



**SYLLABUS
PGDGC
DEPARTMENT OF PSYCHOLOGY
MATS SCHOOL OF ARTS & HUMANITIES
(2021-2022)**

DETAILS OF COURSE METRICS POST GRADUATE DIPLOMA IN PSYCHOLOGICAL GUIDANCE AND COUNSELING
TOTAL CREDITS- 28
DEPARTMENT OF PSYCHOLOGY (MSAH-P)
MATS SCHOOL OF ARTS AND HUMANITIES

SEMESTER-I						
CURSE	SUBJECT CODE	NAME OF SUBJECT	CREDITS (HOURS/ WEEK)	MARKS		
			THEORY/PRACTICAL	INTERNAL	EXTERNAL	TOTAL
PGDGC	PGDGC- 01	Psychological Guidance	6	30	70	100
	PGDGC-02	Psychological Counseling	6	30	70	100
	PGDGC-03	Practical	2	30	70	100
TOTAL CREDITS/MARKS			14	90	210	300

SEMESTER-II						
CURSE	SUBJECT CODE	NAME OF SUBJECT	CREDITS (HOURS/ WEEK)	MARKS		
			THEORY/PRACTICAL	INTERNAL	EXTERNAL	TOTAL
PGDGC	PGDGC-04	Psychosocial Problems of Specific Populations	6	30	70	100
	PGDGC-05	Psychological Assessment In Specific Populations	6	30	70	100
	PGDGC-06(a)	Internship	2	30	70	100
	PGDGC-06(b)	Comprehensive Viva-Voce				
TOTAL CREDITS/MARKS			14	90	210	300

Objectives:

At the end of this course the students will be able to:

1. Develop an understanding of the concepts of guidance and counseling.
2. Acquire the skills necessary for counseling.
3. Able to resolve social and personal issues.
4. Ability to diagnose basic psychological disorders.
5. Develop the knowledge about different fields of Guidance & Counseling.
6. Create awareness about working of guidance organizations.
7. Know about the basic needs of guidance services.
8. Know about different areas of counseling.
9. Know about the necessity of Career Guidance & Counseling
10. Take up position of Director of Guidance Bureau, School Counselor, Career Master, Rehabilitation Officer, Marriage Counselor and such other positions in private and public settings. It is also meant for those persons who intend to start their own guidance and counseling centers or consultancy services. The main purpose of this job-oriented course is to enable the student to understand the psychodynamics involved in the problems of human adjustment and their effective management.

SEMESTER-I**(PGDGC-01): PSYCHOLOGICAL GUIDANCE-**

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 Counseling.

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.

BOOK RECOMMENDED:

- Traxler. E. Arthur and North D Robert (1996). Technique of Guidance IIIrd Edition Halper & Row, Publishers New York and London.
- Crow, L. and Crow, A. (1962), An Introduction to Guidance IInd Ed. Eurasia Publishing House (P) Ltd.
- Asch. M. (2000) Principals of Guidance and counseling 1st Ed. Sarun & sons New Delhi.
- Jones, J. Arthur, eta (1952), Principal of Guidance 6th EdI Tata McGraw Hill Publishing Company.
- Gupta S.K. (1985), Guidance and counseling in India education 1st Ed. Mittal Publishers Trinagar Delhi.

(PGDGC-02): PSYCHOLOGICAL COUNSELLING

UNIT – I : Counseling: The art and Science of helping- a. Meaning, Purpose and goals of Counseling with special reference to India. b. Professional issues, ethics, education and training of the counselor. c. Counseling relationship.

UNIT – II: Client-counselor relationship and skills- Client-Counselor Relationship, Counselor Objectivity/Subjectivity, Emotional Involvement, Limitations Skills- Attending ,Active listening ,Questioning, Reflecting , Paraphrasing, Focusing, Influencing , Summarizing.

UNIT – III : Counselling approach - a. Cognitive Approach : rational emotive, Transaction analysis. b. Behavioral Approach : Operant conditioning. Behavior modification. c. Indian contribution – Yoga and Meditation

UNIT – IV: Counselling application - Counseling in schools. b. Career Counseling. c. Alcohol and Drug Abuse. d. Group counseling. e. Crises Intervention Counseling , f. Marital Counseling

UNIT – V : Counselling process - Theory and techniques in counseling ; (a) Psychodynamic Approach (b) Humanistic Approach (c) Cognitive Approach (d) Behavioral Approach

BOOK RECOMMENDED:-

- Windy, D. (1988) (Ed.) Counseling in Action New York; Sage Publication.
- Nelson, J. (1982). The theory and practice of counseling Psychology. New York. Renehart and Winston.
- Belkin, G.S. (1988) Introduction to counseling. W.G. Brown Publishers.

