



**SYLLABUS
FOR
POST GRADUATE DIPLOMA IN CLINICAL
COUNSELLING**

**By
DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
RAJKOT -360005
GUJARAT - INDIA.**

SAURASHTRA UNIVERSITY
ARTS FACULTY

SUBJECT: POST GRADUATE DIPLOMA IN CLINICAL
COUNSELING

DEPARTMENT OF PSYCHOLOGY
SAURASHTRA UNIVERSITY
RAJKOT -360005
GUJARAT – INDIA

SYLLABUS

No.	Core/ Elective/ Interdisci plinary	Name of Course	Credits	IM	EM	TM	Course/ paper Code
PGDCC Semester-I							
1	CCT - I	Clinical Psychology	04	30	70	100	
2	CCT- II	Counseling and Guidance	04	30	70	100	
3	CCT - III	Psychological Testing (Practical including viva -voce)	08			200	
4	ECT - I	Mental Disorders or Psychology of Mental Hygiene	04	30	70	100	
Total			20			500	

PGDCC Semester-II

No.	Core / Elective/ Inter disciplinary	Name of Course	Credits	IM	EM	TM	Course/ paper Code
1	CCT - IV	Approaches to Psychological Therapy	4	30	70	100	
2	CCT - V	Field Work	4	30	70	100	
3	CCT - VI	Dissertation	8	50	150	200	
4	ECT - II	Personality Measurement or Stress and Health	4	30	70	100	
Total			20			500	

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling
Subject Name & No: Clinical Psychology
Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDC C	I	Core	CCT - I	Clinical Psychology	4	30	70	100	2.30 Hrs.

Course Objectives:

1. Students will acquire and demonstrate knowledge of the scientific body of information pertaining to personality and individual differences, social bases of behavior, cognitive-affective bases of behavior, developmental bases of behavior, biological bases of behavior, history and systems of psychology, and psychopathology.
2. Students will acquire and demonstrate knowledge of and clinical proficiency in developing effective professional relationships, conducting psychological assessments, and selecting and conducting interventions that are appropriate to the individual's needs and supported by scientific evidence.
3. Students will acquire and demonstrate academic success and clinical proficiency in understanding why and how to apply the ethical standards of the profession to clinical situations. Students will also demonstrate awareness of how individual differences and diversity relate to clinical practice.

UNIT - I

Introduction of Clinical Psychology: definition and nature of clinical psychology – brief history – antecedents of clinical psychology – development of clinical psychology – scope and function of clinical psychology – clinical psychology and normal psychology - clinical psychology and psychiatry – problems of clinical psychology - role of clinical psychology – the perspective of clinical psychology – training, roles and responsibilities clinical psychology - clinical psychology as a profession

Clinical Diagnostic- Definitions of clinical Diagnostic- uses and importance of diagnosis- types of clinical diagnostic - classification of psychological disorder - importance of clinical diagnosis in clinical psychology - role of Psychologist in diagnosis

UNIT - II

Clinical interview: meaning and nature of clinical interview- purposes of clinical interview - types of clinical interview - type or stages of clinical interview - reliability and validity of clinical interview - some important suggestions about improving the reliability and validity of

clinical interview- advantages and disadvantages of clinical interview - Diagnostic uses of clinical interview - importance of clinical interview - need of clinical interview- outcome of clinical interview - information from clinical interview

Clinical case study method : meaning of case study method - a General form of a clinical case study - advantages and disadvantages of clinical case study - sources of clinical case study - planning of clinical case study - different types of forms for admission in clinic or mental hospital

UNIT - III

Psychological test: meaning of psychological test - characteristic of psychological test - clinical types of psychological test - Diagnostic uses of psychological test - Merit and demerit of psychological test- factors influencing on performance of psychological test- clinical implications of psychological test result

UNIT - IV

Measurement of Intelligence - what is intelligence - intelligence quotient - importance of Intelligence measurement - limitations intelligence scale

Psychotherapy: types of psychotherapy - nature of psychotherapy - objective/ goal of psychotherapy - stages of psychotherapy - types of classification of psychotherapy - Holistic approaches to therapy

REFERENCES:

- Anastasi, A. & Urbana, S. (2002). Psychological Testing (7th Edi.) N. D. : Pearson Education Pte. Ltd., 482, FIE, Paratap Ganj, India.
- Anderson, H. H. & Anderson, G. L. (Ed.) (1955). An Introduction to Projective Techniques, N. Y.: John Willey & Sons.
- Jogsan, Y. A. (2015). Psychological Measurement. Rajkot : Self.
- Jogsan, Y. A. & Doshi, D. R. (2022). Clinical Psychology. J. K. Publication. Rajkot

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Counseling and Guidance

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/Allied/Practical/Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	I	Core	CCT-II	Counseling and guidance	4	30	70	100	2.30 Hrs.

Course Objectives:

1. Develop an understanding of the concepts of guidance and counseling.
2. Acquire the skills necessary for counseling.
3. Know about different areas of counseling.
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 & Counseling.

UNIT I

Concept of counseling - introduction: what is counseling - definition of counseling - characteristics of counseling - aims of counseling - need of counseling - nature of counseling - Difference between counseling and guidance -

Perspective of counseling and views: Psychoanalytic theory - Behavioral theory - Cognitive theory - Humanistic theory.

Eclectic Counseling: Directive Counseling - Directive and non -directive counseling - Steps of Directive Counseling - non -directive counseling - main principal of non -directive counseling - steps of non -directive counseling - Difference Between directive and non -directive counseling - eclectic counseling.

UNIT II

Individual types of counseling: counseling process - individual counseling procedures - advantages of individual counseling -

Concept of group counseling: Bases of group counseling - nature of human - models of group counseling - nature and process of group - types of group - stage of co-operation and participation - procedure of group counseling

Counseling process - principles of counseling: main parts of counseling process - goals of counseling - Direction of process of counseling Objectives - purpose of counseling for client - client - counselor relationship

UNIT III

Counseling skills - rapport - empathy and communication: rapport - empathy and communication.

Procedures of counseling (phases): Initial Disclosure (primary Phase) - In depth exploration (middle phase) - Action to commitment (ending/terminal phase). Follow-up phase - skill in counseling - role of the relation between counselor and counseling -

Special area of counseling: career - marital - personal - alcoholism and drug addiction -

Guidance - definition and objects: meaning of guidance - nature of guidance - need of guidance in human life - goals and functions of guidance - nature and characteristics of guidance.

UNIT IV

Types of guidance - educational guidance: educational guidance - personal educational guidance - Information about the person - Information regarding subject topics - Text subject and business world - various levels of group educational guidance method - need and object of educational guidance.

Vocational Guidance: educational guidance of talented children - guidance of mentally children - guidance of backward children - meaning of vocational guidance - objects of vocational guidance - vocational guidance process - study of the individual - study of vocational world - classification of occupations - Minnesota occupations rating scales - ability level about education - sources about occupations - thinking aspect about occupation - one person has to be perfect for many occupation - vocational guidance - need and object of vocational guidance

Kinds of guidance: meaning of personal guidance - importance of personal guidance - need of personal guidance - advantages of personal guidance - process of personal guidance - important methods of treatment - personal guidance - needs and objects of personal guidance -

REFERENCES:

- Bordin, E. S. (1985): Psychological Counseling, N.Y.: Appleton Century Crofts, Inc.
- Curkhuff, R.R. & Berenson, B.G. (1977): Beyond Counseling & Therapy (2nd edi.), N.Y.: Holt, Rinchart & Winston.
- Fusfer, J. M. (1964): Psychological Counseling in India, Bombay: MacMillan Publishing Co., Inc.
- Hansen J. C. (1978): Counseling Process and Procedures N.Y.: MacMillan Publishing Co., Inc.
- Jogsan, Y.A. (2016): Counseling and Guidance: JK Publication, Rajkot, Gujarat
- Narayanrao, S. (1989): Counseling Psychology, (3rdedi.), N.D. Tata McGraw Hill Book Co. Ltd.,

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Psychological Testing (Practical Including Viva voce)

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/Allied/Practical/Project	Course/Paper code	Course/Paper Title	Credit	Journal Writing	Report Writing in Practical Exam	Test Performance in Practical exam	Viva Voce in practical exam	Total Exam Marks	External Exam Time Duration
PGDC C	I	Core (Practical)	CCT - III	Psychological Testing	8	50	50	50	50	200	2.30 Hrs.

Standard psychological tests, equipments/apparatus, questionnaires, scales, inventories, clinical rating scales related to all primary domains shall be available as specified below. Wherever possible the vernacular versions of the tests materials along with local norms shall be made available.

