

Sant Gadage baba Amravati University, Amravati
M.A. PSYCHOLOGICAL AND COUNSELLING SYLLABUS C.B.C.S.

Semester III

S.N.	Type of Paper	Subject Code	Name of Course	Total Hours	Credits
1	DSC-1		Basic Counselling Skills	60	4
2	DSC-2		Fundamentals of Counselling Process	60	4
3	DSC-3		Psychopathology	60	4
4	DSE-4 (A OR B)		A. Clinical Psychology OR B. Child, Adolescent and Parental Counselling	60	4
5	DSC-5 Practical		Clinical Assessment	60	2
6	DSC-6		Research Project Phase-1	30	1
7	DSC-7		Case Study Report	45	2
8	SEC-1		Application of Counselling Skills in Counselling Process	30	1
9	Total Credits				22

Semester IV

S.N.	Type of Paper	Subject Code	Name of Course	Total Hours	Credits
1	DSC-1		Maladaptive Behavior	60	4
2	DSC-2		Theories of Counselling and Psychotherapy	60	4
3	DSC-3		Clinical Assessment and Psychodiagnosis	60	4
4	DSE-4 (A OR B)		A. Applications of Counselling OR B. Workplace Counselling	60	4
5	DSC-5 Practical		Assessment in Counselling	60	2
6	DSC-6		Research Project Phase-II	90	4
7	Total Credits				22

IMPORTANT INSTRUCTIONS FOR SEMESTER III

Research Project Phase I

Cos

After successful completion of this phase, students will be able to:

1. Apply the concepts practically in research area
2. Write a research proposal in scientific manner

In the third semester, the students have to prepare a research proposal in Research Project Phase I. The students can conduct the research project individually or in group with 2 or 3 students.

Students should select a problem related to Counselling / Clinical Psychology i.e., the variables under study should have implications for community mental health, wellbeing and such related issues. These variables should be selected in consultation with the concerned teacher or guide.

The Research Proposal must be submitted before the third semester end exam.

General Guidelines for Research Proposal

Research Proposal / Research Project should be written in APA format

For Quantitative/Qualitative Research

- Comparative Study: Minimum Sample size for each group will be 30
- Correlational Study: Minimum Sample size for each group will be 50
- Qualitative Research: Minimum number of individuals

Regarding Group Project

- Students can complete the project in group of two or three students with the approval of the guide.
- Sample size would be of minimum 150
- Each student will be required to write a separate report on at least one variable

Format of Research Proposal

- Title Page (Name of Researcher and Guide with title)
- Brief Introduction (Definition of variables)
- Statement of the Problem
- Review of literature
- Purpose and Rationale
- Hypothesis
- Methods
- Expected Results

- Time Schedule
- References
- Appendix

Assessment of the Research Proposal

There will be internal assessment for 30 marks. The students must be present their proposal with PPT and Submit the soft copy of PPT and hard copy of proposal to the committee. There will be local RAC for the assessment of the Research Proposal with the following members

- Head of the Institution (Principal)
- Head of the Department
- Research Project Guide
- External Subject Expert (If Possible)

The local RAC will approved the research proposal or can give any relevant suggestion and assess the proposal on the following points

- PPT Presentation – 5 Marks
- Selection of the Topic – 5 Marks
- Relevancy of Research - 5 marks
- Research Methodology – 10 Marks
- Overall Performance - 5 Marks
- Minimum 15 Marks will be mandatory for passing

Case Study Report

Cos

After successful completion of this case study report, students will be able to:

1. Apply the Case history method in clinical field
2. Understand the importance of case study in Counselling

The students should select at least two maladapted cases in consultation with the teacher which include different types of psychological disorders in the area of clinical psychology and area of counselling psychology for example the cases of interpersonal problems, personal problems, marital problems and career selection etc.

Students should study clinical cases in the Psychiatric Hospitals

Students should study different types of maladjusted cases from the Rehabilitation centers, Schools, Old age home, Family Court and related areas.

A detailed case study report should be prepared for at least two maladjusted cases with the help of following points

- Primary information of the client

- Genogram of the client
- Primary identification of problem
- Case history of the client
- Psychological /Behavioral assessment
- Diagnosis of the problem
- Planning of the session
- Therapeutic intervention
- Brief report of all sessions
- Summary and outcome

For the case study of Psychiatric Hospitals, the prescribed format given by the department should be used.

Assessment of the Case Study Report

The must be submit their case study report in hardcopy with seminar file.

There will be internal and external assessment for 40 marks (For Two Case Study)

- Internal Assessment for 20 Marks: Case Study Presentation with PPT
- External Assessment for 20 Marks: Viva on Case Study Report
- Minimum 20 Marks will be mandatory for passing

Skill Enhancement Course (SEC)

Cos

After successful completion of this course, students will be able to:

1. Apply the different counselling skills practically
2. Understand the importance of skills in Counselling process

In Semester III, there shall be compulsory Skill Paper based on the concerned subject where students are expected to learn skills to be employable or become entrepreneur after PG Programme.

This semester there is a skill based course on Application of Counselling Skills in Counselling Process, related to DSC-1and DSC-2 .

The counselling is a skill-based process so that for becoming a good counselor it is mandatory to learn different types of counselling skills practically.

Important Skills which are given in the theory paper DSC-1 Such as

- Listening Skill
- Understanding Skill
- Paraphrase Skill and Reflect Feeling Skill

- Clarify Problems Skill
- Questioning Skill
- Other related Skill

The students should learn these Skills practically with the different types of hypothetical cases given by the concerted teacher.

The students should acquire the theoretical knowledge of different counselling skills from the DSC-1 and DSC-2 and in the SEC, they should be performed the skills with practical demonstration in the form of Role Play by taking a hypothetical case.

Assessment of the SEC

There will be continuous internal assessment for the 30 Marks which is given by the concerned teacher on the basis of

- Active Participation – 15 Marks
- Understanding level of Skill- 15 Marks
- Minimum 15 Marks will be mandatory for passing.

Ancillary Credit Courses :- (University Department/College/Institute Level)

Internship/Apprenticeship/ Field Work/Work Experience: (During Vacations of semester-I to III) There shall be Internship/Apprenticeship/ Field Work/ Work Experience for duration of minimum 60 hrs. to maximum 90 hours available to all the students, to be completed during vacations of Semester-I to III.

This will carry 2 Credits for learning of 60 hrs. or 3 Credits for learning of 90 Hours. It should be evaluated by mentor teacher/ faculty member with the help of Work Report certified by trainer where Internship/Apprenticeship/ Field Work/ Work Experience is undertaken and as submitted by the students. It shall be completed in vacation only. Students may opt for any one of these categories. The Credits of Internship/Apprenticeship/ Field Work/ Work Experience shall be reflected in the Credit Grade Report of the fourth Semester. The grade and credits obtained by the students should be communicated to the University by the college/Institution/university department before the start of the IV semester examination.

Instructions for Internship/Apprenticeship/ Field Work/Work Experience

Cos

After successful completion of this course, students will be able to:

1. Understand applications of theoretical Knowledge at practical level
2. Understand the requirements of running Mental Health Organizations
3. Demonstrate the practical skills required in the field of mental health

Format of Internship/Apprenticeship/ Field Work/Work Experience

- a. Student must complete the 90-hour internship with any Organisation working in the field of Mental Health, for Example
 - Psychiatric Hospital
 - Rehabilitation centre
 - Observation Home
 - Family Court
 - And other related Organization
- b. In internship the student have active participate in the work of the organisation in the form of volunteering, helping to run activities for the organisation, etc. so as to improve their mental health skills and knowledge.
- c. The student must maintain a diary of the work done, working hours and a signature of Agency Supervisor (in the NGO/ Organisation) will be taken at the end of each day.
- d. At the end of the semester, the Organization must provide a certificate stating that the student has completed the 90-hour internship with that Organization
- e. The student must submit a report of the work done during the 90-hour internship for the final assessment. The format of the report must be as follows:
 - Information about the Organization
 - Goal of internship
 - Attaching the diary and Certificate of Organization
 - Discussion and outcomes – students' learning out of the internship.
 - Conclusion

Note: As per direction no 57/2022 on dated 22/9/2022 of SGBAU ,10% of total credits prescribed for the degree of the programme (Minimum 8 Credits) are mandatory to be earned by all the students from Ancillary Credit Course as mentioned in Table A

IMPORTANT INSTRUCTIONS FOR SEMESTER IV

Research Project Phase II

Cos

After successful completion of this phase II, students will be able to:

1. Conduct a Research in the field of Psychology
2. Write a scientific research paper for the different purpose
3. Understand the process of conducting a research.

Every student shall be offered Research/Innovative Project in IV Semester. This research/Innovative Project/Dissertation will carry 100 Marks and of maximum 5 credits per semester. The project/dissertation be submitted in the hardbound copy to the University Department/College/Institute. For internal evaluation, the students shall have to give a presentation of the project/dissertation in a given Semester. Further, for external examination, Project/Dissertation shall be evaluated by the concerned teacher/supervisor/guide in the University Department/College / Institute as an Internal Examiner along with an External Examiner appointed by the University.

Format of Research Project

Project Report should be written in APA Format

I. Title Page

- Title
- Name of researcher and Guide
- Running Head
- Acknowledgements (If Any)

II. Introduction

- Define Variables in the research
- Statement of the Problem
- Purpose and Rationale of the Study

III. Review of the Literature

IV. Research Methodology

- Research objectives
- Hypothesis
- Sample
- Tools

- Method of data Collection
- Research Variables
- Research design
- Statistical Method
- Operational Definitions of variables

V. Result and Discussion

- Tables and Figures
- Statistical Interpretation
- Support or Nonsupport of Hypothesis

VI. Summary and Conclusion

VII. References

VIII. Appendix (If Any)

Assessment of Research Project: 100 Marks

Project assessment will be based on presentation of project before Internal and External examiners with PPT.

Continuous Internal assessment for 50 marks as follows

- Introduction, Definition, objectives, Rationale, significance – 15 Marks
- Review of Literature – 15 Marks
- Presentation – 20 Marks

External Assessment for 50 Marks as follows

- Evaluation of Research Project (Methodology) – 20 Marks
- Research Project Presentation – 15 Marks
- Viva Voce – 15 Marks
- Minimum 50 Marks will be mandatory for passing

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BASIC COUNSELLING SKILLS

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/ Paper- I	Basic Counselling Skills	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of introductory counseling skills, applications and importance of these skills.
2. By the end of UNIT-II the students will be able to understand skills for relating stage in counseling and its application
3. By the end of UNIT-III, the students will be able to apply understanding skills in counseling
4. By the end of UNIT-IV the students will be able to apply understanding skills and thought changing skills as well as its process in counseling setting.