(PGDGC-03): PRACTICAL-

Practical: The students would require conducting practical's based on the theory papers. The practicals will carry 100 marks.

SEMESTER-II

(PGDGC-04): PSYCHOSOCIAL PROBLEMS OF SPECIFIC POPULATIONS

UNIT– I : Mental retardation: Characteristics and classification, Levels, signs and symptoms, Diagnosis, Organic retardation syndromes, Psychomotor dysfunction.

UNIT – II : Problems and intervention: Learning disorders, Anxiety, Attention- Deficit Hyperactivity Disorder (ADHD), Autism, Eating disorders, School failure and Drop outs, Drug abuse.

UNIT–III : Other Childhood Disorders, Problems and intervention: Conduct Disorder, Oppositional Defiant Disorder, Enuresis, and Sleep walking, Tics, Stuttering and Stammering. Mental health consequences of Child abuse.

UNIT–IV : Mental health problems among adolescents: Anxiety disorders and Depression; Delinquent behavior, Substance abuse: Family adjustment and depression, Positive communication skill and assertiveness training.

UNIT–V : Problem of old age and aging: Insomnia, Dementia and Alzheimer’s, Anterograde and Retrograde Amnesia.

BOOK RECOMMENDED:-

- Carson, R.C; Butcher, J.N; & Mineka, S. (2004.) Abnormal psychology and modern life (11th Ed.) Pearson Education, Inc.
- Ciccarelli, S.K & Meyer, G.E. (2008). Psychology Pearson Education, Inc.
- Sarason, I.G & Sarason, B.R. (2002). Abnormal psychology: The problem of maladaptive behavior (tenth Ed.) Pearson Education, Inc.
- Weis, R(2008) Introduction to abnormal child and adolescent psychology. Sage Publications, Inc.
- Wicks-Nelson, R. & Israel, A.C (2008) Abnormal child and adolescent development (7th Ed.) Pearson Prentice Hall

(PGDGC-05): PSYCHOLOGICAL ASSESSMENT IN SPECIFIC POPULATIONS :-

UNIT – I: Introduction: Nature and goals of assessment and evaluation; the logistics of the assessment; Approaches and methods of assessment of children, adolescents, and elderly.

UNIT – II : Assessment of intellectual and cognitive abilities: Attention, memory and intelligence

UNIT – III : Career related assessment: aptitude and vocational interest; Career search self-efficacy; MBTI and Holland's Vocational Preference Inventory.

UNIT – IV : Mental health and Personality Assessment: Psychosocial adjustment; Anxiety, Depression, and Somatic Complaints; Personality assessment: Projective and psychometric tests.

UNIT – V : Observation instrument: Rating Scale, Checklist, and Anecdotal Report. Self reporting techniques: Self expression, Essays, Self description, Self awareness exercises, diaries and daily schedules. Case study and Case formulation:

BOOK RECOMMENDED:-

- Freeman, A., Felgoise, S.H., & Davis, D.D. (2008). Clinical psychology: Integrating science and practice. New Jersey: John Wiley & Sons.
- Cohen, R.J & Swerdlik, M.E. (2005). Psychological testing and assessment: An introduction to tests and measurement (6th Ed.). McGraw-Hill Inc.
- Gullotta, T.P & Adams,G.R.(2005). Handbook of adolescent behavioral problems: Evidence –based approaches to prevention and treatment. Springer Science Inc.
- DiClemente, R.J; Santelli, J.S; Crosby, R.A. (Eds.) (2009). Adolescent health: Understanding and preventing risk behaviors. John Wiley & Sons.
- Neukrug, E.S; Facwecett, R.C.(2010)Essentials of testing and assessment: A practical Guide for Counselors, Social workers and Psychologists (2ndEd.) Brooks/Coles.

INTERNSHIP

Every student shall be required to undertake Internship in the Guidance and counseling Center/ Hospital/Medical College/Institutes for 8 weeks. The student will formulate case report with assessment and intervention management program for at least 10 cases who need counseling or management. All students are required to submit a Report as a Dissertation based on their Internship to the Department on or before a specified date fixed for the purpose. These students are further required to appear for comprehensive Viva-Voce. The Dissertation shall carry 70 marks, and comprehensive Viva-Voce shall carry 30 marks.

