

SYLLABUS

PG DIPLOMA IN COUNSELLING PSYCHOLOGY

PROGRAM CODE: PGDCP

SESSION: 2021-22



MATA GUJRI COLLEGE  
FATEHGARH SAHIB  
(AN AUTONOMOUS COLLEGE)  
AFFILIATED TO PUNJABI UNIVERSITY, PATIALA

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Anishur

## ABOUT THE PROGRAMME

Department of Psychology was established in the year 2011 and introduced Post Graduate Diploma in Counselling Psychology in 2020. Post Graduate Diploma in Counselling is a one year programme. The Post Graduate Diploma in Counselling Psychology is aimed at developing professionals in this vital field, which is gaining greater salience in the present times both from social, and employment perspectives. The contemporary social scenario has resulted in an increased need and demand for professional support in terms of counselling which is being increasingly recognized as an effective approach both for promoting positives like increasing resilience of individuals in vulnerable situations as well as for addressing negative aspects such as socio-psychological problems, maladaptive behaviors, declining mental health and psychosomatic disorders that are being increasingly witnessed in the present times. However, though the need for counselling professionals is being increasingly felt, there is a dearth of professional support and experts who could lend support to the society in a comprehensive way. As a result, there is a tremendous felt need for education and training in this area. By developing the requisite knowledge, understanding, attitudes and skills in the area of Counselling this unique programme of study would help to train professional cadres in the field, equipping them for both wage-employment and self-employment, and thus fill the existing lacuna. The Post Graduate Diploma in Counselling Psychology equip students to work in schools, rehabilitation centres, clinics/hospitals, special education centers, centers for people with challenges, geriatric centres, remedial study centres, vocational/Career guidance programmes, welfare organizations, nursing profession, hotels/hospitality industry (tourism & travel), adoption agencies, remand homes, marriage/family help centres, helpline services – Suicide prevention/child helpline, etc., centres for widows/abused women/divorcees, HIV/AIDS patients counselling centres, NGOs, support groups for alcoholics/drugs and other substance users, jails/correction centres, tribal welfare organizations, community-based mental health programmes, police training centres, ethnic and human relations programmes, and legislative/environmental agencies.

### PROGRAMME OBJECTIVES (Pos)

1. To systematically understand the purpose, scope, types, theories and approaches to counselling with a focus on their relevance to practice in their contexts-personal and professional.
2. To develop competencies to plan and engage in relevant interventions for effective application of counselling principles and skills.
3. To acquaint students with different testing devices and techniques of counselling.
4. To develop the skills to establish congenial "on relationship" with the client.
5. To help students appreciate the role of individual and cultural differences and diversity in human development and behaviour.

*Ram* *Abhi* *Di* *JS*  
*Amrit*

## PROGRAMME SPECIFIC OUTCOMES (PSO)

After completing the Post graduate diploma in counselling program will be able to:-

- P.S.O 1.** Students will be able to demonstrate the advance knowledge of major theoretical concepts in counselling Psychology.
- P.S.O 2.** Students will be able to implement the different therapeutic techniques and psychological principles as required during the counselling Process.
- P.S.O.3.** Students will be able to develop the skills which are necessary for establishing a relationship with the clients.
- P.S.O.4.** Students will be able to have an understanding and the capacity necessary to engage with problems in social and organizational situations.
- P.S.O.5** Students will be able to deal effectively with the problems and impart solutions to their clients.

Ravi      Abhi      Rishi  
Amrit      KS

**MATA GUJRI COLLEGE  
FATEHGARH SAHIB  
DEPARTMENT OF PSYCHOLOGY  
ORDINANCE FOR POST GRADUATE DIPLOMA IN COUNSELLING  
PSYCHOLOGY (PGDCP)**

1. The examination for postgraduate diploma in counselling psychology (PGDCP) shall be held in two parts to be called Semester-I and Semester-II. The Examination of semester-I shall be held in the months of November/December and the examination of semester-II shall be held in the months of April/ May or such other dates as may be fixed by the Academic Council.
2. A candidate will be eligible to join 1st semester of Postgraduate diploma in counselling psychology course, if he/she has passed Graduation in any stream with minimum 50% marks.
3. Every candidate will be required to attend a minimum of 75% lectures delivered to that class in each paper.
4. All the question papers will be set in English only but candidates can answer the questions either in English, Hindi or Punjabi.
5. There shall be two Mid Semester Tests in each Semester.
6. A candidate is required to secure at least 35% marks both in external examination (Theory and Practical) and in internal assessment separately in each paper in order to qualify in an examination.
7. In each paper 30% of the total marks are assigned to the internal assessment. The same applies for practical paper too.
8. The distribution of Internal assessment shall be as follows:

50% of Total Internal assessment Marks	Mid Semester Tests
30% of Total Internal assessment Marks	Assignments/Projects/Seminars
20% of Total Internal assessment Marks	Attendance

9. The marks for attendance in Internal assessment would be rewarded according to student's attendance percentage as follows:

91-100% attendance	100% marks of the allotted Internal assessment marks for attendance
81-90% attendance	80% marks of the allotted Internal assessment marks for attendance

  
Amritam

75-80% attendance	70% marks of the allotted Internal assessment marks for attendance
60-74% attendance	60% marks of the allotted Internal assessment marks for attendance
Below 60%	Zero Marks

10. The successful candidates shall be classified on the basis of aggregate marks secured in both the semesters of postgraduate diploma in counselling psychology taken together as under:

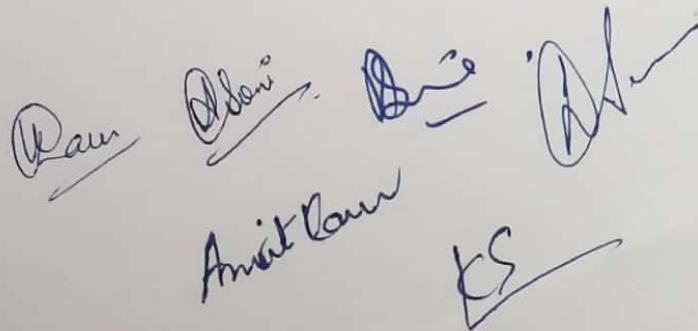
- (a) 75% or more with Distinction.
- (b) 60% or more in the First division.
- (c) 50% or more but less than 60% in the Second division.
- (d) Below 50% in the Third division.
- (e) Less than 35% - Fail

11. It is mandatory that every student of postgraduate diploma in counselling psychology would be placed in the field at least for 30 days at the end of second semester.. Students would produce a report writing of their work.

12. Students should be shown the Internal Assessment before submission. Students must sign the Internal Assessment. In case the student is dissatisfied with the marks awarded to him/her in internal assessment; he/she can approach to the concerned teacher. If the student is still not satisfied he/she may approach the head of the department and the Principal subsequently.

13. If a student misses the Mid Semester tests due to valid reasons (to be ascertained by the Head of the Department on the basis of documentary proof provided by the student), the HOD may arrange a special Mid Semester test for such students after seeking prior permission from the Director-Principal.

14. Students should follow the Rules & Regulations regarding Examination and others as set by the Mata Gujri College, Fatehgarh Sahib.


  
 Four handwritten signatures are visible in blue ink. The first is a cursive signature, the second is 'Amit Kumar', the third is a stylized signature, and the fourth is 'KS' with a long horizontal line underneath.

## PROGRAMME STRUCTURE

The Post Graduate Diploma in Counselling Psychology Programme is a one year Programme divided into two semesters. A student is required to complete 40 credits for the completion of Programme

### Course Credit Scheme

Semester	Core Courses			Elective Courses			Total Credits
	No of Papers	Credit (L+T+P)	Total Credits	No of Papers	Credit	Total Credits	
I	3 + 1 (prac)	12+3+5	20	-	-	-	20
II	2+ 1 (prac)	8+2+5	15	1	4+1	5	20
Total Credits for the Course			40				40

- For each Core and Elective Course, there will be 4 lecture hours of teaching per week (worth 4 credits) and 1 hour tutorial class (worth 1 credit).

### PAPER SCHEME

- Duration of examination of each paper shall be 3 hours
- Each paper shall be of 100 marks, out of which 70 marks shall be allocated for semester examination and 30 marks for internal assessment

### DIVISION OF INTERNAL ASSESSMENT

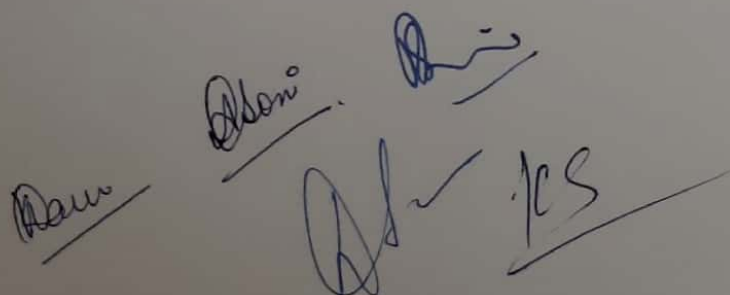
The internal assessment of a student shall be marked according to the following pattern