Following Tests will be use by Candidate

- (1) Stress scale
- (2) Anxiety test
- (3) Depression Test
- (4) Different Intelligence Test
- (5) Psychological well being
- (6) 16 PF – Personality Test
- (7) Eysenk Personality Test
- (8) Spiritual Intelligence
- (9) Projective test
- (10) Rorschach ink blot test
- (11) TAT
- (12) Children Personality Questionnaire
- (13) Aggression Test
- (14) Adjustment Test

(15) NEO Five Factor Personality Test

(16) Frustration Test

(17) Suicide Tendency Test

(18) Social maturity Scale

(19) Occupational Stress test

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Mental Disorders

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	I	Elective	ECT - I	Mental Disorders	4	30	70	100	2.30 Hrs.

Course Objectives:

1. Upon successful completion of this course, the student should:
2. Be familiar with and able to discuss several different theoretical perspectives in the general field of psychopathology as well as the empirical support for these theories.
3. Be able to apply these theoretical perspectives in reviewing each of the psychopathological conditions covered in the course.
4. Be familiar with and able to discuss the DSM-IV multiracial classification of mental disorders and the criteria for diagnosing these disorders.
5. Be able to apply the DSM-IV classification system in determining the appropriate diagnosis of clinical cases.
6. Have a substantial foundation of knowledge about psychopathology to apply in formulating appropriate and effective intervention strategies to treat a broad spectrum of psychopathological conditions.

UNIT I

Diagnostic classification and Assessment of Abnormal Behavior -International Classification System -DSM and ICD - Indian Classification System - Approaches to classify abnormal behavior - Difference between DSM IV and DSM V -Relation between Brain and Psychological Disorder -mental Disorders -

Stress and Adjustment Disorder: Meaning and Characteristics of Stress – Reaction to stress – Measurement of stress – Categories of stressors – Strategies for coping stress – Management of stress – Theories of Stress – Decomposition under excessive stress – Adjustment disorder -

Anxiety Disorder: Situational anxiety or Phobias - Generalized anxiety disorder (GAD) - Panic Disorder - Obsessive Compulsive Disorder (OCD) - Posttraumatic Stress Disorder (PTSD) - Active Stress Disorder

UNIT II

Dissociative Disorder: Dissociative Amnesia - Dissociative Fugue - Dissociative Identity Disorder (DID) - Depersonalization Disorder

Psychosomatic Disorder: Psychosomatic Cardiovascular Disorder - Psychosomatic Gastrointestinal Disorder - Psychosomatic Respiratory Disorder - Psychosomatic Skin Disorder - Psychosomatic Genitourinary Disorder - Psychosomatic Endocrine Disorders - Psychosomatic Muscular Disorder - Psychosomatic Disorder of Organs of Special Sense - Hemic and Lymphatic Psychosomatic Disorder - Other Psychosomatic Disorder.

Personality Disorder: Paranoid Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder - Histrionic Personality Disorder - Narcissistic Personality Disorder - Antisocial Personality Disorder - Border Line Personality Disorder - Avoidant Personality Disorder - Dependent Personality Disorder.

UNIT III

Substance -Related Disorder: Alcohol -related Disorder - Nicotine and Cigarette Smoking Related Disorder - Stimulants - Related Disorder - Opioid - Related Disorder - Hallucinogens Related Disorder - Cannabis Related Disorder - Sedative Hypnotic or Tranquilizers Related Disorder.

Mood Disorder - Impulse control Disorder and Suicide:

Mood Disorder: Depressive Disorder – Dysthymic disorder - Major Depressive Disorder. Bipolar disorder – Cyclothymia disorder - Bipolar -I Disorder - Bipolar -II Disorder. Other Mood Disorder

Sleeping and Eating Disorder: Sleeping Disorder - Dyssomnias - Parasomnia. Eating Disorder – anorexia Nervosa - Bulimia

Schizophrenia: Disorganized Schizophrenia - Catatonic Schizophrenia - Paranoid Schizophrenia - Messed Schizophrenia - Residual Schizophrenia

