



SCHOOL OF STUDIES IN PSYCHOLOGY MATS UNIVERSITY, RAIPUR (C.G.)

Objectives:

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

1. Develop an understanding of the concepts of guidance and counselling.
2. Acquire the skills necessary for counselling.
3. Know about different areas of counselling.
4. Create awareness about working of guidance organizations.
5. Know about the basic needs of guidance services.
6. Develop the knowledge about different fields of Guidance & Counselling.
7. Know about the necessity of Career Guidance & Counselling
8. Take up position of Director of Guidance Bureau, School Counsellor, Career Master, Rehabilitation Officer, Marriage Counsellor 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.

One Year Post Graduate Diploma In Psychological Guidance And Counselling (PGC) Department Of Psychology, Mats University Distribution Of Different Courses And Credits In Various Semesters.

| SEMESTER-II | | | | | |
|--------------------|-------------|--|----|-------|----|
| 05 | PGDGC-05 | Psychosocial Problems Of Specific Populations | 40 | 100 | 4 |
| 06 | PGDGC-06 | Psychological Assessment In Specific Populations | 40 | 100 | 4 |
| 07 | PGDGC-07 | Prevention And Management Of Specific Problems | 40 | 100 | 4 |
| 08 | PGDGC-08(a) | Internship | 70 | 100 | 2 |
| | PGDGC-08(b) | Comprehensive Viva-Voce | 30 | | 2 |
| | | | | Total | 16 |

SEMESTER-II

PAPER – I

PSYCHOSOCIAL PROBLEMS OF SPECIFIC POPULATIONS

1. Mental retardation: Characteristics and classification; Organic retardation syndromes.
2. Childhood Disorders and Problems: learning disorders, Attention- Deficit Hyperactivity Disorder (ADHD), School failure and Drop outs.
3. Other Childhood Disorders and Problems: Conduct Disorder, Oppositional Defiant Disorder, Enuresis, and Sleep walking, Tics, Stuttering and Stammering. Mental health consequences of Child abuse.
4. Mental health problems among adolescents: Anxiety disorders and Depression; Delinquent behavior, Substance abuse: Family adjustment and depression.
5. Problem of old age and aging.

RECOMMENDED BOOKS

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

PAPER – II

PSYCHOLOGICAL ASSESSMENT IN SPECIFIC POPULATIONS

1. Introduction: Nature and goals of assessment and evaluation; the logistics of the assessment; Approaches and methods of assessment of children, adolescents, and elderly.
2. Assessment of intellectual and cognitive abilities: Attention, memory and intelligence
3. Career related assessment: aptitude and vocational interest; Career search self-efficacy; MBTI and Holland's Vocational Preference Inventory.
4. Mental health and Personality Assessment: Psychosocial adjustment; Anxiety, Depression, and Somatic Complaints; Personality assessment: Projective and psychometric tests.
5. 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:

RECOMMENDED BOOKS

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

PAPER-III

PREVENTION AND MANAGEMENT OF SPECIFIC PROBLEMS

1. Prevention: Concept, types of prevention, Prevention technologies; Evidence – based prevention and intervention programs.
2. Life skills training programs: Promotion of resilience, hardiness and adaptive coping; capacity building; development of Parent -child connectedness. Positive communication skill and assertiveness training.
3. Prevention and management of school failure and drop outs

4. Parent skill training for management of children's behavioural problems: children with mental retardation, ADHD and learning disability.

5. Prevention and remedial measures for conduct disorder, delinquency, substance abuse and STD/HIV/AIDS.

RECOMMENDED BOOKS

1. Gullotta, T.P & Adams, G.R.(2005). Handbook of adolescent behavioral problems: Evidence –based approaches to prevention and treatment. Springer Science Inc.
2. DiClemente, R.J; Santelli, J.S; Crosby, R.A. (Editors). (2009). Adolescent health: Understanding and preventing risk behaviors. John Wiley & Sons.
3. Gurung, R.A.R (2010) Health Psychology: A cultural approach: Wadsworth.
4. Ogden, J(2008)Essential readings in health psychology.

INTERNSHIP

Every student shall be required to undertake Internship in the Guidance and counseling Center/ Hospital/Medical College/Institutes for 4 weeks. The student will formulate case report with assessment and intervention management program for at least 2 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 VivaVoce. The Dissertation shall carry 100 marks, and comprehensive Viva-Voce shall carry 50 marks.

COMPREHENSIVE VIVA-VOCE