



University of Rajasthan Jaipur

SYLLABUS

POST P.G. DIPLOMA IN
COUNSELLING

(SEMESTER SCHEME)

2024

Rj / Jay
Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR *(Rj)*

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

Course Code	Title of the paper	Credits
S1.01	Psychology of Personal Growth and Well-being	4
S1.02	Psychopathology	4
S1.03	Diagnostic Techniques	4
S1.04 (a)	Supervised Practice	6
S1.04 (b)	Viva-Voce	2
Total		20

Semester-II

S2.01	Foundations of Counselling	4
S2.02	Psychotherapeutic Interventions: Psychoanalytic, Humanistic-Existential, Interpersonal and Systemic	4
S2.03	Psychotherapeutic Intervention: Behavioral and Cognitive-Behavioral and Gestalt	4
S2.04(a)	Internship and Dissertation	6
S2:04(b)	Viva-Voce	2
Total		20
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.


Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

Scheme of Examination:
A. Each theory paper will carry 100 marks. The E008 will carry 100 marks. E008 will be of 3 hours duration.
B. Part 'A' of theory paper will contain four (4) compulsory or question of five (5) marks each.
C. Part 'B' of theory paper will contain four (4) questions with 10 marks each. Each question will carry two (2) DSM marks for correct answer.
D. Super visor panel will be of 100 marks and will involve the course review session. The 100 marks is split of response and will consist of at least one of the 1 subject's performance on the basis of the factors like attendance, classroom participation, quiz, homework assignments, etc. Response will be to be provided during the session will be the course in 1st exam session more by the guide of teacher.

Semester – I
Credit 4
Paper SI.01 Psychology of Personal Growth and Well-being
1. Perspectives on self and personal growth: Concepts of adjustment, Sida and healthy personalization: Characteristics and determinants.
2. Models of illness and health: Biological, Psychological and Biopsychosocial models. Illness and health beliefs: Illness prevention and health promotion: Behavioral risk factors, Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories, Life satisfaction and happiness: measurement of well-being and quality of life.
4. Stress and coping: Concept of stress, transactional and cognitive theories of stress: Physical and mental health outcomes of stress: coping: concepts, strategies and effectiveness.
5. Stress: Assessment of stress: Cognitive, behavioral and physical interventions: Methods of stress inoculation, yoga, progressive muscle relaxation, biofeedback method of progressive muscle relaxation.

Recommended Reader:
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India

Paper SI.02 Psychopathology Credits 4
1. Introduction: Theoretical Models and Causal Factors. Classification Systems: DSM-5 and ICD-10.
2. Neurodevelopmental disorders
3. Anxiety, Obsessive-Compulsive, Trauma and Stressor related Disorders: Nature, Clinical Picture, Types and Causal Factors.

Scheme of Examination:
A. Each theory paper will carry 100 marks. The E008 will carry 100 marks. E008 will be of 3 hours duration.
B. Part 'A' of theory paper will contain four (4) compulsory or question of five (5) marks each.
C. Part 'B' of theory paper will contain four (4) questions with 10 marks each. Each question will carry two (2) DSM marks for correct answer.
D. Super visor panel will be of 100 marks and will involve the course review session. The 100 marks is split of response and will consist of at least one of the 1 subject's performance on the basis of the factors like attendance, classroom participation, quiz, homework assignments, etc. Response will be to be provided during the session will be the course in 1st exam session more by the guide of teacher.

Semester – I
Credit 4
Paper SI.01 Psychology of Personal Growth and Well-being
1. Perspectives on self and personal growth: Concepts of adjustment, Sida and healthy personalization: Characteristics and determinants.
2. Models of illness and health: Biological, Psychological and Biopsychosocial models. Illness and health beliefs: Illness prevention and health promotion: Behavioral risk factors, Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories, Life satisfaction and happiness: measurement of well-being and quality of life.
4. Stress and coping: Concept of stress, transactional and cognitive theories of stress: Physical and mental health outcomes of stress: coping: concepts, strategies and effectiveness.
5. Stress: Assessment of stress: Cognitive, behavioral and physical interventions: Methods of stress inoculation, yoga, progressive muscle relaxation, biofeedback method of progressive muscle relaxation.

Recommended Reader:
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India

Paper SI.02 Psychopathology Credits 4
1. Introduction: Theoretical Models and Causal Factors. Classification Systems: DSM-5 and ICD-10.
2. Neurodevelopmental disorders
3. Anxiety, Obsessive-Compulsive, Trauma and Stressor related Disorders: Nature, Clinical Picture, Types and Causal Factors.

Scheme of Examination:
A. Each theory paper will carry 100 marks. The E008 will carry 100 marks. E008 will be of 3 hours duration.
B. Part 'A' of theory paper will contain four (4) compulsory or question of five (5) marks each.
C. Part 'B' of theory paper will contain four (4) questions with 10 marks each. Each question will carry two (2) DSM marks for correct answer.
D. Super visor panel will be of 100 marks and will involve the course review session. The 100 marks is split of response and will consist of at least one of the 1 subject's performance on the basis of the factors like attendance, classroom participation, quiz, homework assignments, etc. Response will be to be provided during the session will be the course in 1st exam session more by the guide of teacher.

Semester – I
Credit 4
Paper SI.01 Psychology of Personal Growth and Well-being
1. Perspectives on self and personal growth: Concepts of adjustment, Sida and healthy personalization: Characteristics and determinants.
2. Models of illness and health: Biological, Psychological and Biopsychosocial models. Illness and health beliefs: Illness prevention and health promotion: Behavioral risk factors, Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories, Life satisfaction and happiness: measurement of well-being and quality of life.
4. Stress and coping: Concept of stress, transactional and cognitive theories of stress: Physical and mental health outcomes of stress: coping: concepts, strategies and effectiveness.
5. Stress: Assessment of stress: Cognitive, behavioral and physical interventions: Methods of stress inoculation, yoga, progressive muscle relaxation, biofeedback method of progressive muscle relaxation.

Recommended Reader:
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India

Paper SI.02 Psychopathology Credits 4
1. Introduction: Theoretical Models and Causal Factors. Classification Systems: DSM-5 and ICD-10.
2. Neurodevelopmental disorders
3. Anxiety, Obsessive-Compulsive, Trauma and Stressor related Disorders: Nature, Clinical Picture, Types and Causal Factors.

Scheme of Examination:
A. Each theory paper will carry 100 marks. The E008 will carry 100 marks. E008 will be of 3 hours duration.
B. Part 'A' of theory paper will contain four (4) compulsory or question of five (5) marks each.
C. Part 'B' of theory paper will contain four (4) questions with 10 marks each. Each question will carry two (2) DSM marks for correct answer.
D. Super visor panel will be of 100 marks and will involve the course review session. The 100 marks is split of response and will consist of at least one of the 1 subject's performance on the basis of the factors like attendance, classroom participation, quiz, homework assignments, etc. Response will be to be provided during the session will be the course in 1st exam session more by the guide of teacher.

Semester – I
Credit 4
Paper SI.01 Psychology of Personal Growth and Well-being
1. Perspectives on self and personal growth: Concepts of adjustment, Sida and healthy personalization: Characteristics and determinants.
2. Models of illness and health: Biological, Psychological and Biopsychosocial models. Illness and health beliefs: Illness prevention and health promotion: Behavioral risk factors, Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories, Life satisfaction and happiness: measurement of well-being and quality of life.
4. Stress and coping: Concept of stress, transactional and cognitive theories of stress: Physical and mental health outcomes of stress: coping: concepts, strategies and effectiveness.
5. Stress: Assessment of stress: Cognitive, behavioral and physical interventions: Methods of stress inoculation, yoga, progressive muscle relaxation, biofeedback method of progressive muscle relaxation.

Recommended Reader:
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
• Pinel, V. (2007). *Meeting the mental health needs of developing countries*. New Delhi: Sage India

Paper SI.02 Psychopathology Credits 4
1. Introduction: Theoretical Models and Causal Factors. Classification Systems: DSM-5 and ICD-10.
2. Neurodevelopmental disorders
3. Anxiety, Obsessive-Compulsive, Trauma and Stressor related Disorders: Nature, Clinical Picture, Types and Causal Factors.

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:

- *Diagnostic & Statistical Manual of Mental Disorders 5 - TR (2013)* Washington: APA Publication.
- Kaplan, H. J. & Sadock, B. J. (2004). *Synopsis of comprehensive textbook of psychiatry*. Baltimore: Williams & Wilkins
- Oltmanns, T. F. & Emery, R. E. (2006). *Abnormal psychology*. New Delhi: Prentice Hall
- Butcher, C. & Mineka (2019). *Abnormal psychology and modern life (11th ed.)*. Singapore: Pearson Education.