Unit 1	INTRODUCTION TO COUNSELLING SKILLS	15 lectures
	1.1 Life Skills Counselling Approach 1.2 Communication and Action Skills 1.3 Feeling and Physical Reaction 1.4 Creating Mind Skills 1.5 Characteristics of Effective Counselors	
Unit 2	SKILLS FOR RELATING STAGE IN COUNSELLING	15 lectures
	2.1 Listening Skills- Nature of Active Listening 2.2 Understanding Skills 2.3 Paraphrase and Reflect Feelings Skills 2.4 Manage Initial Resistance 2.5 Structuring Skills in Counselling Process	
Unit 3	SKILLS FOR UNDERSTANDING STAGE IN COUNSELLING	15 lectures
	3.1 Basic Summarizing Skills and referral Skills 3.2 Clarify Problems Skills 3.3 Questioning Skills 3.4 Challenging Skills 3.5 Feedback Skills	
Unit 4	SKILL FOR UNDERSTANDING AND CHANGE	15 lectures

4.1 Self-Disclosure Skills 4.2 Skills for Electing and Assessing Feelings and Physical Reactions 4.3 Skills for Electing and Assessing Thinking 4.4 Skills for Electing and Assessing Communication and Actions 4.5 Skills for Working with Clients and Negotiating Home Work 4.6 Ethics in Counselling	
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Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th Ed.) Delhi: Pearson education Pte. Ltd.
3. Gelso, C. J., Fretz B.R. (1995) counselling psychology. Bangalore: Prism books Pvt. Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th Ed.).Delhi:Pearson education Pvt. Ltd.
5. Rao, S.N. (2006). Counselling and guidance (2nd Ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th Ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson, R., Jones (2000). Introduction to counselling skills, text an activities London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th Ed.) Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.
10. Deshpande C.G. and et. al. (2010) Samupadeshan: ShasrtiyaPrakriyavaupayojan. UnmeshPrakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
12. Corey, G. (2008). Theory and practice of group counselling. ThomsonBrooks/Cole: Belmont CA
13. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
14. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
15. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT:20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Skills demonstration with Role Play

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FUNDAMENTALS OF COUNSELLING PROCESS

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/ Paper- II	Fundamentals of Counselling Process	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand nature and meaning of counseling as well as goals and core conditions of counseling
2. By the end of UNIT-II the students will be able to understand counseling process and building the counseling relationship with counselee
3. By the end of UNIT-III the students will be able to apply interview technique in counseling setting
4. By the end of UNIT-IV the students will be able to understand ending process of counseling with effective implementation of action plan.

Unit 1	NATURE AND GOALS OF COUNSELLING	15 lectures
	1.1 Definition, Meaning and Goals of Counselling 1.2 Fundamental Precepts of Effective Counselling 1.3 Goals of Counselling 1.4 Core Conditions of Counselling 1.5 Counselling and Related Fields	
Unit 2	COUNSELLING PROCESS	15 lectures
	2.1 Preparation for Counseling 2.2 Communication and Building the Counselling Relationship 2.3 Stages of Counselling Process 2.4 Variables Affecting the Counselling Process 2.5 In Depth Exploration	
Unit 3	COUNSELLING INTERVIEW AND RELATIONSHIP	15 lectures
	3.1 Communication in Interview Verbal, Non-Verbal 3.2 Types of Initial Interview 3.3 Interview Techniques in Counselling 3.4 Counselee- Counsellor Relationship And Techniques 3.5 Special Relationship Problems 3.6 Assessment and Diagnosis In Counselling	
Unit 4	COMMITMENT TO ACTION ON TERMINATION	15 lectures
	4.1 Process of Goal Setting 4.2 Design and Implementation of Action Plan	

	4.3 Termination 4.4 Timing of Termination 4.5 Aims and Objectives of record Keeping, File Composition	
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Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th Ed.)
Delhi: Pearson education Pte. Ltd.
3. Gelso, C. J., Fretz B.R. (1995) counselling psychology. Bangalore: Prism books Pvt. Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th Ed.).Delhi:Pearson education Pvt. Ltd.
5. Rao, S.N. (2006). Couselling and guidance (2nd Ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th Ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson, R., Jones (2000). Introduction to counselling skills, text an activities London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th Ed.)
Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.
10. Deshpande C.G. and et. al. (2010) Samupadeshan: ShasrtiyaPrakriyavaupayojan.
UnmeshPrakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
12. Corey, G. (2008). Theory and practice of group counselling. Thomson Brooks/Cole: Belmont CA
13. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed)
Sage Publication.
14. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
15. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT : 20 MARKS

Choose any two: 20 Marks

- 1) MCQ Test
- 2) Submit Assignment or Video on given topic
- 3) Report on counseling process with the help of any Novel, Movies related to psychological disorder or hypothetical case
- 4) Seminar presentation with PPT on given topic

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Semester -III

PSYCHOPATHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/ Paper-III	Psychopathology	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of abnormal behavior and to analyze normal and abnormal behavior
2. By the end of UNIT-II the students will be able to understand symptoms of anxiety related disorders
3. By the end of UNIT-III, the students will be able to understand mood disorders and its relation with suicide as well as nature of personality disorder.
4. By the end of UNIT-IV the students will be able to understand symptoms of psychotic and neuro-cognitive disorders

