UNIVERSITY OF RAJASTHAN

JAIPUR

SYLLABUS

POST P.G. DIPLOMA IN COUNSELLING

SEMESTER = I + II

2020

Dy. Registrar
(Academic)
University of Rajasthan
Jaipur
Department of Psychology, University of Rajasthan, Jaipur.
One Year Post P.G. Diploma in Counselling (2020)

**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>
</tr>
</thead>
<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>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>20</strong></td>
</tr>
</tbody>
</table>

**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 Schme) 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.
Scheme of Examination:
A. Each theory paper end of semester exam will carry 100 marks.
EOSE will of 3 hours duration.
B. Part ‘A’ of theory paper will contain four (4) compulsory or questions of five (5)
marks each.
C. Part ‘B’ of theory paper will contain four (4) questions with internal choice.
Each question will carry ten (10) marks for correct answer.
D. Super vis e practice will be of 100 marks and will involve continuous
assessment. The internal assessment of component will comprise of assessment of the student’s performance on the basis of the fact that the student’s assessment and classroom participation on quizzes, homework assignment, etc. The super visit practical is to ensure that the intern’s practical is passed and dissertation will have the continuous internal assessment by the director.
E. Ever y Vi va Voi ce exam nati on (EOSE) will be 100 marks. The EOSE will comprise of submission and presentation on the basis of the reports and various exercises conducted. The super visit practical is to ensure that the intern’s practical is passed and dissertation will have the continuous internal assessment by the director.

Semester - I

Paper S1.01

Psychology of Personal Growth and Well-being

1. Perspectives on self and personal growth: Concept of adjustment; Sick and healthy personalities: Characteristics and determinants.
2. Models of illness and health: Biological, psychosocial and biopsychosocial models. Illness and health beliefs; Illness prevention and health promotion; Behavioral risk factors; Lifestyle and health.
4. Stress and coping: Concept of stress, frustration and conflict; Sources of stress; Physical and mental health outcomes of stress; coping: concept, strategies and effectiveness.
5. Stress: Assessment of stress; Cognitive, behavioral and physical interventions; Methods of stress inoculation, yoga, progressive muscular relaxation, abbreviated method of progressive muscular relaxation.

Recommended Books:
- Patel, V. (2003). Meeting the mental health needs of developing countries. New Delhi: Sage India

Paper S1.02

Psychopathology

Credits 4

2. Neurodevelopmental disorders:

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
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**

Credits 4

1. Psychodiagnotics: 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**


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. Indi vi dual t esti ng (Fi ve me as ur es: El ect i ve)
2. Group tes ti ng (Fi ve me as ur es: Electi ve)
3. Indi vi dual Couns ell i ng (Fi ve - fi ve cases i n a ny of t he tw o areas out of t he foll owi ng: General, Adj us t men t, Vocati onal, Adj us t men t, Ment a l, Healt h, Addi ct i ve Be havi or, Care er Couns ell i ng, Couns ell i ng in Orga nizati onal sett l i ng).
4. Group Couns ell i ng (In any two areas out of premarital, couple, emplo yee, yoga and Med i tati on, el der ly peop le. Peop le wi th se ver e a i lmen ts).
5. Case St udi es
   (a) Care er Devel op men t (05 cas es) (b) Human Ad just men t/Ment a l Healt h (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:


Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
Paper S2.02

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


Paper S2.03

Psychotherapeutic Interventions: Behavioral, Cognitive-Behavioral 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.
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 counseling 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:

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR