

POST GRADUATE DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

From 2020 onwards

Sem .	Course Code	Course Title	Course Type	Hrs./Wk.		Passed in A.C.	Offered to	Offered by
				TH	LA			
I	PDC1001	INTRODUCTION TO COUNSELLING	TH	6		AY 2016	SDCAP	SDCAP
I	PDC1002	COUNSELLING AND PSYCHOTHERAPY - I	TH	6		AY 2016	SDCAP	SDCAP
I	PDC1003	COUNSELLING IN VARIOUS SETTINGS	TH	6		AY 2016	SDCAP	SDCAP
I	PDC1004	PSYCHOPATHOLOGY	TH	6		AV2014	SDCAP	SDCAP
I	PDC1005	BASIC COUNSELLING SKILLS AND TECHNIQUES	LT	3	2		SDCAP	SDCAP
I	PDC0126*	INTERNSHIP	LA			AY2016	SDCAP	SDCAP
		LIBRARY		1		AY2016	SDCAP	SDCAP
	TOTAL			30				
II	PDC2225	COUNSELLING AND PSYCHOTHERAPY - II	TH	6		AV2014	SDCAP	SDCAP
II	PDC2226	POSITIVE PSYCHOLOGY	TH	5			SDCAP	SDCAP
II	PDC2227	TOOLS AND TECHNIQUES FOR PSYCHOLOGICAL ASSESSMENT	LA		6	AY2016	SDCAP	SDCAP
II	PDC2228	HEALTH PSYCHOLOGY	TH	5			SDCAP	SDCAP
II	PDC2229	COUNSELLING SKILL TRAINING PROGRAM	LA		6	AS2011	SDCAP	SDCAP
II		LIBRARY		2		AZ2017	SDCAP	SDCAP
	TOTAL			30				

SEM	COURSE CODE	COURSE TITLE	PERIOD	EVALUATION
I & II	PDC0126*	INTERNSHIP	(15 Days – 8hrs./day) in November in any Health care / Educational Institution	Internal and External Evaluation as per the rubrics and the norms evolved by the Department

II	PDC2229	COUNSELLING SKILL TRAINING PROGRAM	(7 DAYS – 8 CONTACT HRS& 5 NON-CONTACT HOURS / DAY) During the even semester for training Counselling skills	Internal and External Evaluation as per the rubrics and the norms evolved by the Department
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PDC1001 INTRODUCTION TO COUNSELLING

(Theory)

LEARNING OUTCOMES:

6 hrs./ wk.

On successful completion of the course, the student will be able to

- acquire the basic concepts of counselling as a profession
- describe the various models and stages of counselling
- analyze the ethical, legal and professional issues pertaining to counselling
- appreciate critically the significance of assessment in counselling

COURSE CONTENT

UNIT I: INTRODUCTION TO COUNSELLING

15 hrs.

Counselling: definition- outcome goals- process goals- guidance- psychotherapy- history- Current trends in the new millennium

UNIT II: COUNSELLING MODELS

20 hrs.

Cormier and Hackney model: relationship building- assessment and diagnosis- formulation of counselling goals - intervention and problem solving - termination and follow up- research and follow up- research and follow up- Gerard Egan Skilled helper model: exploring skills- understanding skills- acting skills

UNIT III: PSYCHOLOGICAL ASSESSMENT IN COUNSELLING

17 hrs.

Brief history of use of tests in counselling,- problems and potential of using tests- qualities of a good test - classification of tests- administration- interpretation- diagnosis

UNIT IV: PERSONAL AND PROFESSIONAL ASPECTS OF COUNSELLING

18 hrs.

Personality and background of counsellor- professional aspects of counselling- credentials of counsellors- common problems for beginning counsellors

UNIT V: ETHICS AND LEGAL ISSUES IN COUNSELLING

20 hrs.

Definitions: Ethics – Morality and Law – Making ethical decisions – Educating counselors in ethical decision making – Ethics in specific counselling situation – Legal aspects of counselling relationships – Legal issues involved when counselling minors – Counsellor in court

TEXT BOOK:

Gladding, S.T, *Counselling* (VIE). Delhi: Dorling Kindersley India Pvt. Ltd., 2009. Print.

REFERENCE BOOK (S):

Antony, D.J. *Skills of Counselling*. Tamil Nadu: Anugraha Publications, 2003. Print.

Nugent, F. A. *An Introduction to The Profession of Counselling*. Columbus: Merrill Publishing Company, USA., 1990. Print.

Nystul, M. S. *The Art and Science of Counselling and Psychotherapy*. New York: Macmillan Publishing Company, 1993. Print.

PDC1002 COUNSELLING AND PSYCHOTHERAPY – I

(Theory)

LEARNING OUTCOMES:

6 hrs./wk.

On successful completion of the course, the student will be able to

- recognize the major approaches and therapies involved in counseling
- infer the relation between the various approaches and the therapies
- evaluate the differences between the various approaches and its influence on counselling

COURSE CONTENT

UNIT-I: INTRODUCTION

15 hrs.

Understanding theories of counselling and Psychotherapy and its importance -Therapeutic alliance- Essential conditions of effective therapeutic relationship - Personal and professional characteristic of an effective clinician- Building a positive therapeutic alliance

UNIT-II: TREATMENT SYSTEM EMPHASIZING BACKGROUND

18 hrs.

Classical Psychoanalysis: Overview of Background focused treatment systems - Sigmund Freud: theoretical concepts - Therapy using classical psychoanalysis: Hypnosis- Dream analysis- Free association: transference- Counter transference- resistance- Application and current use of Freudian psychoanalysis- Evaluation

UNIT-III: TREATMENT SYSTEM EMPHASIZING BACKGROUND

20 hrs.

Individual Psychology: Alfred Adler. Theoretical concepts: Style of life-Social Interest-Birth order- Treatment using Individual psychology: stages of treatment- Interventions- Application and current use of individual psychology- Evaluation

Analytical Psychology: Carl Jung Theoretical concepts: Components of the Psyche - Human development - Dimensions of Personality- Treatment using analytical psychology: Goals -Therapeutic Alliance -Interventions - Application and current use of analytical psychology- Evaluation

UNIT-IV: TREATMENT SYSTEMS EMPHASIZING EMOTIONS AND SENSATIONS

20 hrs.

Phenomenology and Person-centered Therapy

Overview of Emotion focused treatment systems: Carl Rogers Important theoretical concepts: Humanism – Actualization- Conditions of worth - Organismic valuing process - fully functioning person- Treatment using person-centered counselling - client-centered therapy: Therapeutic alliance- facilitative conditions: congruence- unconditional positive regard- empathy.-Application and current use of Person-Centered counselling-evaluation

UNIT-V: TREATMENT SYSTEMS EMPHASIZING EMOTIONS AND SENSATIONS

17 hrs.

Existential Psychology and Gestalt therapy

Existential approach: Viktor Frankl Theoretical concepts: Defiant power of the human spirit- freedom of will- will to meaning- meaning of life - Logotherapy: therapeutic techniques and applications- Rollo May. Theoretical concepts - Treatment using existential therapy- Application and current use of existential therapy- Evaluation of existential therapy

TEXT BOOK(S):

Seligman, Linda, and W. Lourie Reichenberg. *Theories of Counseling and Psychotherapy*. New Delhi: Pearson Education Incorporation, 2011. Print.

REFERENCE BOOK(S) :

Carson, R. C., J. N. Butcher, and S. Mineka. *Abnormal Psychology and Modern Life*. Illinois: Addison Wesley Longman Inc., 1998. Print.

Gerald, Corey. *Theory and Practice of Counseling and Psychotherapy*. California: Brooks and Cole, 2009. Print.

Antony, D. J. *Psychotherapies in Counselling*. Tamil Nadu: Anugraha publications, 2003. Print.

PDC1003 COUNSELLING IN VARIOUS SETTINGS

(Theory)

LEARNING OUTCOMES:

6 hrs./wk.

On successful completion of the course, the student will be able to

- understand the differences in techniques required for counseling in various settings
- analyze the human problems in different counselling settings
- apply counselling technique in various settings

COURSE CONTENT

UNIT I: STUDENT COUNSELING

20 hrs.

- A. Education counseling: School counseling: Elementary - Middle and Secondary school counseling and guidance - 21st century school and college counseling -Theoretical basis and professional preparation- emphasis and roles – activities- student life services with non-traditional students – older students -part-time students- first generation- minority culture,-student athletes
- B. Career counseling: Importance- scope- career information- career development choices- career counseling with diverse population

UNIT II: MARRIAGE AND FAMILY COUNSELING

17 hrs.

Changing Forms of Family Life- Beginning of Marriage- Couple and Family Counseling- Family Life and Family Life Cycle- Marriage / Family Counseling Vs Individual / Group Counseling, Process -Overview

UNIT III: INDUSTRIAL COUNSELING

18 hrs.

Industrial Counselling- Absenteeism- Burn Out – Depression - Substance Abuse- Counselling to Recruitment- Induction- Training Job -Retention and Retirement- Positive Way of Structuring The Time - Job Satisfaction,- Factors

UNIT IV: COUNSELING IN CLINICAL SETTING

18 hrs.

Mental Health Counselling - Counselling the Sick- Terminally ill – Inpatient- Out Patient- HIV- Progressive Illness – Assessment, Diagnosis and Treatment Planning Working in Teams Rehabilitation

UNIT V: COUNSELING SPECIAL GROUPS

17 hrs.

Crisis counselling- Abuse counselling- Counselling the disabled- Community Counselling

TEXT BOOK (S):

Gibson, R. L., and M. H. Mitchelle. *Introduction to Counseling and Guidance*. New Jersey: Prentice Hall Private 2006. Print.

Gladding, S.T. *Counseling*. New Delhi: Dorling Kindersley, 2009. Print.

PDC1004 PSYCHOPATHOLOGY

COURSE OUTCOMES:

6 hrs./ wk.

On successful completion of the course, the student will be able to

- 1] understand basic concepts in Psychopathology
- 2] recognize the various causative factors which are responsible for Psychopathology
- 3] understand the symptoms for each disorder and the measures used to diagnose it

COURSE CONTENT

UNIT I: INTRODUCTION

15 hrs.

Definition- Misconceptions- Contemporary perspectives on abnormality: Psychoanalytic- Behavioristic- Humanistic- Cognitive- Biological- Abnormality as multicausal: necessary -sufficient and contributory factors - Classification of abnormality: DSM IV – Evolution of DSM IV – Current Classification problems.

UNIT II: STRESS & STRESS RELATED DISORDERS

15 hrs.

Meaning and nature of stress -Clinical reactions to stress: Psychosomatic disorders- Adjustment disorders- Acute stress disorder- Dissociative disorders: Amnesia and Fugue disorders- Dissociative Identity disorder -Depersonalization disorders.

UNIT III: ANXIETY AND SOMATOFORM DISORDERS

20 hrs.

Generalized anxiety disorder- Panic disorders- Phobias - Obsessive-compulsive disorders Post traumatic stress disorders- Somatoform disorders: Somatization disorders- Pain disorder -Conversion disorders – Hypochondriasis- Body dysmorphic disorder.

UNIT IV: SCHIZOPHRENIA AND MOOD DISORDERS

20 hrs.

Schizophrenic disorders: Symptom- Types -Mood disorders: Uni-polar-Dysthymia- . Major depressive disorder- Recurrent depressive disorder -Major Depressive episode with Psychotic features- Bipolar mood disorder: Bipolar I and II - Cyclothymic disorder.

UNIT V: PERSONALITY DISORDERS AND SEXUAL DISORDERS

20 hrs.

Personality disorders-types-odd/eccentric type – dramatic- emotional or erratic type- anxious or fearful type- Sexual disorders: Sexual dysfunctions- gender identity disorder- paraphilias.

TEXT BOOK(S):

Carson, R. C., J. N. Butcher, and S. Mineka. *Abnormal Psychology and Modern Life*. N. p.: Addison Wesley Longman, 1998. Print.

Sarason, I. G., and B. R. Sarason. *Abnormal Psychology*. New Delhi: Prentice Hall of India, 2006. Print.

REFERENCE BOOK(S):

Bootzin, R. R., J. A. Acocella, and I. B. Alloy. *Abnormal Psychology Current Perspectives (VIE)*., New York: McGraw–Hill, 1993. Print.

Sarafino, E. P. *Health Psychology*. Biopsychosocial Interaction. New York: John Wiley & Sons, 1990. Print.

Weiten, W. *Themes and Variation*. New York: Cole, 1995. Print

PDC1005 BASIC COUNSELLING SKILLS & TECHNIQUES

(THEORY CUM LAB)

LEARNING OUTCOMES:

3 TH + 2L hrs./wk.

On successful completion of the course the students will be able to

- describe the micro skills of counseling
- examine the skills required for Individual counseling
- apply the skills required for Individual and group counseling

COURSE CONTENT:

UNIT I: PRE-HELPING PHASE

10 hrs.

Counselor's Skill: Acquainting stage – Observing stage – Focusing stage- Diagnosing stage-
Counselor's Task: Associating – Manifesting – Involving – Investigating- Gendlin's focusing exercise.

UNIT II: HELPING PHASE

10 hrs.

Counselor's Skill: Pacing Stage – Personalizing stage – Reframing stage – Initiating stage –
Counselor's Task: Exploring – Understanding – Reorienting - Acting.

UNIT III: POST HELPING PHASE

10 hrs.

counselor's skill: Evaluating stage – counselee's task: reviewing – skill development activities: least
and most significant – self-monitoring – pairs evaluation – journal reflections – counselling skills format.

UNIT IV: - INDIVIDUAL COUNSELLING TECHNIQUES

8 T +15 hrs.

1. Verbatim Recordings
2. Behavioral techniques- shaping, habit reversal and token economy, Systematic desensitization.
3. Jacobson's progressive muscular relaxation, Meditative relaxation technique
4. Meichenbaum's stress inoculation training
5. Ellis A-B-C-D Analysis
6. Social skill training
7. Assertiveness training
8. Solution focused techniques - Miracle Questioning, Scaling questioning, Exception questions
9. Gestalt – empty chair, language exercise
10. Bio feedback
11. Mindfulness Techniques

UNIT V: GROUP COUNSELING PRACTICAL

7T + 15 hrs.

1. **Planning and starting groups** – Pre group planning, planning the overall group program and phases of the session, planning for the beginning stage, the first session, the second session and subsequent sessions – screening, contracting and setting goals
2. **Exercises** – Selection, introducing, conducting and processing exercises
3. **Dealing with problem situations in groups** – member styles, silence, sexual feelings, crying, hostility, asking members to leave.
4. **Attending and observation skills behavior** – visual, vocal, verbal, body language, movement harmonics.
5. **Focusing, pacing, leading and linking skills** –Focus on: group, subgroup, individual, individual main theme, group leader, environment / context, here and now, then and there.

6. **Leadership skill of basic listening sequence** – questioning, encouragement, restatement, paraphrasing, reflection of feeling, summarization, the checkout.
7. **Skills of structuring dimensions and stages of groups** – initiating the group, gathering data, the positive asset search, working (examining goals, sharing, confronting, re-storying), ending (generalizing and acting on new stories)
8. **Skills and strategies for interpersonal influence-** Listening, reframing, interpreting, using self-disclosure, giving feedback, structuring strategies, exploring logical consequences, eliciting and reflecting meaning, managing conflict via confrontation.
9. **Closing a session or a group** – skills in closing a session, closing a group and follow up procedures

TEXT BOOK(S):

Antony, D. J., *Skills of counseling*, Dindugul: Anugraha Publications ,2003, Print.

Burnard, Philip. *Counselling Skills Training: A Sourcebook of Activities for Trainers*. New Delhi: Viva books Pvt. Ltd.2002, Print.

REFERENCE BOOK(S):

Burnard, P., *Counseling skills training, A sourcebook of activities*, New Delhi: Viva Books. 2002. Print.

Ivey, A.E., Pedersen, P, B., & Ivey, M.B. *Intentional group counseling – A microskills approach*, Belmont, Books /Cole. 2001 Ed. Print.

Jacobs, E. E., Masson, R.L &Harvill, R.L. *Group counseling strategies and skills* – Belmont, Books /Cole. 2006 Ed.Print.

Jones, R. N., *Basic counseling skills*, New Delhi: SAGE publications. 2012. Print.

McLeod, J. *Counseling skill*, New Delhi: Rawat Publications. 2009. Print.

.PDC0126 INTERNSHIP

LEARNING OUTCOMES:

8 hrs./day (15 days)

On successful completion of the course, the student will be able to

- acquire skills for building rapport while encountering a community
- identify the requirements for collecting casehistory
- evaluate a case in a comprehensive manner
- prepare a case report according to a validated format

The student will be required to identify a case from an educational/ organizational/ health care set up and collect adequate information regarding the case using a validated format and prepare and present a comprehensive report.

PDC2225 COUNSELLING AND PSYCHOTHERAPY – II

(Theory)

LEARNING OUTCOMES:

6 hrs./wk.

On successful completion of the course, the student will be able to

- recognize the major approaches and therapies involved in counseling
- infer the relation between the various approaches and the therapies
- evaluate the differences between the various approaches and its influence on counselling
- construct therapeutic guidelines to become a skilled Psychotherapist

COURSE CONTENT

UNIT I: TREATMENT SYSTEM EMPHASIZING THOUGHTS: ELLIS AND BECK 20 hrs.

Over view of action – focused treatment systems. Albert Ellis' theoretical concepts: Human development and Emotional health - Thoughts as the route to change - Irrational Beliefs- Treatment using rational emotional therapy: Goals - Therapeutic alliance – Identifying – assessing- disputing and modifying irrational beliefs - Application of Rational Emotive Therapy -Evaluation of REBT- Aaron Beck's theoretical concepts: Development of cognitive distortions- Levels of cognitions-Treatment using cognitive therapy: Goals- Therapeutic alliance- Case formation- Eliciting and rating cognitions - Labeling Distortions - assessment of mood- Changing Cognitions - Application of cognitive therapy – Evaluation

UNIT II: TREATMENT SYSTEMS EMPHASIZING ACTIONS 15 hrs.

Behavior therapy – principles of Behavioral therapy. Pavlov - Skinner Dollard and Miller - Joseph Wolpe - Albert Bandura: Theoretical Concepts - Cognitive behavior therapy – Meichenbaum's Cognitive Behavior Modification:Stress Inoculation Training (SIT) – Treatment using behavior therapy and Cognitive Behavior Therapy – Application and current uses of behavior therapy – Evaluation

UNIT III: SOLUTION FOCUSED BRIEF THERAPY AND TRANSPERSONAL THERAPY 20 hrs.

Solution focused brief therapy -Theoretical concepts: Stages in treatment – timing- and finding solutions - Treatment using solution: goals - therapeutic alliance- specific interventions -focused brief therapy: application and current use of solution focused brief therapy - Evaluation. Transpersonal therapy: Important theoretical concepts- the process of change - transpersonal experiences - blocks to development - Treatment using transpersonal therapy: meditation - Application- evaluation. -Mindfulness-based stress reduction (MBSR)- Dialectical Behavior Therapy (DBT) - Acceptance and commitment therapy (ACT) - Skill development: Guided Imagery

UNIT IV: FAMILY AND INTERPERSONAL THERAPY 20 hrs.

Family and couple therapy: family therapies that focus on background: Adlerian Family therapy - Multigenerational family therapy- Structural family therapy- Family therapies that focus on emotions: Experiential Family therapy - Emotionally focused couple therapy - Conjoint Family Therapy- Applications of family therapy – evaluation- Group Therapy – T groups - encounter groups- psychodrama- group marathon- self-help/support groups- benefits and drawbacks of groups- types of groups: psycho-educational groups- counseling groups- psychotherapy groups- task / work groups- issues in groups

UNIT V: INTEGRATED AND ECLECTIC TREATMENT SYSTEM 15 hrs.

Integrated and eclectic treatment system: Multimodal therapy-Arnold Lazarus- theory and practice - application and current status -Developmental counselling and therapy: underlying theories – Piaget. Emerging integrated and eclectic treatment systems: Trans theoretical model of change -Other stages of change and matching models: Hill and O'Brien's three stage integrated model- Integrative Psychodynamic behaviour therapy -Common factors model

TEXT BOOK(S):

Linda Seligman, and Lourie W. Reichenberg. *Theories of Counseling and Psychotherapy*. New Delhi: Pearson Education Incorporation, 2011. Print.

REFERENCE BOOK(S):

Carson, R. C., J. N. Butcher, and S. Mineka. *Abnormal Psychology and Modern Life*. Illinois: Addison Wesley Longman, 1998. Print.

Gerald, Corey. *Theory and Practice of Counseling and Psychotherapy*. California: Brooks and Cole, 2009. Print.

Antony, D. J. *Psychotherapies in Counselling*. Tamilnadu: Anugraha Publications, 2003. Print.

PDC2226 POSITIVE PSYCHOLOGY

(THEORY)

LEARNING OUTCOMES:

5 hrs./wk.

On successful completion of the course, the student will be able to

- identify the role of Positive Psychology in day to day life
- explain the importance of Positive Emotional states and Processes
- interpret the Positive cognitive states
- appreciate positive psychology in all aspects of life

COURSE CONTENT:

UNIT I: INTRODUCTION

15 hrs.

Positive Psychology: western perspectives: hope – eastern perspectives: Confucianism – Taoism – Buddhism – Hinduism – goals – assumptions – definitions – classification– Positive Psychology in context: developing strengths and living well in a cultural context – living well at every stage of life.

UNIT II: POSITIVE EMOTIONAL STATES AND PROCESSES

15 hrs.

Positive emotions: positive emotions and health resources – principles of pleasure: understanding positive affect – happiness and well-being – two traditions – subjective well-being: the hedonic basis of happiness – self-realization, the Eudaimonic basis of happiness – comparing hedonic and Eudaimonic views of happiness.

UNIT III: POSITIVE COGNITIVE STATES AND PROCESSES

15 hrs.

Seeing our future through self-efficacy: childhood antecedents – optimism and hope – wisdom and courage: two universal virtues – mindfulness, flow and spirituality: in search of optimal experiences – positive beliefs – interconnections of the “Good” and the “Bad” – contours of a positive life – meaning and means.

UNIT IV: UNDERSTANDING AND CHANGING HUMAN BEHAVIOR

15 hrs.

Self-regulation and self-control: value of self-control – personal goals and self-regulation – goals that create self-regulation problems – goal disengagement Resilience: resilience – sources of resilience – growth through trauma - Prosocial behaviour: empathy and egotism: portals to altruism

– gratitude and forgiveness – attachment – love and flourishing relationships – balanced conceptualizations of mental health and behaviour .

UNIT V: POSITIVE ENVIRONMENTS

15 hrs.

Positive schooling – good work: the psychology of gainful employment – Me/We balance: individualism “Psychology of Me” – collectivism “Psychology of We” – “Psychology of Us” – building better communities – a positive look at the future of psychology: tackling the fundamental dilemma: the good versus bad – spirituality and positive psychology – building a universal positive psychology.

TEXT BOOK(S):

Baumgardner, Steve, and Marie K. Crothers. *Positive Psychology*: New Jersey: Prentice Hall/Pearson Education.2009, Print.

Snyder, C. R., et al. *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage Publications.2007, Print.

REFERENCE BOOK(S):

Csikszentmihalyi, Mihaly. *Flow: The Psychology of Optimal Experience*. New York: Harper & Row,1990 Print.

Duckworth, Angela. *Grit: The Power of Passion and Perseverance*. Simon & Schuster, 2016.

Seligman, Martin E. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment*. New York: Atria., 2002, Print.

PDC2227 TOOLS AND TECHNIQUES FOR PSYCHOLOGICAL ASSESSMENT

(Lab)

LEARNING OUTCOMES:

6 hrs./ wk.

On successful completion of the course, the student will be able to

- recognize the significance of psychological testing in understanding human behavior.
- appraise the relevance of psychological testing in counselling
- develop skills for Psychological assessment in counselling

COURSE CONTENT:

EXPERIMENTS / LAB

INTRODUCTION TO PSYCHOLOGICAL TESTING

20 hrs.

PSYCHOLOGICAL TESTING : Meaning- Principles of Psychological Assessment- Standardization- Reliability and Validity- Application of Psychological Testing: Educational- Occupational- Clinical and Counselling

MEASURING INTELLIGENCE

Historical antecedent of modern intelligence testing: Galton- Cattell- Binet: Mental Age-Intelligence Quotient- Contributions of David Weschler- Types of Intelligence Measurement : Individual -group and special groups

ASSESSING PERSONALITY

Assessment in the study of personality -Types of personality tests - Self report inventories (MMPI) - Projective tests: TAT- Rorschach - Clinical Interviews - Behavioural Assessments - Measuring interests and attitude

PSYCHOLOGICAL TESTS (The students will be required to do any 12 tests) 70 hrs.

1. Ravens progressive matrices
2. Gardner's Multiple Intelligence Test
3. EPQ (Eysenck's Personality Inventory)
4. Mathews Maladjustment Inventory
5. Motivational Analysis Test (Raymond. B. Cattell)
6. Beck's Anxiety Inventory
7. Beck's Depression Inventory
8. Bells Adjustment Inventory
9. Motivational Analysis
10. Levels of Aspiration
11. Emotional Competence Scale
12. Family Relationship Inventory
13. Rosenberg self-esteem scale
14. Inferiority scale
15. PGI Health Questionnaire

The following tests will be given as demonstration for students

1. Wechsler's Adult Intelligence Scale (R)
2. Bhatia's battery of Intelligence Test
3. NEO Five Factor Inventory (Costa and McCrae)
4. 16PF (16 Personality Factors),
5. Dyslexia Adult screening test
6. Thematic Apperception Test (TAT)
7. Quality of Life Scale (WHO)
8. (General health questionnaire)
9. Comprehensive interest schedule
10. Emotional competence assessment (online)

REFERENCE BOOK(S):

- Anastasi, and Urbina. *Psychological Testing*. New Jersey: Pearson Prentice Hall, 1997. Print.
- Antony, John. D. *Psychotherapies in Counselling*. Tamilnadu: Anugraha Publications, 2003. Print.
- Coaley, Keith. *An Introduction to Psychological Assessment and Psychometrics*. New Delhi: SAGE Publications, 2010. Print.
- Kaplan, and Saccuzzo. *Psychological Testing: Principles, Applications and Issues*. California: Wadsworth Publishing, 2012. Print.
- Woodworth, R. S., and H. Scholberg. *Experimental Psychology*. New Delhi: Oxford & IBH, 1971. Print.

PDC2228 HEALTH PSYCHOLOGY

(THEORY)

LEARNING OUTCOMES:

5 hrs./wk.

On successful completion of the course, the student will be able to

- comprehend the nature and scope of Health Psychology
- interpret the nature, source and management techniques to stress
- analyze the lifestyle and risk factors related to health
- appraise the psychological factors related to physical illness and management

COURSE CONTENT:

UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY

15 hrs.

Nature- Scope- Current perspectives on Health and illness – Mind-Body relationship - bio-psycho-social perspective & life span perspective - health belief model - Different careers relating to health & psychology

UNIT II: STRESS & COPING

15 hrs.

Stress: meaning- nature- sources: frustration-conflict- pressure- change- reactions- effects- coping- emotion focussed & problem focussed- stress management techniques.

UNIT III: LIFESTYLE & HEALTH

15 hrs.

Lifestyles- risk factors & health- determinants of health-related behaviour – general health beliefs- developmental- gender & sociocultural factors- programs for health promotion- lifestyle factors & modification for health promotion- substance abuse- nutrition- weight control- diet- exercise& safety.

UNIT IV: HEALTH BEHAVIOUR

15 hrs.

Health Behaviours: Introduction- cognitive – behavioural approach to health behavioural change - the trans-theoretical model of behavioural change – health compromising behaviours: characteristics – obesity – eating disorders – alcoholism and drinking problem – smoking.

UNIT V: PSYCHOLOGICAL FACTORS & PHYSICAL ILLNESS, MANAGEMENT

15 hrs.

Physical disorders associated with psychological factors: ulcer- obesity- hypertension- migraine head ache- asthma- insomnia- cancer- Management & coping pain – definition- nature- pain control techniques- management of chronic pain – behavioural & cognitive methods-medical methods.

TEXT BOOK:

Sarafino, Edward P., and Timothy W. Smith. *Health Psychology: Biopsychosocial Interactions, 3rd Edition*. New York, John Wiley sons,inc, 1998.Print.

REFERENCE BOOKS:

Carson, Robert C., et al. *Abnormal Psychology and Modern Life*. New York: Prentice Hall, 2003, Print

Comer, Ronald J. *Abnormal Psychology*. New Jersey: W. H. Freeman Co. ,1999. Print.

Sarason, Barbara R. *Abnormal Psychology: The Problem Of Maladaptive Behavior 11Th Ed*. New Delhi:.Prentice hall. 2005, Print.

PDC2229 COUNSELLING SKILLS TRAINING PROGRAMME

LEARNING OUTCOMES:

8 hrs./day (7 days)

On successful completion of the course, the student will be able to

- analyze the challenges involved in counseling as a profession
- apply through practice the skills involved in counseling
- develop confidence to engage in therapeutic counselling

The student will be required to complete a training in Counselling Skills.