UNIT IV

Delusional Disorder -Paranoid Disorder: Nature of Paranoid Disorder - Type of Paranoid Disorder - Persecutory type - Jealous Type - Erotomanic Type - Grandiose Type - Somatic Type - Mixed type - Unspecified Type. Symptoms or Clinical Picture of Paranoid Disorder – Delusion - Lack of Hallucination - Systematized and Logical Thoughts - Lack of Disorientation - Sequential Modes of Thinking

Gender Identity & Sexual Disorder: Sexual Dysfunction - Sexual Deviation - Gender Identity Disorder - Psychosexual Disorder

Mental Retardation and Learning Disabilities: Levels or Types of Mental Deficiency – Criteria of intelligence - criteria of adaptive behavior - clinical criteria – down's syndrome -

Phenylketinuria (PKU) - Cretinism - Microcephala and Macrocephala - Hydrocephala - Turner's Syndrome - Klinefelter's Syndrome - Fragile X Syndrome - Williams syndrome - Prader Will syndrome.

Cognitive Disorder: Amnesic Disorder - Delirium - Dementia.

Physical creepiness or Brain disorder: classification of Physical creepiness - Types of Physical creepiness - Disorder Associates with infection – Cerebral syphilis: stages of syphilis - syndromes of syphilis - treatment & outcome of cerebral syphilis - Epidemic encephalitis - Epilepsy - toxic deliria psychoses: Some many types of toxic delirious psychoses -

Hypochondriasis - Self-harm - Grief - Fatigue - restless leg syndrome

REFERENCES :

- Barlow, D.H. & Durand, V.M. (1998). *Abnormal Psychology: An Integrative Approach*, 2nd Ed. Pacific Grove, CA: Brooks/Cole.
- American Psychiatric Association (1994). *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. (DSM-IV)*. Washington: American Psychiatric Association.
- Carson & Butcher: *The Advance Abnormal Psychology & Modern life*.
- *Diagnostic & Statistical Manual of Mental Disorders. 4th ed. (DSM-IV)* Washington, D.C. APA Publication.
- Jogsan, Y. A. (2005). *Psycho-pathology*, Akshar Publication, Ahmedabad.
- Jogsan Y.A., Doshi D.R. and Joshi M. V. (2016) *advance Psychopathology*, J. k. Print Rajkot.
- Strauss, M.E., & Smith, G.T. (2009). *Construct validity: Advances in theory and methodology*.
- *Annual Review of Clinical Psychology*, 5, 1-25.
- Baker, T.B., McFall, R.M., & Shoham, V. (2009). Current status and future prospects of clinical psychology: Toward a scientifically principled approach to mental and behavioral health care. *Psychological Science in the Public Interest*, 9, 67-103.
- Lilienfeld, S.O. (2012). Public skepticism of psychology: Why many people perceive the study of human behavior as unscientific. *American Psychologist*, 67,111-129.
- Kendler, K.S. (2005). Toward a philosophical structure for psychiatry. *American Journal of Psychiatry*, 162, 433-440.*American Journal of Psychiatry*, 163, 1138-1146.
- Paus, T., Keshevan, M., & Giedd, J.N. (2008). Why do so many psychiatric disorders emerge during adolescence? *Nature Reviews Neuroscience*, 9, 947-957.
- Eisch, A.J., Cameron, H.A., Encinas, J.M., Meltzer, L.A., Ming, G., & Overstreet Wadiche, L.S. (2008). Adult neurogenesis, mental health, and mental illness: Hope or hype? *The Journal of Neuroscience*, 28, 11785-11791. September 12: Research Issues in the Study of Mental Disorders Discussants:
- Miller, G.A. (2010). Mistreating psychology in the decades of the brain. *Perspectives on Psychological Science*, 5, 716-743.

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Mental Hygiene

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	I	Elective	ECT- I	Mental Hygiene	4	30	70	100	2.30 Hrs.

Course Objectives:

1. To acquaint students with the nature and principals of mental hygiene.
2. To develop awareness about the major approaches to psycho-therapy.
3. To make them learn about how to promote mental health in special groups.

UNIT I

1. Nature scope and Principles of Mental Hygiene
2. Mental Hygiene Movement.

UNIT II

1. Nature of Mental Disorders
2. Preventing Mental Disorders.

UNIT III

1. Major Approaches to Psycho-therapy.
2. Promoting Mental Health Specially in Family, in Education, in Society, in Industry and in one- Self.