- 50 per cent weightage given to Mid Semester Tests (15 marks)
- 20 per cent weightage given to Attendance (6 marks)
- 20 per cent weightage given to Assignment/Seminar/ Curriculum activities/ Class test/ NSS/NCC (6 marks)
- 10 per cent weightage given to Class Behaviour (3 marks)

*Handwritten signatures:*  
Dawn  
Amita  
KS  
Amrita

## SEMESTER WISE DETAILS OF THE PROGRAMME

Course Code	Course Name	Credits L T P	External Marks	Internal Assessment	Total
Semester I					
PGDCP-101	Introduction to Counselling Psychology	4 1 0	70	30	100
PGDCP-102	Approaches to counselling	4 1 0	70	30	100
PGDCP-103	Psychological assessment in counselling	4 1 0	70	30	100
PGDCP-104	Practicum & Field Work-I	0 0 5	38	12	50
Total Credits					
Semester II					
PGDCP-201	Counselling Applications	4 1 0	70	30	100
PGDCP-202	Ethical & Legal Issues in Counselling Practice	4 1 0	70	30	100
PGDCP-204	Practicum & Field Work-II	0 0 5	38	12	50
Elective Course (Select any one)					
PGDCP-203 (i)	Counselling Children and Adolescents with special needs	4 1 0	70	30	100
PGDCP-203 (ii)	Clinical Counselling	4 1 0	70	30	100



Amintaur



The break-up of marks for practical for Semester I and II would be as follows:

The Internal Assessment for Practicum & Field Work will be 12 marks.

Practicum- (6-Marks)

i) Performance: 3 marks

ii) Attendance: 3marks

Field Work- (6 Marks)

i) Case Study Report : 6 marks

Ran      Aloni      As  
Amrit      es

**SYLLABUS**  
**POST-GRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY**  
**(Semester I & II)**  
**For session 2022-23**  
**SEMESTER – I**

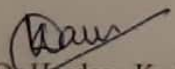
		External Assessment	Internal Assessment	Total
PGDCP-101	Introduction to Counselling Psychology	70	30	100
PGDCP-102	Approaches to counselling	70	30	100
PGDCP-103	Psychological assessment in counselling	70	30	100
PGDCP-104	Practicum & Field Work-I	38	12	50

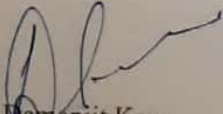
**Internal assessment for each Theory paper will be of 30 marks. The students will be assessed on the following:**

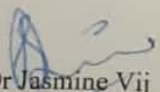
- |                                 |          |
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| i) 2 Tests (Average Marks)      | 15 marks |
| ii) Attendance                  | 5 marks  |
| iii) Assignment/Project/Seminar | 10 marks |

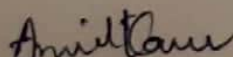
**SEMESTER – II**

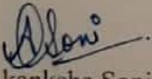
		External Assessment	Internal Assessment	Total
PGDCP-201	Counselling Applications	70	30	100
PGDCP-202	Ethical & Legal Issues in Counselling Practice	70	30	100
<b>Elective Paper (Select any one)</b>		70	30	100
PGDCP-203 (i)	Counselling Children and Adolescents with Special needs			
PGDCP-203 (ii)	Clinical Counselling			
PGDCP-204	Practicum & Field Work-II	38	12	50

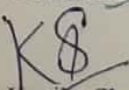
  
Dr Hardeep Kaur

  
Dr Mananjit Kaur

  
Dr Jasmine Vij

  
Amrit Kaur Hans

  
Dr Akanksha Soni

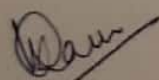
  
Kanika Sharma

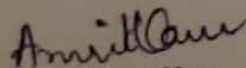
**SEMESTER – I**

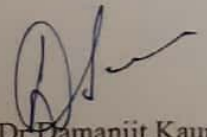
		Theory	Tutorial	Credits
PGDCP-101	Introduction to Counselling Psychology	4	1	05
PGDCP-102	Approaches to counselling	4	1	05
PGDCP-103	Psychological assessment in counselling	4	1	05
PGDCP-104	Practicum & Field Work-I	10		05
	Total Credits			20