Paper S1.03

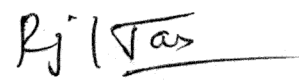
Diagnostic Techniques

Credits 4

1. Psychodiagnostics: 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

- Hersen, M. (2004). *Comprehensive handbook of psychological assessment*. Volumes I to IV.
- Flanagan D. P. & Kaufman, A. S. (2004). *Essentials of WISC IV assessment*. New York: John Wiley and Sons.
- Hutt, M. C. (1985). *Hutt adaptation of Bender - Gestalt tests (4th Ed.)* New York: Grune & Stratton.
- Prifitera, A., Saklofske, D. H. & Weiss, L. R. (2005). *WISC - IV: Clinical use and interpretation*. USA: Elsevier Press.
- Weaver, B. (1983). *Clinical methods in psychology*. New York: Wiley.
- Greene, Roger L. (1991). *MMPI - 2/MMPI: An interpretive manual*. Massachusetts: Allyn & Bacon.


 Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

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

1. Individual testing (Five measures: Elective)
2. Group testing (Five measures: Elective)
3. Individual Counselling (Five - five cases in any of the two areas out of the following: General Adjustment, Vocational Adjustment, Educational Adjustment, Mental Health, Addictive Behavior, Career Counselling, Counselling in Organizational setting).
4. Group Counselling (In any two areas out of premarital, couple, employee, yoga and Meditation, elderly people. People with severe ailments).
5. Case Studies
(a) Career Development (05 cases) (b) Human adjustment/Mental Health (05 cases)

SI.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 counselling: 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:

1. Bor, R. & Watts, M. (2006). *The Trainee Handbook: A guide for counseling & psychotherapy Trainees*. New Delhi: Sage.
2. Clough, P. Pardeck, J.T. & Yuen, F. (2005). *Handbook of emotional and behavioral Difficulties*.
3. Feltham, C. & Horton, I. (2006). *The SAGE Handbook of counseling and psychotherapy*. New Delhi: Sage.
4. Lindey, P.A. & Joseph, S. (2004). *Positive psychology in practice*. New York: Wiley.
5. Mozdierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). *Principles of Counseling and Psychotherapy*. New York: Routledge.
6. Peterson, C., & Seligman, M.E.P. (2004). *Character strengths and virtues: A handbook of classification*. New York: Oxford University Press.

5

Rj/Tas
 Dy. Registrar
 (Academic)
 University of Rajasthan
 JAIPUR

**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.
3. Freudian psychoanalytic therapy: Key Concepts, Therapeutic Techniques and Procedures.
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

- Cor ey, G . (2001) . *Theory and practice of couns eli ng and ps ychot herapy*. New York: Br ooks/C ole.
- Hersen, M . & Sl edge, W . (2002) . *Encyclopedia of psychotherapy* . New Yor k: Aca de mic Press .
- Kaslow, H . W . (2002) . *Comprehensive handbook of Psychotherapy (Vols . I to IV)* . New Yor k: J ohn Wil ey and S ons .
- Moz dzierz, G . J . , Pelus o, P . R . & Li siecki, J . (2009) . *Prinicples of Counseling and Psychotherapy* . New Yor k: R outl edge.
- Prochchas ka, J . O . & Norcross . J . C . (2010) . *Systems of Psychotherapy* . New Del hi: C engage Lear ni n .
- Capuzzi, D . & Gross, D . R . (20047) . *Counseling and Psychotherapy: Theories and interventions* . New Del hi: P earson E ducation .

**Psychotherapeutic Interventions: Behavioral, Cognitive-
Behavioural and Gestalt**

1. Classical Conditioning Procedures: Relaxation Procedures; Flooding Systematic Desensitization, Eye movement Desensitization and Reprocessing.
2. Operant procedures, Application of Reinforcement Principles; Contingency Management; Premack's principles.
3. Behaviour therapy: Modeling; Assertion Training.
4. Cognitive behavior therapy: Ellis' Rational Emotive Behavior Therapy; Beck's Cognitive Therapy.
5. Biologically based therapies: Biofeedback- Electromyography; Finger Temperature; GSR; EEG; Areas of application; Psychopharmacological Therapy: Overview of major psychotropic Drug Doses.

Recommended Books:

- Corey, G. (2001). *Theory and practice of counseling and psychotherapy*. New York: Brooks/Cole
- Corsini, R. J. (2001). *Handbook of innovative therapy*. N. Y. : John Wiley. 4.
- Hersen, M. & Sludge, W. (2002). *Encyclopedia of psychotherapy (Vols. 1 & 2)*. New York: Academic Press.
- Kaslow, H. W. (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York: John Wiley and Sons.
- Brownell, J. (2002). *Listening: Attitudes, principles and skills*. Boston: Allyn and Bacon..

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

7

Rg / Jao
Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR