

**SANT GADAGE BABA AMRAVATI UNIVERSITY, AMRAVATI**  
**Choice based Credit System (CBCS)**  
**Faculty – Humanities**  
**Syllabus for Academic Year 2024-2025**  
**Bord of Study - Psychology**  
**PROGRAMME – B A Part III -SEMESTER V**  
**SYLLABUS**  
**COUNSELING PSYCHOLOGY**

**COURSE OBJECTIVES:**

After completion of this course the students will...

1. Gain knowledge of the counseling process.
2. Able to administer psychometric tests in counseling
3. Apply counseling skill in practical setting including problems in childhood, adolescence and old age which were studied in Human Development Course of SEM III
4. Understand ethical and professional issues in counseling.
5. Illustrate how to use statistics techniques and Normal Probability Curve to analyze data.

**PART A- THEORY EXTERNAL (60 MARKS)**

<b>Unit</b>	<b>Content</b>
<b>Unit I</b>	Meaning, definitions and goals of counseling Basic skills and principles in counseling Ethical and professional issues in counseling Difference between guidance, counseling and psychotherapy Types of counseling: Directive, non-directive and eclectic counseling
<b>Unit II</b>	Counseling process: Settings for counseling Steps in counseling Therapeutic relationship: The importance of relationship, components of relationship, facilitative conditions for the counseling relationship
<b>Unit III</b>	Psychometric assessment in counseling

	<p>The purpose of psychometric assessment</p> <p>Intelligence and ability testing</p> <p>Achievement and aptitude testing</p> <p>Interest testing:</p> <p>Appraisal of personality: Personality inventories, projective tests</p>
<b>Unit IV</b>	<p>Current Issues in Counseling:</p> <p>Legal Issues</p> <p>Counseling diverse population: Geriatric counseling, addiction counseling, adolescent counseling, academic counseling, Counseling for special or exceptional children</p> <p>(Special reference to the problems in childhood, adolescence and old age which were studied in Human Development Course of SEM III)</p>
<b>Unit V</b>	<p>Statistics:</p> <p>Correlation: Rank Difference and Product Moment Correlation</p> <p>Normal Probability Curve</p>

**PART B THEORY INTERNAL (20 MARKS)**

**Skill Enhancement Module, any one of the following**

1. Visit to special Schools: to study the problems of specially disabled children, to administer appropriate psychometric tool for as per the purpose of the visit and prepare a report/case study and presentation of the same in classroom seminar.
2. Visit to Old Age Home: to administer appropriate psychometric tool for as per the purpose of the visit and prepare a report/case study and presentation of the same in classroom seminar.

**PART C PRACTICAL: (20 MARKS, ANY FOUR OF THE FOLLOWING)**

- 1) Battery for Career Counseling
- 2) Burnout Inventory
- 3) Internet Overuse Scale (Darshana Shah and Urmi Biswas)

- 4) Type ABC Personality Inventory
- 5) Academic Anxiety Scale ((Pal, Mishra and Pande)
- 6) Geriatric Depression Scale (Satya Gopal)
- 7) Adolescent Problems Scale (H.D. Badami)
- 8) Guidance Need Inventory (Sudha Kumari Sharma Shahwar Zaidi)
- 9) Educational Problems Questionnaire (Beena Shah and Lekhera)
- 10) Problem Solving Ability Test (L.N. Dubey)
- 11) Vyktitwa Shodhika ((Khire and Rajguru)

#### **REFERENCES:**

1. समुपदेशन मानसशास्त्र, २०११, प्रा. हिरवे आणि प्रा. तडसरे, फडके प्रकाशन, कोल्हापूर
2. मार्गदर्शन आणि समुपदेशन, २०१७, डॉ. आरती सपकाळे आणि प्रा. वैशाली कोरडे, प्रशांत पब्लिकेशन्स, जळगाव
- 3 समुपदेशन मानसशास्त्र, २०१५, प्रा. डॉ. शैलजा भंगाळे आणि प्रा. डॉ. संगीत महाजन, प्रशांत पब्लिकेशन्स, जळगाव
- 4 समुपदेशन ; शास्त्रीय प्रक्रिया व उपयोजन (२०१६ ) डॉ सी जी देशपांडे , उन्मेष प्रकाशन , पुणे
- 5 समुपदेशन मानसशास्त्र (१०१८ ): डॉ गोकुळ चौधरी , डॉ बेनहर पवार , अथर्व प्रकाशन , पुणे
- 6 .Counseling and Guidance, 2009, S. Narayana Rao, TATA McGraw-Hill
- 7 Counselling (2018) Samuel T Glading , Promila Batra , Pearson Education

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**Bord of Study - Psychology**

**PROGRAMME – B A Part III -SEMESTER VI**

**SYLLABUS**

**FUNDAMENTALS AND TECHNIQUES OF PSYCHOTHERAPY**

**Course Objectives:**

After completion of this course the students will...