Unit 1	INTRODUCTION OF PSYCHOLOGICAL DISORDERS AND PARADIGMS OF PSYCHOLOGY	15 lectures
	1.1 Definition and Criteria of Psychological Disorders 1.2 Brief History of Mental Disorders. 1.3 DSM History and DSM 5 1.4 Various Paradigms in Psychopathology: Biological, Psychoanalytical Behavioristic, Cognitive, Humanistic, Existential, Diathesis, Cognitive , Humanistic, Existential, Diathesis-Stress Model	
Unit2	PANIC, ANXIETY, OBSESSIONS AND THEIR DISORDERS	15 lectures
	2.1 Overview of Anxiety Disorder and their Communities 2.2 Specific Phobia, Social Phobia, Agoraphobia, Panic Disorder its Causes and Treatment 2.3 Generalized Anxiety Disorder Separation Anxiety Disorder, Selective Mutism 2.4 Obsessive- Compulsive Disorder, and Related Disorder – Body Dysmorphic Disorder, Hoarding Disorder Trichotillomania, Excoriation disorder	
Unit 3	MOOD DISORDERS , SUICIDE AND PERSONALITY DISORDERS	15 lectures
	3.1 Nature and Meaning of Mood Disorder (Depression) 3.2 Unipolar Depressive Disorder: Major Depressive Disorder, Persistent Depressive Disorder: Causes and Treatment 3.3 Bipolar and Related Disorder: Cyclothymic disorder, Bipolar I and Bipolar II, Premenstrual dysphonic disorder, Disruptive Mood Dysregulation Disorder 3.4 Suicide: The Clinical Picture and Causal Pattern, Suicide Prevention and Intervention	

	3.5 Suicide Self Injuring Disorder, Persistent Complex Bereavement disorder 3.6 Personality disorders	
Unit 4	SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDER AND NEUROCOGNITIVE DISORDERS	15 lectures
	4.1 Schizophrenia : Nature and origin, definition phases and symptoms, subtypes 4.2 Schizophrenia spectrum disorder: Schizophrenia form disorder Schizoaffective disorder, Delusional disorder, Brief Psychotic disorder 4.3 Etiology and Treatment of Schizophrenia 4.4 Neuro Cognitive diseases: Definition, Parkinson’s disease, delirium Alzheimer	

REFERENCE BOOKS:

1. American Psychiatric Association: “Diagnostic and Statistical Manual of Mental Disorders”, DSM-5 (5th Ed)
2. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.)Dorling Kindersley(India) Pvt.Ltd. of Pearson Education.
3. Barlow, D.H. & Durand, V.M. (2012). Abnormal psychology : An Integrative approach (6th ed.). Wadsworth Cengage Learning.
4. The International Classification of Diseases ICD-11 (2018). World Health Organization
5. Aahuja,N. (2011) Short textbook of psychiatry (7th Ed), Jaypee Publication
6. Geddes, J.R. & Andreasen, N. C. & Goodwin, G. M.(2019). New Oxford Textbook of Psychiatry 3rd ed. Oxford books.
7. Sarason ,I. & Sarason,B. (2017).Abnormal Psychology 11th ed. Pearson.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Review reports on disorders on the basis of related movies, serial, Novel etc.

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Semester III

CLINICAL PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods	Credit
DSE/ Paper- IV (Elective A)	Clinical Psychology	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand the nature and related fields of Clinical Psychology
2. By the end of UNIT-II the students will be able to understand historical development and recent development of clinical psychology
3. By the end of UNIT-III, the students will be able to understand different models in clinical psychology and its application for treating the disorders
4. By the end of UNIT-IV the students will be able to understand relationship between neuroscience and clinical psychology in special area of clinical neuro psychology

Unit 1	INTRODUCTION TO CLINICAL PSYCHOLOGY	15 lectures
	1.1 Nature and Definition of Clinical Psychology 1.2 Characteristics of Clinical Psychology 1.3 Activity and Work setting of Clinical Psychologist 1.4 Clinical Psychology and Related Professions 1.5 Training in Clinical Psychology	
Unit 2	HISTORY AND RECENT DEVELOPMENT	15 lectures
	2.1 Ancient Roots 2.2 Development in Eighteen and Nineteen Centuries 2.3 Development in World War I to World War II 2.4 Post World War Development and Milestones Growing Point 2.5 Development of Clinical Psychology in India	
Unit 3	MODELS IN CLINICAL PSYCHOLOGY	15 lectures
	3.1 Role traditional Models- Psychology 3.2 Biological Model 3.3 Interpersonal Model 3.4 Humanistic Model 3.5 Behavioural and Cognitive Model	
Unit 4	SPECIALIZATION IN CLINICAL PSYCHOLOGY/ CLINICAL HEALTH PSYCHOLOGY	15 lectures
	4.1 Clinical Health Psychology: Definition and brief History 4.2 Models of Illness and Health 4.3 Prevention and Health Promotion 4.4 Illness: Diabetes, Mellites, Headache, Cancer 4.5 Training and Certification in Health Psychology	

Reference book:

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications :New Delhi
3. Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and Profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
4. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
5. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues (5th ed.). New Delhi: Asian Books Pvt. Ltd. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). Psychologists' desk reference. Oxford: Oxford University Press.
6. Marks, D.F., & Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
7. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press.
8. Sundberg, N.D., Winebarger, A.A., & Taplin, J.R. (2002). *Clinical psychology: Evolving theory, practice and research*. Upper Saddle River, N.J.: Prentice-Hall
9. Wolman, B.B. (ed.) (1975). *Handbook of clinical psychology*. New York McGraw-Hill.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Recent trends/ research in Clinical Psychology

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CHILD, ADOLESCENT AND PARENTAL COUNSELING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSE/Paper - IV (Elective B)	Child, Adolescent and Parental Counseling	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of parenting and parental counseling.
2. By the end of UNIT-II the students will be able to understand child and adolescence counseling and various areas of application.
3. By the end of UNIT-III, the students will be able to understand the process of child and adolescence counseling and able to apply various techniques of counseling
4. By the end of UNIT-IV the students will be able to apply counseling techniques in education area

