection of the “Good” and the “Bad”

Mindfulness and Well-being

East-West and Positive psychology

Unit –IV Positive traits

Personality, Emotions and Biology

Self –regulation and Self –control

Positive beliefs-Self esteem, optimism ,empathy

Virtues and Strength of Character: wisdom, transcendence

Suggested Readings:

1. Snyder, C.R. & Lopez, S.J. (2006). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Thousand Oaks, CA: Sage
2. Seligman, M. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York: Free Press
3. Lopez, S.J. (Ed.) (2009). *The Encyclopedia of Positive Psychology*. New York: Wiley
4. Keyes, C. L. M. & Haidt, J. (Eds.). (2002). *Flourishing: Positive psychology and the life well-lived*. Washington DC: American Psychological Association

SEMESTER II

PSY 585	PRACTICAL (Case studies, Psychometric testing and Report Writing)	8	16
PSY586	Dissertation/Project	8	

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