



**MATS University**  
**School of Arts and Humanities**  
**Department of Psychology (MSAH-P)**

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**POST GRADUATE DIPLOMA IN PSYCHOLOGICAL GUIDANCE AND COUNSELLING (PGC) SESSION 2017-18**

SUBJECT CODE	NAME	MARKS		CREDITS		
		Theory	Internal Assessment	Theory	Practical	Total
PGDGC- 01	Psychological Guidance	70	30	4		4
PGDGC- 02	Counselling Theories And Techniques	70	30	4		4
PGDGC- 03	Positive Psychology, Personal Growth	70	30	4		4
PGDGC- 04(a)	Practicum :	35	15		2	2
PGDGC- 04(b)	Field Work :	35	15		2	2
	<b>Total Marks</b>	<b>280</b>	<b>120</b>	<b>12</b>	<b>4</b>	<b>16</b>



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#### **PSYCHOLOGICAL GUIDANCE ( PGDGC- 01)**

##### **UNIT – I**

The Guidance

Meaning and Functions of guidance. The bases of present guidance approach Basic Principle and assumption of guidance. Guidance services. Difference between Guidance and Counselling.

##### **UNIT – II**

Techniques of Guidance

Understanding Individual (use of interviews and questionnaires) Appraisals of Aptitude for guidance appraisal of personal qualities and interest: (Test and Inventories rating scale behavior descriptions. Anecdotal records. Socio- metric devices evaluation of achievement, Cumulative Records, Case study and follow-up.

##### **UNIT – III**

Organization of guidance programme in school. Problems of guidance in India. Types of guidance services, characteristics of a well organized guidance programme.

##### **UNIT – IV**

Guidance Services for children. Guidance of young children. Elementary School Children, Junior high school children. Adolescents.

##### **UNIT – V**

Guidance services to adults, vocational guidance. Guidance of adults. Guidance towards family life, guidance in personal adjustment, guidance to deviates, guidance in group situation appraisals of guidance programmes, Emerging Trends in guidance.

#### **COUNSELLING THEORIES AND TECHNIQUES( PGDGC- 02)**

##### **UNIT – I**

COUNSELLING: The art and Science of helping.

a. Meaning, Purpose and goats of Counselling with special reference to India. b. Professional issues, ethics, education and training of the counsellor. c. Counselling relationship.



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#### **UNIT – II**

COUNSELLING PROCESS: Theories and Techniques of Counselling.

a. Psychodynamic Approach, Freudian, Neo Freudian, Modern. b. Humanistic Approach : Existential client centred.

#### **UNIT – III**

a. Cognitive Approach : rational emotive, Transaction analysis. b. Behavioural Approach : Operant conditioning. Behaviour modification. c. Indian contribution – Yoga and Meditation.

#### **UNIT – IV**

COUNSELLING APPLICATION - I

a. Counselling in schools. b. Career Counselling. c. Alcohol and Drug Abuse. d. Group counselling. e. Crises Intervention Counselling – Case Studies for each of the above types of counselling applications, counselling interview.

#### **UNIT – V**

COUNSELLING APPLICATION - II

Management of a. Shyness. b. Smoking. c. Depression. d. Stress. e. Marital Maladjustment f. Old age problems. g. Euresis h. Phobias i. Fear of interview j. Fear of stage performance. k. Problems in decision making.

#### **POSITIVE PSYCHOLOGY, PERSONAL GROWTH ( PGDGC- 03)**

1. An introduction to meaning, objectives and theoretical perspectives of positive psychology.
2. Subjective well being: Characteristics and determinants, Life satisfaction and happiness.
3. Practical strategies to enhance happiness: Enhancing pleasure, engagement and meaning-making.
4. Character strengths and virtues: Classification, assessment and nurturance.
5. Coping with stress.



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#### (A) FIELD WORK

The student will administer tests on various cases. After scoring and interpretation, they will prepare a report and submit it to the Department on or before a specified date fixed for the purpose. Test administration and report writing will carry 100 marks

#### (B) PRACTICAL

Practical: The students would require conducting practicals based on the theory papers. The practicals will carry 50 marks.