University of Rajasthan
Jaipur
SYLLABUS

POST P.G. DIPLOMA IN COUNSELLING
Semester 2021
Department of Psychology, University of Rajasthan, Jaipur.
One Year Post P.G. Diploma in Counselling

**DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS**

**Semester-I**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the paper</th>
<th>Credits</th>
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<tbody>
<tr>
<td>S1.01</td>
<td>Psychology of Personal Growth and Well-being</td>
<td>4</td>
</tr>
<tr>
<td>S102</td>
<td>Psychopathology</td>
<td>4</td>
</tr>
<tr>
<td>S1.03</td>
<td>Diagnostic Techniques</td>
<td>4</td>
</tr>
<tr>
<td>S1.04 (a)</td>
<td>Supervised Practice</td>
<td>6</td>
</tr>
<tr>
<td>S1.04 (b)</td>
<td>Viva-Voce</td>
<td>2</td>
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<td><strong>Total</strong></td>
<td><strong>20</strong></td>
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**Semester-II**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title of the paper</th>
<th>Credits</th>
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<tbody>
<tr>
<td>S2.01</td>
<td>Foundations of Counselling</td>
<td>4</td>
</tr>
<tr>
<td>S2.02</td>
<td>Psychotherapeutic Interventions: Psychoanalytic, Humanistic-Existential, Interpersonal and Systemic</td>
<td>4</td>
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<tr>
<td>S2.03</td>
<td>Psychotherapeutic Intervention: Behavioral and Cognitive-Behavioral and Gestalt</td>
<td>4</td>
</tr>
<tr>
<td>S2.04 (a)</td>
<td>Internship and Dissertation</td>
<td>6</td>
</tr>
<tr>
<td>S2.04 (b)</td>
<td>Viva-Voce</td>
<td>2</td>
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<td></td>
<td><strong>Total</strong></td>
<td><strong>20</strong></td>
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**Grand Total** 40

Course Structure: One Year P.G. Diploma in Counselling (Semester Scheme) course will be comprising of two (2) semesters. Each semester will offer twenty (20) credits. For the award of the diploma all forty (40) credits are required.

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4. Psychotic and mood disorders: Schizophrenia and delusional disorders; Mood disorders
5. Other behavioral disorders - Psychoactive substance abuse; Sleep and impulse control disorders; Personality disorders.

Recommended Books:


Paper S1.03

Diagnostic Techniques

1. Psychodiagnosis: Concept and nature, differential diagnosis; Sources of clinical data; Assessment interview, behavioral assessment, behavioral rating scales and checklists, and psychological tests.
2. Clinical interview: Nature and Types-Intake, Diagnostic and Crisis interviewing; Diagnostic interviewing skills; Mental Status Examination.
3. Assessment of Intelligence: Stanford-Binet (4th Ed); WAIS IV; WISC-IV; Raven’s Progressive Matrices.
4. Assessment of Personality: Objective Tests- MMPI-2, NEOPI-R; Projective: Rorschach Ink Blot Test, TAT.
5. Neuropsychological assessment: AIIMS Battery; WMS-III; Luria-Nebraska Neuropsychological Test Battery; Bender-Gestalt Test.

Recommended Books


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Paper S1.04(a)  Supervised Practice  Credits 6

(Each practice will be selected with the consultation of supervisor and will follow a detailed report for group discussion and feedback).

1. Indi vi dual t esti ng (F i ve meas ur es: El ect i ve)
2. Group tes ti ng (Fi ve meas ures: Electi ve)
3. Indi vi dual Counsell ng (Fi ve - fi ve cases i n a ny o f t h e t wo areas out of t he foll owi ng: General Adjust ment, Vocati onal Adjust ment, Educati onal Counsell ng, Ment al Healt h, Addi ct i ve B ehavi or, Career Counsell ng, Counsell ng i n Orga n i zati onal sett i ng).
4. Group Counsell ng (In any two a reas out of premarital, couple, employ ee, yoga and Medi tati on, el der l y peopl e. Peopl e wit h s evere ail ment s).
5. Case St udi es
   (a) Career Devel op ment (05 cas es) (b) Human ad justment/Mental Health (05 cases)

S1.04 (b)  Comprehensive Viva-Voce  Credit 2

Semester - II

Paper S2.01  Foundations of Counselling  Credits 4

1. Basics of Counselling: Principles and goals; Need and scope for counseling; Ethical issues.
2. Role of counselor; Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling.
3. Positive psychology oriented counseling: Enhancing happiness and pleasure; Engagement and meaning making; identifying and developing character strength and virtues.
4. Special areas of counselling: Counselling for children with emotional disturbance and learning disability; Drug addiction; marital counseling.
5. Other areas of counselling: Occupational counselling; Counselling for patients with terminal disease /chronic illness - HIV/AIDS, cancer patients and for their caretakers.

Recommended Books:


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5
Psychotherapeutic Interventions:
Psychoanalytic and Humanistic- Existential, Interpersonal and Systemic

1. Psychotherapy: Nature and Scope; Common Goals and ingredients of Psychotherapy; Types of Psychotherapeutic Intervention
2. Structuring therapeutic relationship: Nature of Client-therapist Relationship, Dimensions and Stages of client therapist relationship, building the helping relationship; structuring the therapeutic situation.
4. Humanistic and existential therapies: Person centered and Gestalt therapies: Key concepts, therapeutic Techniques and Procedures; Existential therapy.
5. Other Therapeutic approaches: Reality Therapy; Family System therapy; Transactional Analysis.

Recommended Books

Psychotherapeutic Interventions: Behavioral, Cognitive-Behavioural and Gestalt

2. Operant procedures, Application of Reinforcement Principles; Contingency Management; Premack’s principles.
5. Biologically based therapies: Biofeedback- Electromyography; Finger Temperature; GSR; EEG; Areas of application; Psychopharmacological Therapy: Overview of major psychotropic Drug Doses.

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Recommended Books:


Paper S2: 04 Internship and Dissertation  Credits 6

(A) Internship:

Each candidate will be required to undergo an Internship training of a total of 4 weeks. He/she will be attached to a hospital or counselling facility for learning and practicing the counseling skills. Each student shall submit the internship report as a dissertation.

(B) Comprehensive Viva-Voce:  Credits 2

[Signature]
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