Unit 1	PARENTAL COUNSELING:	15 lectures
	1.1 Nature and Definition of Parental Counseling 1.2 Parent Guidance and Parent Education 1.3 Characteristics of Good Parenting 1.4 Challenges of Parenting 1.5 Types of Parenting. 1.5 Influence and Limitations of Parents. 1.6 Therapy for Parenting Issues 1.7 Co-Parenting Counseling Parent - Child Relationship	
Unit 2	INTRODUCTION TO CHILD AND ADOLESCENT COUNSELING	15 lectures
	2.1 Counseling Needs of Children and Adolescent, Scope 2.2 Location of Needs: Family, School, 2.3 Residential Care, Community 2.4 Nature of Issues: Emotional, Behavioral Conduct, Developmental Learning	
Unit 3	PROCESS AND TECHNIQUES OF CHILD AND ADOLESCENT COUNSELING	15 lectures
	3.1 Characteristics of Child and Adolescent Counselors 3.2 Therapeutic Relation in Child and Adolescent Counseling 3.3 Child Counseling Skills: Observation, Active Listening, 3.4 Dealing with Resistance and transference 3.5 Use of Play and Art with Children	
Unit 4	COUNSELING IN EDUCATIONAL CONCEPT	15 lectures
	4.1 Specific Issues in Educational Setting 4.2 Special Needs Children including Intellectually Different Students	

(Mentally Retarded and Gifted)	
4.3 Children with Learning Disabilities	
4.4 Children With behavioral Problems	
4.5 Children with Communication Disorders	

Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th Ed.) Delhi: Pearson education Pte. Ltd.
3. Gelso, C. J., Fretz B.R. (1995) counselling psychology. Bangalore: Prism books Pvt. Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th Ed.). Delhi: Pearson education Pvt. Ltd.
5. Rao, S.N. (2006). Counselling and guidance (2nd Ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th Ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson, R., Jones (2000). Introduction to counselling skills, text an activities London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th Ed.) Delhi: Tata McGraw-Hill.
9. Deshpande C.G. and et. al. (2010) Samupadeshan: ShasrtiyaPrakriyavaupayojan. UnmeshPrakashan Pune.
10. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
11. Corey, G. (2008). Theory and practice of group counselling. ThomsonBrooks/Cole: Belmont CA
12. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
13. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT on given topic
- 4) Recent trends/ research in Child, Adolescent and Parental Counseling

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Semester- III

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/Paper V	Clinical Assessment	Per Week - 4	2

COs:

After successful completion of Laboratory work, the students will be able: (Any 8 of the following)

1. To understand the concept of Psychometric tests.
2. To recognize behavior problems of human being.
3. To administer Psychometric I.Q. test.
4. To analyze various types of personality and neurotic symptoms

Sr. No.	Name of Practical
1	Mobile/Internet Addiction Scale
2	Suicidal Ideation Scale
3	16 PF
4	Maudsley personality inventory
5	Neuroticism Scale
6	Clinical Analysis questionnaire
7	Motivational Analysis test
8	Anxiety, Depression and Stress Scale
9	Anxiety Scale
10	SPM (Standard Progressive Matrices)
11	Home Adjustment Inventory
12	Children's Personality Questionnaire

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Semester- III

Research Project Phase I

Cos

After successful completion of this phase, students will be able to:

1. Apply the concepts practically in research area
2. Write a research proposal in scientific manner

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/Paper VI	Research Project Phase I (Research Proposal)	Per Week – 2	1

Case Study Report

Cos

After successful completion of this case study report, students will be able to:

1. Apply the Case history method in clinical field
2. Understand the importance of case study in Counselling

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/Paper VII	Case Study Report	Per Week - 3	2

Skill Enhancement Course (SEC)

Cos

After successful completion of this course, students will be able to:

- 1) Apply the different counselling skills practically
- 2) Understand the importance of skills in Counselling process

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/Paper VIII	Application of Counselling Skills in Counselling Process	Per Week - 2	1

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Semester IV

MALADAPTIVE BEHAVIOUR

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC / Paper – I	Maladaptive Behavior	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand nature of Somatic Symptoms and Dissociative Disorder
2. By the end of UNIT-II the students will be able to understand nature of Sexual Disfunctions, Paraphilic Disorder And Gender Disphorai
3. By the end of UNIT-III, the students will be able to understand nature of Neuro Developmental, Impulse Control And Elimination Disorder
4. By the end of UNIT-IV the students will be able to understand nature of Eating And Sleep-Wake Disorder

Unit 1	SOMATIC SYMPTOMS AND DISSOCIATIVE DISORDER	15 lectures
	1.1 Somatic symptom related disorder: Types- Somatic symptom disorder, Illness Anxiety Disorder, Conversion Disorder Factitious disorder 1.2 Causes and Treatment of Somatic symptom disorder 1.3 Dissociative Disorders: Meaning and Nature – Types : Dissociative Identity Disorder , Dissociative Amnesia, Dissociative Fuge , Depersonalization Disorder 1.4 Causes and Treatment of Dissociative Disorder	
Unit 2	SEXUAL DISFUNCTIONS, PARAPHILIC DISORDER AND GENDER DISPHORAI	15 lectures
	2.1 Nature of Normal Sexuality 2.2 Meaning and nature of sexual dysfunction: Sexual dysfunction in Men and Sexual dysfunction in Women 2.3 Paraphilic Disorder: Different types of paraphilic disorders 2.4 Gender Dysphonia: Meaning and Nature	
Unit 3	NEURO DEVELOPMENTAL, IMPULSE CONTROL AND ELIMINATION DISORDER	15 lectures
	3.1 Intellectual disability : Meaning, types, causes and treatment 3.2 Autism , ADHD, Learning Disorder 3.3 Impulse control and conduct disorder : Intermittent Explosive disorder , Kleptomania, Pyromania, Oppositional defiant disorder, Conduct disorder 3.4 Elimination disorder : Enuresis, Encopresis ,	
Unit 4	EATING AND SLEEP-WAKE DISORDER	15 lectures
	3.7 Eating disorders: Anorexia Nervosa, Bullimia Nervosa, Binge eating disorder, problem of obesity, Causes and treatment 3.8 Types of Eating Disorder: Pica , Rumination Avoidant food intake disorder	

	1.3 Sleep-Wake Disorder : Insomnia, Hypersomnia, Narcolepsy Breathing related Disorder, Circadian Rhythm , Sleep Disorder 1.4 Parasomnia Types: Non REM Sleep arousal disorder, Sleep Walking , Sleep Terror, Night Mayor, REM sleep Behaviour Disorder, Restless legs syndrome	
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REFERENCE BOOKS:

1. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM-5 (5th Ed.)
2. Davison, G.C., Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th Ed.). New York: Wiley.
3. Sarason, I.G. & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th Ed.). Delhi: Pearson Education.
4. Barlow, D.H. & Durand, V.M. (2005). Abnormal psychology (4th Ed.). Pacific Grove: Books/Cole.
5. Nolen-Hoeksema, S. (2004). Abnormal Psychology 3rd Ed. McGraw Hill: New York, USA.
6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal Psychology: current perspectives. 9th Ed. Tata McGraw-Hill: New Delhi, India.
7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Ed. Pearson Education, India.
8. Comer, R.J. (2007). Abnormal psychology (6th Ed.). New York: Worth Publishers.
9. Fauman, M.A. (1996). Study guide to DSM-IV. Jaypee Brothers.
10. First, M.B. & Tasman, A. (2004). DSM-IV-TR mental disorders: Diagnosis, etiology, and treatment. New York: Wiley.
11. World Health Organization (1992). The ICD-10 Classification of mental and behavioral disorders: Clinical description and diagnostic guidelines: Delhi: Oxford University Press.
12. Puri, B.K., Laking, P.J. & Treasaden, I.H. (1996). Textbook of psychiatry. New York Churchill Livingstone.
13. Oltmanns T. F., Emery R. E. (1995) "Abnormal Psychology" Prentice Hall.
14. Sue, D., Sue D. W. & Sue S. (2006) "Abnormal Behavior" (8th Ed) Houghton Mifflin Company.
15. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.)
16. Dorling Kindersley (India) Pvt. Ltd. of Pearson Education

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT
- 4) Poster presentation on any one disorder

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Semester IV

THEORIES OF COUNSELLING AND PSYCHOTHERAPY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
DSC/ Paper- II	Theories of Counselling and Psychotherapy	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand theoretical concept of different therapies.
2. By the end of UNIT-II the students will be able to understand process of psychoanalytical therapy and its application for psychological problems.
3. By the end of UNIT-III, the students will be able to understand nature of humanistic and existential approach of psychotherapy.
4. By the end of UNIT-IV the students will be able to apply various forms of behavior therapy and understand the nature of cognitive therapy.

Unit 1	INTRODUCTION OF PSYCHOTHERAPY	15 lectures
	1.1 Meaning and definitions of Psychotherapy 1.2 Goals of Psychotherapy and types 1.3 Understanding theories of Counselling and Psychotherapy 1.4 Importance of Therapeutic Relationship 1.5 Difference Between Counselling and Psychotherapy	
Unit 2	PSYCHOANALYTICAL THERAPIES	15 lectures
	2.1 Psychoanalytic therapy by Sigmund Freud 2.2 Adler's Individual Psychotherapy 2.3 Jung's Analytical Psychotherapy 2.4 Object Relation Therapy 2.5 Brief Psychodynamic Therapy	
Unit 3	HUMANISTIC AND EXISTENTIAL THERAPIES	15 lectures
	3.1 Client Centered Therapy 3.2 Gestalt Therapy 3.3 Logo Therapy 3.4 Existential Therapy 3.5 Transitional Analysis	
Unit 4	BEHAVIOURAL AND COGNITIVE THERAPIES	15 lectures

	1.1 Basic Assumption and Various forms of Behaviour Therapy 1.2 Beck’s Cognitive Therapy 1.3 Rational Emotional Behavior Therapy 1.4 Multidirectional Therapy 1.5 Mindful Based Cognitive Therapy	
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(Note: This therapies following points should be covered, 1) Basic theoretical concepts 2) Treatment using these therapies (process) 3) Application and current use of therapies 4) Evaluation of therapies

References

1. Blackledge, J. T., Ciarrochi, J., & Deane, F. P. (Eds.). (2009). Acceptance and commitment therapy: Contemporary theory research and practice. Australian Academic Press.
2. Corey, G. (2015). Theory and practice of counseling and psychotherapy. Nelson Education.
3. Crane, R. (2017). Mindfulness-based cognitive therapy: Distinctive features. Routledge.
4. Harris, R. (2019). ACT made simple: An easy-to-read primer on acceptance and commitment therapy. New Harbinger Publications.
5. Hayes, S. C., & Strosahl, K. D. (Eds.). (2004). A practical guide to acceptance and commitment therapy. Springer Science & Business Media.
6. Jones-Smith, E. (2019). Theories of counseling and psychotherapy: An integrative approach. SAGE Publications, Incorporated.
7. Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual...
8. Mindfulness-Based Cognitive Therapy: Embodied Presence and Inquiry in Practice
9. Mindfulness-Based Cognitive Therapy: Innovative Applications
10. Schwartz, R. C., & Sweezy, M. (2019). Internal family systems therapy. Guilford Publications.
11. Sweezy, M., & Ziskind, E. L. (Eds.). (2013). Internal family systems therapy: New dimensions. Routledge.
12. Worden, J. W. (2018). Grief counseling and grief therapy: A handbook for the mental health practitioner. Springer Publishing Company.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Hypothetical case presentation with the help of any psychotherapy
- 4) Review on subject related movie book novel drama in therapeutic prospective

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Semester IV

CLINICAL ASSESSMENT AND PSYCHODIAGNOSIS

Code of the Course/Subject	Title of the Course/Subject	Total Number of lectures	Credit
DSC/ Paper- III	Clinical Assessment and Psychodiagnosis	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand nature of clinical assessment and psycho diagnosis.
2. By the end of UNIT-II the students will be able to apply clinical interview technique in counseling and psychotherapy
3. By the end of UNIT-III, the students will be able to understand and use of behavioural assessment in counseling and psychotherapy
4. By the end of UNIT-IV the students will be able to understand nature of personality assessment and neuropsychological assessment

Unit 1	INTRODUCTION TO ASSESMENT AND PSYCHODIAGNOSIS	15 lectures
	1.1 Meaning and Nature of Clinical Assessment and Psycho diagnosis 1.2 Planning the Assessment 1.3 Collecting Assessment Data 1.4 Communicating Assessment Findings 1.5 Purposes of Clinical Assessment	
Unit 2	CLINICAL INTERVIEWING	15 lectures
	2.1 Types of Clinical Interviews 2.2 Importance of Rapport 2.3 Communication Strategies 2.4 Diagnostic Interviewing 2.5 Inter Viewing with Children	
Unit 3	BEHAVIOURAL ASSESSMENT AND INTELLECTUAL ASSESSMENT	15 lectures
	3.1 Traditional Approaches to Assessment 3.2 Defining Features of Behavioural Assessment 3.3 Functional Analysis 3.4 Behavioural Assessment Methods 3.5 Assessment to Dysfunctional Cognitions 3.6 Intellectual Assessment	

Unit 4	PERSONALITY AND NEUROPSYCHOLOGICAL ASSESSMENT	15 lectures
	4.1 Personality Inventories 4.2 Projective Techniques 4.3 Meaning and Purpose of Neuropsychological Assessment 4.4 Neuro Psychological Assessment tools 4.5 Place of Personality Assessment in Contemporary Clinical Psychology	

Reference book:

1. Hecker., &Thorpe. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
3. Trull., & Phares,E.J. (2001). Clinical psychology: Concepts, methods, and
a. Profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
4. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
5. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues(5th ed.). New Delhi: Asian Books Pvt. Ltd. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.).(1998). Psychologists' desk reference. Oxford: Oxford University Press.
7. Marks, D.F.,& Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
8. Osborne,R.E., Lafuze,J., &Perkins,D.C.(2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press.
9. Sundberg, N.D., Winebarger, A.A.& Taplin, J.R. (2002). *Clinical psychology: Evolving theory, practice and research*. Upper Saddle River, N.J.: Prentice-Hall.
10. Wolman, B.B. (ed.) (1975. *Handbook of clinical psychology*. New York McGraw-Hill.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Report on assessment by using any assessment tool
- 4) Role Play on clinical interview with any hypothetical problem and report submission

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Semester IV

APPLICATIONS OF COUNSELLING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods	Credit
DSE/ Paper-IV(Elective-A)	Applications of Counselling	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand and apply the counseling for couple and family
2. By the end of UNIT-II the students will be able to understand and apply the counseling for career making and diverse population
3. By the end of UNIT-III, the students will be able to understand and apply the counseling for abuse and addiction
4. By the end of UNIT-IV the students will be able to understand and apply the counseling for specific problems

Unit 1	COUPLE AND FAMILY COUNSELLING	15 lectures
	1.1 Premarital Counselling: Nature, Important Factors in Selecting Mode, Counselling Method Principles 1.2 Marital Counselling -Factors Related to Good Marital Adjustment 1.3 Family Counseling: Overview of Couple and Family Counselling 1.4 Process of Couple and Family Counselling 1.5 Couple are Family Counselling in India	
Unit 2	CAREER COUNSELLING OVER THE LIFE SPAN	15 lectures
	2.1 Scope and Importance of Career Counselling 2.2 Career Development Theories and Counselling 2.3 Career Counselling with Diverse Population: Children, Adolescent, College Students 2.4 Career Counselling with Diverse Population: Adults, Women, and Ethnic Minorities, LGBTQIA 2.5 Career Counselling in India : Relevance and Present Status	
Unit 3	ABUSE AND ADDICATION COUNSELLING	15 lectures
	3.1 Understand Addiction Abuse 3.2 The Cycle of Abuse 3.3 Interpersonal Abuse: Child, Sibling, Partner, Older Adult Abuse 3.4 Interpersonal Abuse and Addiction and Treatment: <ul style="list-style-type: none"> • Physiological Abuse and Addiction • Substance Abuse and Addiction • Alcohol Abuse and Addiction • Nicotine Abuse and Addiction • Drug Abuse and Addiction 3.5 Process Addiction and Abuse <ul style="list-style-type: none"> • Compulsive Gambling • Work Addiction 	