1. Define the concept of Psychotherapy, its objectives and Therapeutic process.
2. Explain various therapeutic techniques.
3. Apply therapeutic techniques under the supervision of an experienced therapist.
4. Demonstrate the acquired therapeutic skills.
5. Illustrate how to use statistical techniques to analyze data.

**PART A- THEORY EXTERNAL (60 MARKS)**

<b>Units</b>	<b>Content</b>
<b>Unit I</b>	Introduction to Psychotherapy: Definitions and objectives of psychotherapy, Therapeutic process, Therapeutic skills, Effectiveness of psychotherapy, Variables affecting psychotherapy-client variables, therapist variables, social and environmental variables, placebo effect. Psychotherapeutic devices- catharsis, suggestions, persuasion, reeducation, distributive analysis and synthesis. Ethical Issues in Psychotherapy.
<b>Unit II</b>	Varieties of Psychotherapy Psychodynamic therapy: Freud's Psychoanalytic Therapy, Adlerian Psychotherapy. Humanistic Therapies: Client Centered Therapy, Existential Therapy and Gestalt Therapy.
	Behavioral psychotherapy

<b>Unit III</b>	Experimental background of Behavioral Psychotherapy: Ivan Pavlov- Classical Conditioning, B.F. Skinner- Operant Reinforcement theory, Bandura's Social Learning Theory.  Techniques of Behavioral Psychotherapy: Systematic Desensitization, Imaginal Flooding Therapy, Implosive Therapy, Aversion Therapy, Assertive Training, Biofeedback Training and Token Economy.
<b>Unit IV</b>	Cognitive Aspects of Psychotherapy: Rational Emotive Behavior Therapy, Transactional Analysis, and Bandura's Social-cognitive therapy.  Contemporary trends in Psychotherapy: Yoga and Meditation, Mindfulness and Zen Therapy.
<b>Unit V</b>	Applications of Statistics in Psychology:  T test, One Way ANOVA, Chi Square test

**PART B THEORY INTERNAL (20 MARKS)**

**Skill Enhancement Module, any one of the following**

1. Visit to Psychiatric Hospital for identification and categorization of psychological illness and to present its report in classroom seminar
2. Preparing a Booklet on major mental health related issues published in newspaper

**PART C PRACTICAL: (20 MARKS, ANY FOUR OF THE FOLLOWING)**

- 1) Clinical Analysis Questionnaire (Kapoor and Singh)
- 2) State and Trait Anxiety Scale (Roma Pal and Govind Tiwari)
- 3) Medico Psychological Questionnaire (J. Bharat Raj)
- 4) PGI Hope Scale (Sharma, Jindal, Behera and Verma)
- 5) Comprehensive Neuro-Psychological Battery (Surya Gupta)
- 6) Kundu Neurotic Personality Inventory (R.N. Kundu)
- 7) Case Study Test (L.N.Dubey)
- 8) Pathological Internet Use Scale (Madhu Asthana and K. B. Verma)

- 9) IPAT Anxiety Test
- 10) Free Association Test (Vivek Bhargav)
- 11) Adjustment Inventory (Palsane)

**REFERENCE BOOKS:**

- 1) अपसामन्याचे मानसशास्त्र (२००४). मानसी राजहंस, अनघा पाटील, सुशील बर्वे, उन्मेष प्रकाशन, पुणे
- 2) चिकित्सा मानसशास्त्र (२०१०). बी. एन. बर्वे, विद्या प्रकाशन, नागपूर
- 3) नैदानिक मनोविज्ञान, अरुणकुमार सिंह, मोतीलाल बनारसीदास प्रकाशन, आग्रा.
- 4) Introduction to Clinical Psychology (2016). Jeffrey E. Hecker and Geoffrey L. Thorpe, Routledge, Taylor and Francis Group Publications.
- 5) Statistics in Psychology and Education (2018) S.K. Mangal, PHI learning Private Limited Delhi