UNIT IV

1. Stroke: Demographics - classification of stroke – Psychological Impact of a stroke - cognitive Sequence of stroke - memory - Psychological Adjustment & others etc.
2. Sleep and Insomnia in later life : Insomnia : Diagnosis - Natural History - sleep & ageing -

Origins of late-life insomnia - Managing sleep and Insomnia Psychological Theories - Action Programme for Mental Health.

REFERECES :

- Adelson, D. and Kalis, B.L. (1930): Community Psychology and Mental Health: Perspective and Challenges. Penusylvania: Chandler Publication Co.,
- Atwatar, East Wood (1983): Psychology of Adjustment (IInd Ed.) New Jersey: Prentice Hall, Englewood Cliffs.
- Catalano, R. (1979): Health, Behavior and Community: An Ecological Perspective, New York : Pergamon Press.
- Colman & Broen (1975): Abnormal Psychology and Modern Life. Bombay : D.B. Tarporewala & Sons. Indian Reprint.
- Klien, D.B. (1956): Mental Hygiene (Rev. ed.) N.Y.: Holt Rinehart & Winstion.
- Ruch (1970): Psychology and Life (7th Edi.) Bombay : D.B. Tarpore Wala & Sons.
- Shaffer & Shoben (1956): the Personality of Adjustment. Boston : Houghton Miffin Comp.
- Sidney, N. Jourard (1958) : Personal Adjustment N.Y. McMillan Co.,
- Woods, Robert & Clare Lindia (Editors 2008). Handbook of the Clinical Psychology of Ageing (2nd Edition England : John Wiley & Sons Ltd., The Otrium, South Gate, Chichester, West Sussex - Po198SQ

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling
 Subject Name & No: Approaches to Psychological Therapy
 Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	II	Core	CCT - IV	Approaches to Psychological Therapy	4	30	70	100	2.30 Hrs.

Course Objectives:

To acquaint the Students with,

1. Various Psychotherapies and its basic Procedure.
2. Effectiveness of specific psychotherapy in solution of particular problem.
3. Different psychotherapeutic skills.

UNIT I

Psychotherapy: Nature of psychotherapy – History of psychotherapy - meaning of psychotherapy - techniques of psychotherapy - goals of Psychotherapy - purposes of psychotherapy - types of psychotherapy approaches - psychodynamic therapy approach - behavior therapy approach - cognitive behavioral therapy approach - group therapy approach - psychotherapy classification of Carson and butcher - Factors affecting the success of psychotherapy – Psychotherapy training and Background.

The Therapeutic process: individual mode - group mode - psychoanalytic approach - Procedure of psychotherapy – Free Association - dream analysis - analysis of resistance - application of psychoanalytic therapy - Adlerian therapy approach: basic assumptions - explanation of problem - change related goals - applied operations and techniques - research evidence.

Existential psychotherapy approach: basic assumptions - origin and maintenance of problem - goals of counseling - intervention strategies in existential phenomenological counseling - research evidence

UNIT III

Person centered therapy: basic assumptions - origin and maintenance of problem - core conditions of the counseling relationship - skill of the counselor and counseling strategies - effect of counseling climate on the clients - research evidence and evaluation.

Family therapy: meaning and process - goals of family therapy - types or forms of family therapy - when should family therapy be used? - Problems of family therapy - evaluation of family therapy.

Cognitive behavioral therapy:

Gestalt therapy - logo therapy - rational emotive behavior therapy (REBT) - basic assumptions - explanations of the origin and maintenance of problem - change related goals / counseling process - applied strategies and techniques - research evidence aron beck's cognitive therapy approach.

UNIT IV

Psychoanalytical Therapy – What is Psycho analysis – Different Phases of Psycho analysis psychotherapy- key concept of analytical psycho therapy of jung – jung’s Contribution of psycho therapy.

Group Psycho therapy: Nature and Scope of Group Psycho therapy – goals of group psycho therapy – benefits and limitations of group psycho therapy – Indirect Psychotherapy - Psycho drama method – play psycho therapy.

Different method of psychotherapy – catharsis – hypnosis method and its meaning, nature, benefits and limitations – analysis of hypnotism- relearning in psychotherapy and its limitations – interpretative psychotherapy – instructional psychotherapy – reading psycho therapy.

Clinical psychotherapy – Electric shock Therapy – Drug therapy or clinical psychotherapy – mental health and healthy personality – psycho surgery –

Indian psychological psycho therapy: what is psychopath – Causes of mental Disease – what is mental health – characteristic of psycho therapy according to Indian perspective - Indian Psycho therapy methods – Religion and psycho therapy.

REFERENCES:

- Beck, A. T.(1976). Cognitive therapy and Behavior disorder.
- Bur E. Gilliland and Richard K. James. (1998). Theories and Strategies in Counseling and psychotherapy, London, Allyn and Bacon.
- Capuzzi D. & Gross, D.R. (2008). Counseling and psychotherapy: theories and interventions (4th Ed.).
- Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole Belmont CA. Gerald Corey. (2001). Theory and Practice of Counseling and Psychotherapy, 6 Edition, California. Wadsworth, Brooks/ Cole.
- Jogsan Y.A. and Chauhan M. (2017) Psychotherapy, J. k. Print Rajkot
- Jogsan Y. A. & Chavda H.M. (2022) : Psychological Therapy, JK Print Shop, Rajkot.
- John C. Masters. Thomas G. Burish, Steven D. Hollon and David C. Rimm (1987). Behavior Therapy, 3 Edition. New York, Harcourt Brace Jovanovic College Publishers.
- Prochaska, J. O. & Norcross, J. C.(2007). Systems of psychotherapy; a transtheoretical analysis.6th Edn. Thomson Brooks/Cole Belmont CA.
- Lewis R. Wolberg, (1977). The Technique of Psychotherapy, 3 Editions, New York. Grune& Stratton.

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Field Work

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	II	Core (Field Work, Practical)	CCT- V	Field Work	4	30	70	100	2.30 Hrs.

Educational Activities and Field visits and work

- Workshops
- Conferences
- Seminars
- Guest Lectures
- Three Month internship
- Old age home
- Juvenile home
- Public and private hospitals
- Orphanage
- Center for learning Disabilities
- Different Mental Hospitals
- NGO's
- Visit to different Universities
- Sakhi one stop centers
- 181 Abhayam
- Women and child protection Unit
- AIDS Awareness & Prevention Center
- Thelesemia Awareness & Prevention Center
- Women Development Center
- Jail
- Blind, Dumb and Deaf Home
- Mental Retired Society ETC.

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Dissertation

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	II	Core	CCT- IV	Dissertation	8	50	150	200	2.30 Hrs.

General Guidelines for Dissertation

- Area and topic to be selected in consultation with the head and concerned faculty which should be related to counseling or clinical area only.
- Orientation program regarding the entire process of research work and writing dissertation.
- Every student must read at least 5 dissertations from the library.
- Training to the students in data collection and application of statistics.
- Dissertation should be based on primary data collection/case studies
- The given outline should be followed by each student for dissertation: (refer table)

CHAPTER NO.	TITLE
1	Introduction
2	Review of Literature
3	Research Methodology
4	Discussion and interpretation of results
5	Research findings and suggestions
	References (APA Style)
	Appendices

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Personality Measurement

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	II	Elective	ECT - II	Personality Measurement	4	30	70	100	2.30 Hrs.

Course Objectives:

- 1: To familiarize students with the key approaches to the study of personality.
- 2: To help students understand the various approaches to measure personality.
- 3: To acquaint students with the procedure of construction, administration and interpretation while using various tools to measure personality.
- 4: Understand meaning, dimensions of personality and history of personality Measurement
- 5: Discuss about Theoretical approaches of personality
- 6: Analysis of projective techniques
- 7: Know about projective technique

UNIT-I

Meaning and Definition of Personality- Nature- Determinants- Four Dimensions of Cultural Personality- Nature of personality Theories- Historical Background of personality Theories- Evaluating Critical of Personality Theories- Basic Assumptions of Differences in Personality Theories- History of personality Measurement- Methods of personality Measurements.

UNIT-II

Theoretical Approaches of personality- Psychoanalytic Approach- New Psychoanalytical Approach-Type Approach-Lifespan approach- Trait Approach- Humanistic Approach- Cognitive Approach- Social cognitive Approach-Existential Approach

UNIT-III

Self Report Inventories- Content Validation Approach- Empirical Criterion Approach- Factor Analysis Approach- Rational Theoretical approaches.

UNIT-IV

Projective Techniques- meaning of Projection- Meaning of Projective Technique- Nature- Assumption- explanation- Different types- evaluation-observation technique

REFERENCES

- Howard S. Friedman and Miriam W. Schustach (2004),
- Jogsan, Y.A. & Chauhan M.B.(2016): Personality Measurment, JK Publication, Rajkot
- Lorenze A. Pervin (1990), Handbook of Personality: Theory and Research, New York: Guilford Press
- Quammer Hussain, "Personality Measurement.
- Sarason, "Contemporary Research in Personality."

POST GRADUATE DIPLOMA IN CLINICAL COUNSELING

Syllabus

Course: Post Graduate Diploma in Clinical Counseling

Subject Name & No: Stress and Health

Course (Paper) Unique Code:

Name of course	Semester	Core/Elective/ Allied/Practical /Project	Course /Paper code	Course/Paper Title	Credit	Internal Marks	External Marks	Total Exam Marks	External Exam Time Duration
PGDCC	II	Elective	ECT- II	Stress and Health	4	30	70	100	2.30 Hrs.

Course Objectives:

1. To introduce concept, types and sources of stress phenomenon.
2. To acquaint students with correlates/ consequences of stress.
3. To acquaint students with measurements of various types of stress.

UNIT-I

Nature and Type of Stress: Conceptualization of Stress – Stimulus Based Model, Response Based Model, Shortcomings of Stimulus and Response Models, Stress as an Interaction, Lazarus and Folkman's Transactional Model, Criticisms of the Transactional Model, General Nature of Stress, Basic Sources of Stress – Frustration, Conflict, Change and Pressure.

UNIT-II

Causes of Stress/ Types of Stressor: Life Events Stress, Daily Hassles – Household Hassles, Health Hassles, Time Pressure Hassles, Inner Concern Hassles, Environmental Hassles, Financial Responsibility Hassles, Work Hassles, Future Security Hassles etc; Occupational / Work Related / Organizational Stressors – Luthans's Classification of Occupational Stressors, Cooper's Classification of Occupational Stressors, Pareek's Classification of Organizational Role Stressors, Executive Stress; Examination Stress; Environmental Stressors – Natural Disasters, Technology – when High-Tech Fails, Noise, Temperature, Aromas and Air Pollution, Crowding etc., Individual Stressors – Type A Personality Characteristics, Irrational Beliefs. Factors Influencing Severity of Stress

UNIT-III

Stress and Physical Health: Concept of Health, Physiological Consequences of Stress – Fight-or-Flight Response, Hans Selye's Concept of General Adaptation Syndrome (GAS), Other Effects

of Stress on Health- (1) Indirect Effects: Altered Life Style (2) Direct Effects – Changes in Brain, Cardiovascular System, Endocrine System and Immune System; Other Physiological Consequences – High Blood Pressure, High Cholesterol and some other Psychosomatic Disorders like Ulcer, Arthritis etc.

UNIT-IV

Stress and Psychological Health: Psychological Consequences of Stress: Cognitive Impairment – Poor Concentration, Increased Distractibility, Reduced Short-term Memory Capacity, Reduced Ability for Creative Thinking and Decision Making; Emotional Effects – Fear, Anxiety, Post-Traumatic Stress Disorder, Anger and Hostility, Depression; Burnout Stress Syndrome (BOSS) – Definition, Components and Causes of BOSS; Psychological Disorders in General; Sleep disorders, Eating disorders; Behavioral Consequences of Stress – Aggression, Learned Helplessness, Indulging Self, Using Defense Mechanisms.

REFERENCE BOOKS

- Beck, A. T. (1972). Depression: Causes and Treatment. Philadelphia: University of Pennsylvania Press.
- Cooper, C. & Payne, R. (1988). Causes, Coping and Consequences of Stress at Work. Chi Chester: Wiley.) Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Springer.
- Mishra, G. (1999). Psychological Perspectives on Stress and Health. New Delhi: Concept Publishing Company.
- Pareek, U. (1993). Making Organizational Roles Effective. New Delhi: Tata McGraw Hill.
- Patel, M.K. & Nasit, T.B. (2008). Stress, Emotions, Coping and Health. Rajkot: Saurashtra University Press.
- Pestonjee, D. M. (1999). Stress and Coping: The Indian Experience. New Delhi: Sage.
- Rathus, S. A. & Nevid, J.S. (2002). Psychology and the Challenges of Life: Adjustment in the New Millennium (8th Ed.). New York: John Wiley & Sons.