

## PG DIPLOMA IN GUIDANCE, COUNSELING AND PSYCHOTHERAPY

### Scheme of Examination (From 2020-21)

There shall be three theory papers and one practical-cum-field work of 100 marks each. All the four papers are compulsory.

Paper	Nomenclature	Marks	Time
<b>Psy. PGD.1 (C):</b>	GUIDANCE	100	3 Hour
<b>Psy. PGD.2 (C):</b>	COUNSELLING PSYCHOLOGY	100	3 Hours
<b>Psy. PGD.3 (C)</b>	PSYCHOTHERAPY	100	3 Hours
<b>Psy. PGD.4 (1) (C)</b>	PRACTICAL	50	3 Hours
<b>Psy. PGD.4 (II) (C)</b>	FIELD WORK	50	3 Hours

Paper No.	Nomenclature	No. of Credit	Exam. Scheme		
			External T	Internal Assessment	Total
Psy. PGD.1 ( C)	Guidance	4	80	20	100
Psy. PGD.2 ( C)	Counselling Psychology	4	80	20	100
Psy. PGD.3 ( C)	Psychotherapy	4	80	20	100
Psy.PGD.4 (1) ( C)	Practical	2	50	-	50
Psy.PGD.4 (II)( C)	Field Work	2	50	-	50

The student has to choose and pass one paper, having 2 credits, available on Swayam Portal related to nature of diploma.

## **GUIDANCE**

**Paper: Psy. PGD.1 ( C)**

Max. Marks:100  
Theory:80  
Internal Assessment:20  
Time: 3 Hours

**NOTE-** The paper setter shall set TEN questions-TWO questions from each unit. The candidates will have to attempt FIVE in all, selecting ONE from each unit

### **UNIT I**

Guidance - Nature, need , principles, goals and scope of Guidance. Process of Guidance

Types of Guidance-Educational, Vocational and Personal Guidance

### **UNIT-II**

Assessment in Guidance- Formal and Informal techniques.

Nature and types of Psychological tests.

Cognitive and behavioural assessment of children with Special needs

### **UNIT-III**

Adjustment: Meaning, Nature and Determinants.

Adjustment Problems of Children and Adolescents.

Use of Clinical Methods for shaping healthy adjustment.

### **UNIT- IV**

Approaches of Guidance: Individual V/S Group,

Meaning and Nature of Individual and Group Guidance;

Techniques of Group Guidance

### **UNIT- V**

Organisation of Guidance services.

Guidance Personnel-Roles, skills and training

Guidance in classroom for learning and discipline

### **Recommended books**

Anastasi, A. & Urbina, S. ( 1997). Psychological Testing. New York: Mc Millan.

Bernard, H.W. & Fuller, D.W. ( 1977). Principles of Guidance. New York: Crowell.

Bhatnagar, A. & Gupta, N. (2001). Guidance and Counselling, Vol. 1, A theoretical Perspective.  
New Delhi: Vikas Publishing House.

Bhatnagar, A. & Gupta, N. (2001). Guidance and Counselling, Vol. 2, A Practical Approach.  
New Delhi: Vikas Publishing House.

Crow, L. D. & Crow, A. V. B. ( 1961). Introduction to Guidance: Basic principles and practices.  
New Delhi: Eurasia.

Gibson, R. & Mitchell, M. (2005). Introduction to Guidance and Counselling. New Delhi:  
Prentice Hall of India.

Pietrofesa, J.J. (1980). Guidance: An introduction. Chicago: Rand Mc Nally.

Shaffer, L.P. and Shoben, E.J. (1986). Psychology of Adjustment: A Dynamic and Experimental  
Approach to Personality and Mental Hygiene. Boston:Houghton Mifflin.

## **COUNSELING PSYCHOLOGY**

**Paper: Psy.PGD.2 ( C)**

Max. Marks:100  
Theory:80  
Internal Assesment:20  
Time: 3 Hours

Note: The paper setter shall set TEN questions- TWO questions from each unit. The candidate will have to attempt FIVE questions in all, selecting ONE from each unit.

### **UNIT-I**

Introduction to counseling: Meaning, Goals and Objectives of counseling. Basic assumptions and principles of counseling.

### **UNIT-II**

Role, Characteristics and training of counselor. Counseling skills: Listening, Reflecting, Summarizing, Confronting, Interpreting and Informing skills. Ethical issues in counseling.

### **UNIT-III**

Components of Counseling Practice: Conduction of first session, developing communication and attending skills, Rapport/Relationship building, Assessing client problems, Process and outcome goals, Termination and Follow-up.

### **UNIT-IV**

Counseling Approaches & Techniques- Directive, Non-Directive and Eclectic Counseling. Case study, Counseling interview, Sensitivity training, Transactional analysis, Psychodrama.

### **UNIT-V**

Special areas of counseling: Counseling for children with emotional disturbance and learning disability; Exceptional children, Marital counseling Occupational counseling, Counseling patients with terminal disease/chronic illness – HIV/AIDS, cancer patients and their caretakers, Counseling drug addicts and alcoholics.

**Recommended Books:**

- Clough, P. Pardeck, J.T. & Yuen, F. (Eds) (2005). Handbook of emotional and behavioural Difficulties.
- Mozdzierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). Principles of Counseling and Psychotherapy. New York: Routledge.
- Cormier, L.S. and Hackney, H. (1993). The Professional Counsellor. Englewood Cliffs, N.J: Prentice Hall.
- Woolfe, R. and Dryden, W. (1996). Handbook of Counselling. London: Sage Publications.
- Bender, W.N. (1995). Identification and Teaching Strategies for Learning Disabilities. New York: Allyn Bacon.
- Dryden, W. (1995). Key Issues for Counselling in Action. London: Sage Publications.
- Sharry, J. (2006). Counselling Children, Adolescents and Families: A Strength Based Approach. New York: Sage Publishers.
- George, R.L. Cristiani, T.S. (1990). Counselling: Theory and Practice. New Jersey: Prentice Hall (3<sup>rd</sup> edition).
- Peterson, J.V. and Nishenholz, B. (1999). Orientation to Counselling, New York: Allyn & Bacon.

## **PSYCHOTHERAPY**

**Paper: Psy. PGD.3 ( C)**

Max. Marks:100  
Theory:80  
Internal Assessment:20  
Time: 3 Hours

Note: The paper setter shall set TEN questions- TWO questions from each unit. The candidate will have to attempt FIVE questions in all, selecting ONE from each unit.

### **UNIT-I**

Psychopathology: Meaning, Criteria, Approaches: Psychodynamic, Behaviouristic, and Humanistic and Existential.

Classification of Mental Disorders: ICD & DSM Systems.

### **UNIT-II**

Psychotherapy: Definition, Objectives, ethical issues. Significant variables in Psychotherapy Training of Psychotherapist, Clinical Formulation.

Therapeutic Relationship: Client and Therapist characteristics, Factors Influencing Relationship.

### **UNIT-III**

Taking History and Mental status examination.

Behaviour Therapies: Origin, Foundations and Principles; Behavioural Assessment. Desensitization- Extinction, Skill Training, Operant Procedures and Aversion.

### **UNIT-IV**

Cognitive Therapies: Introduction to cognitive Model (Beck and Ellis), Basic Principles and Assumptions, Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Cognitive Restructuring, Gestalt Therapy

### **UNIT-V**

Systemic Therapies: Origin, Theoretical Models and Techniques with respect to Family therapy, Marital Therapy, and Group therapy.

### **Recommended Books:**

Bellack, A.S., & Hersen, M. (2000). *Comprehensive Clinical Psychology (Vol. 5 & 6)*, New York: Elsevier Science Ltd.

Gelder, M., Cowen, P., & Harrison, P. (2005). *Shorter Textbook of Psychiatry*, London: Oxford Press.

Carson, R.C., Butcher, J.N., & Mineka, S. (2000). *Abnormal Psychology and Modern Life*, Delhi: Pearson Education.

Wolberg, L.R. (1988). *The Techniques of Psychotherapy (Vol. I & II)*. London: Jason Aronson Inc.

Hamilton, M. (1985). *Fish's Clinical Psychopathology: Signs and Symptoms in Psychiatry*, Bombay: Varghese Publishing House.

Masters, J.C., Burish, T.G., Hollon, S.D., & Rimm, D.C. (1987). *Behaviour Therapy: Techniques and Empirical Findings*, Florida: Harcourt Brace & Company.

Hawton, K., Salkovskis, P.M., Kirk, J., & Clark, D.M. (2004). *Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide*. New York: Oxford University Press.

## **Practical (Diagnostic Assessment Techniques)**

**Paper: Psy. PGD.4 (1) ( C)**

Max. Marks: 50

Time: 3 Hours

Note: Any 8 practicals out of the following are to be conducted and reported during the course. One practical will be allotted to a candidate during the examination and evaluation will be based on Practical Note Book, Performance during practical examination and viva-voce.

N.B.: A series of lectures will be delivered on Diagnostic Testing to acquaint the students with: Nature of Psychological Tests, their functions, Psychometric Properties- Reliability, Validity Norms; Ethical Issues.

1. Clinical Analysis Questionnaire.
2. NEO PI- R
3. IPAT- ASQ
4. Interest Inventory
5. Beck Depression Inventory
6. WAIS-R
7. Wechsler Memory Scale
8. Rorschach Inkblot
9. AIIMS Neuropsychological Assessment Battery
10. Adjustment Inventory
11. Stress Inventory
12. Clinical Rating Scales- Autism, ADHD.
13. D.A.T.B



## **Field Work**

**Max. Marks: 50**

### **Paper: Psy. PGD.4 (II) ( C)**

#### **Field Work**

To provide hands on experience in acquiring the necessary skill and competency in selecting, administering, scoring, and interpreting psychological tests and treating the individuals suffering from Psychological problems, the candidates need to engage themselves in active training under supervision.

#### **Submission of Psychodiagnostic and Psychotherapy records.**

- Four full-length Psychodiagnostic records to be prepared and submitted by the candidate. The records should include a detail clinical history and a discussion on a) rationale for testing b) areas to be investigated c) tests administered (d) test findings and e) Impression.
  
- Four full-length counseling and Psychotherapy records to be prepared and submitted by the candidate. The records should include a) reasons for interventions (b) short-term and long term objectives (c) type and techniques of intervention used with rationale d) Process of therapy (e) changes occurred during therapy and (e) final outcome.