	<ul style="list-style-type: none"> • Internet Addiction 	
Unit 4	COUNSELLING FOR SPECIFIC PROBLEM	15 lectures
	1.1 Counselling for Clinical Problems- Anxiety, Depression, Trauma and Hopelessness, OCD, etc. 1.2 Counselling for Disabilities,- Nature of Disabilities, Working with People who have disabilities, client with specific disabilities, 1.3 Sports Anxiety and Counseling- Definition Anxiety and Personality Effect of anxiety on performance, Types of Sports Anxiety, Coping Strategies. 1.4 Gender Based Counselling- Sexuality Development issues, Sexual Orientation, Counselling with LGBT 1.5 HIV/ AIDS- Pre test and Post test Counselling	

Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). London: Sage Publication.
1. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th Ed.) Delhi: Pearson education Pte. Ltd.
2. Gelso, C. J., Fretz B.R. (1995) counselling psychology. Bangalore: Prism books Pvt. Ltd
3. Gregory, R.J. (2005). Psychological Testing (4th Ed.).Delhi: Pearson education Pvt. Ltd.
4. Rao, S.N. (2006). Counselling and guidance (2nd Ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
5. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th Ed.). Belmont: Woodsworth/Thomson Learning.
6. Nelson, R., Jones (2000). Introduction to counselling skills, text an activities London: Sage Publication.
7. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th Ed.) Delhi: Tata McGraw-Hill.
8. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.
9. Deshpande C.G. and et. al. (2010) Samupadeshan: ShasrtiyaPrakriyavaupayojan.
10. Unmesh Prakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
12. Corey, G. (2008). Theory and practice of group counselling. Thomson Brooks/Cole: Belmont CA
13. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
14. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
15. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT
- 4) Poster presentation for applications of counseling

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Semester IV

WORKPLACE COUNSELLING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods	Credit
DSE/Paper-IV (Elective-B)	Workplace Counselling	60	4

Cos:

1. By the end of UNIT-I the students will be able to understand the meaning of workplace counseling and its impact on working structure
2. By the end of UNIT-II the students will be able to understand the various workplace issues and its relation with productivity
3. By the end of UNIT-III, the students will be able to understand the process of employee counseling and able to use different methods of counseling
4. By the end of UNIT-IV the students will be able to evaluate effect of workplace counseling

Unit 1	INTRODUCTION AND SCOPE OF WORKPLACE COUNSELLING	15 lectures
	1.1 and Definition of Workplace Counseling, 1.2 Nature and scope of WPC, 1.3 Objectives of Workplace counseling, 1.4 Basic requisites of Workplace Counseling, 1.5 Importance and benefits of Workplace Counseling, 1.6 Benefits for Employees and Employers and Benefits to the Organization. Relation between Workplace Counseling and Productivity, 1.7 Organization impact on Counseling 1.8 Counseling impact on organization, Counseling as a means of organizational change.	
Unit 2	COUNSELLING FOR WORKPLACE RELATED ISSUES	15 lectures
	2.1 Stress-Meaning and Definition, 2.2 Types of Emotional and Physical Stress, 2.3 Work related stress and personal issues (Marital or Family issues, Absenteeism, Alcoholism and drug addiction, Maladjustment, etc.), 2.4 Situations causing stress, adverse effects of stress, Stress Tests, Stress Audit (Definition, Phases, Benefits, outcome,)	
Unit 3	PROCESS OF WORKPLACE COUNSELLING	15 lectures
	3.1 Types of Employee Counseling, 3.2 Process of Employee Counseling- Beginning, 3.3 Developing, Terminating, and Follow up, 3.4 Methods of Employee Counseling-Directive and non-directive methods. 3.5 Models of Counseling	
Unit 4	EVALUATION OF WORKPLACE COUNSELING	15 lectures

	4.1. Meaning of Evaluation 4.2. Usefulness of Evaluation 4.3. Record Keeping 4.4. Formative and Summative Evaluation 4.5. Methods of Evaluation, Problems and Issues in Workplace Counseling, Ethical Issues in Workplace Counseling, Training in ethical decision making, Making ethical decisions in Workplace Counseling, Ethical Responsibility of the Employee Counselor	

Reference Books:

1. Workplace Counseling: A Systematic Approach to Employee Care by Michael Career Works and Mental Health By Vernor Zunfer
2. Career Counseling: Applying the Systems Theory frameworks of Career Development by McMahan Mary 2005
3. Hand Book of Vocational Psychology Theory, Research and Practice

INTERNAL ASSESMENT: 20 MARKS

Choose any two: 20 marks

- 1) MCQ Test
- 2) Submission of Assignment or Video on given topic
- 3) Seminar presentation with PPT
- 4) Poster presentation for applications of counseling

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Semester- IV

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
Paper V	Assessment in Counselling	Per Week - 4	2

COs:

After successful completion of Laboratory work, the students will be able: (Any 5 of the following)

1. To understand the concept of Psychometric tests
2. To recognize cognitive process of human being.
3. To administer Psychometric attitude and aptitude test.
4. To apply research methodology and statistics for research work

Sr. No.	Name of Practical
1	Attitude towards mother's scale
2	Expectation from the life partner scale
3	School adjustment inventory
4	Interest inventory
5	Career Maturity inventory
6	Level of aspiration scale
7	Marriage attitude scale
8	Home environment inventory
9	Achievement motivation scale
10	Marital adjustment questionnaire
11	Multidimensional aptitude test
12	Self Confidence scale

Research Project Phase II

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures	Credit
Paper VI	Research Project Phase II (Complete Research Report)	Per Week - 6	4