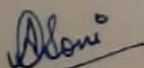
**SEMESTER – II**

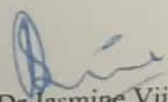
		Theory	Tutorial	Credits
PGDCP-201	Counselling Applications	4	1	05
PGDCP-202	Ethical & Legal Issues in Counselling Practice	4	1	05
Elective Paper (Select any one)		4	1	05
PGDCP-203	Counselling Children and Adolescents with Special needs			
PGDCP-203 (ii)	Clinical Counselling			
PGDCP-204	Practicum & Field Work-II	10		05
	Total Credits			20

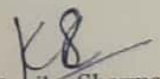
  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kapika Sharma

**Internal assessment for each Theory paper will be of 30 marks. The students will be assessed on the following:**

- |                                 |          |
|---------------------------------|----------|
| i) 2 Tests (Average Marks)      | 15 marks |
| ii) Attendance                  | 5 marks  |
| iii) Assignment/Project/Seminar | 10 marks |

**INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:**

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

**INSTRUCTIONS FOR THE CANDIDATES:**

Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines. The break-up of marks for practical for Semester I and II would be as follows:

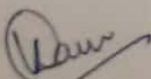
**The Internal Assessment for Practicum & Field Work will be 12 marks.**

**Practicum- (6-Marks)**

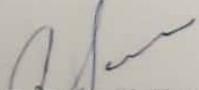
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| i) Presentation of Test results | : 3 marks |
| ii) Regularity                  | : 3marks  |

**Field Work- (6 Marks)**

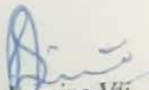
- |                    |           |
|--------------------|-----------|
| i) Case Conference | : 6 marks |
|--------------------|-----------|


  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

## PGDCP-101 INTRODUCTION TO COUNSELLING PSYCHOLOGY

Max. Marks: 70  
Minimum Marks: 35%

Total Teaching Periods: 40  
Time Allowed: 3 Hours

### COURSE OBJECTIVES:

to establish a strong foundation of counselling  
to introduce historical and philosophical roots of counselling  
to explore the cross-cultural issues in counselling  
to impart knowledge about the process of counselling  
to acquaint students about the effective counselling skills

### COURSE OUTCOMES:

Students will be able to establish a strong foundation in counselling Psychology  
Students will be able to understand historical and philosophical roots of counselling  
Students will be able to identify cross-cultural issues of counselling  
Students will be able to explain the process of counselling  
Students will be able to identify effective counselling skills

### PEDAGOGY OF THE COURSE WORK:

70 % lectures; 30 % seminars, assignments and discussion.

### INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

### INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

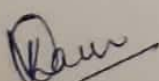
#### SECTION-A

Counselling: Nature and Goals, Historical foundations of Counselling, Cross-cultural issues. Scope of counselling. Counselling psychology in Indian context.

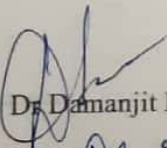
#### SECTION-B

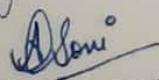
Counselling process: Rapport building, Theme Identification, Goal setting, Self-disclosure, Transference, Counter-transference, Termination and Follow-up.

Professional counselling skills, Characteristics of an effective counsellor.


  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

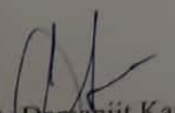
  
Kapika Sharma

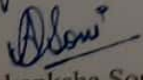
## REFERENCES

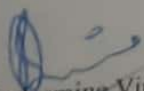
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- Baruth, L.G., & Robinson, E.H. (1987). *An Introduction to the Counselling Profession*. Englewood Cliffs, NJ: Prentice Hall.
- Corey, G. (1996). *Theory and Practice of Counselling and Psychotherapy*. Wadsworth: Brooks/Cole.
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- Gibson, R. L. (2007) *Introduction to Counselling and Guidance*, Pearson Education.
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- Shertzer, B., & Stone, S.C. (1974). *Fundamentals of Counselling*. Boston: Houghton Mifflin.
- Nystul, M. S. (2003). *Introduction to counselling An Art and Science Perspective*
- Patterson, L.E. & Welfel, L.E.R. (2000). *The Counselling Process*. C.A. : Brooks/Cole.
- Rao, S.N. (2006). *Guidance and Counselling*, Digumarti Bhaskara Rao, Neelkamal Publications, Hyderabad, Ind

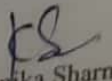
  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kamika Sharma

## PGDCP-102 APPROACHES TO COUNSELLING

Max. Marks: 70  
Minimum Marks: 35%

Total Teaching Periods: 40  
Time Allowed: 3 Hours

### COURSE OBJECTIVES:

to establish a strong foundation of the major approaches in counselling  
to acquaint students with the effectiveness and challenges of online counselling  
to impart knowledge about the Indian perspective of counselling

### COURSE OUTCOMES:

Students will be able to establish a strong foundation in approaches in counselling  
Students will be able to understand the challenges and effectiveness of online counselling  
Students will be able to understand the Indian approach of counselling

### PEDAGOGY OF THE COURSE WORK:

70 % lectures; 30 % seminars, assignments and discussion

### INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

### INSTRUCTIONS FOR THE CANDIDATES

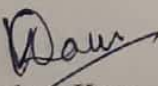
Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

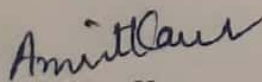
### SECTION-A

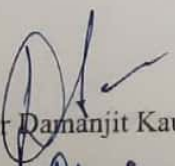
Key concepts & Techniques: Behavioral Approach, Gestalt Approach, Psychoanalytic Approach  
Online counselling – effectiveness and challenges

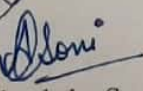
### SECTION-B

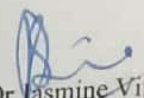
Humanistic-Existential Approach: Key concepts & Techniques  
Cognitive-Behavioral Approach: Key concepts & Techniques  
Indian Approach: Basic Principles of Yoga and Meditation

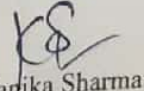
  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

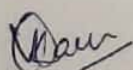
  
Dr Akanksha Soni

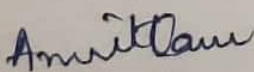
  
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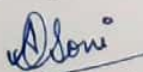
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## PGDCP-103 PSYCHOLOGICAL ASSESSMENT IN COUNSELLING

Max. Marks: 70  
Minimum Marks: 35%

Total Teaching Periods: 40  
Time Allowed: 3 Hours

### COURSE OBJECTIVES:

to introduce students with the nature and types of psychological tests  
to acquaint students with need and importance of psychological testing  
to impart knowledge about the ethical issues in psychological testing  
to introduce students with the major psychometric tests

### COURSE OUTCOMES:

Students will be able to understand the nature and types of psychological tests  
Students will be able to understand the need and importance of psychological testing  
Students will be able to identify ethical issues in psychological testing  
Students will be able to use & interpret the major psychometric tests

### PEDAGOGY OF THE COURSE WORK:

70 % lectures; 30 % seminars, assignments and discussion

### INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

### INSTRUCTIONS FOR THE CANDIDATES

Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

#### SECTION-A

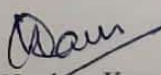
Nature and types of psychological tests.  
Need and importance of psychological assessment.  
Ethical issues in Psychological testing.

Personality Tests: Brief introduction to MMPI, 16PF, NEO Five factors Inventory  
Projective Tests: Rorschach Inkblot technique, TAT, Word Association Test

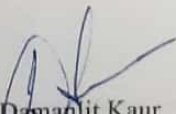
#### SECTION- B

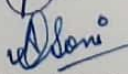
Intelligence Testing: Wechsler Scales, Indian intelligence test (Bhatia's Battery of Intelligence), Ravens Progressive Matrices Test, Draw a Man Test.

Aptitude: Differential Aptitude Test Battery, General Aptitude Tests Battery.  
Creativity: Torrance Test of Creative Thinking  
Interest: Strong Interest Inventories.

  
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Dr Damanjit Kaur

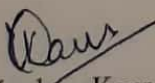
  
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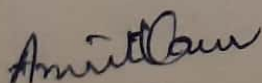
  
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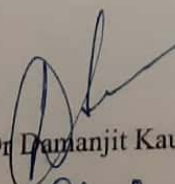
  
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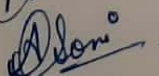
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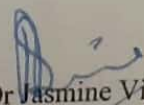
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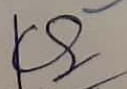
  
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Dr Jasmine Vij

  
Kanika Sharma

## PGDCP-104 PRACTICUM AND FIELD WORK-I

Max. Marks: 50

Time Allowed: 3 Hours

Practical examination for sections A and B will be conducted two external examiners separately.

### SECTION-A

(20 marks) + (Internal Assessment 6 Marks)

The trainees are required to be proficient in using the following individual and Group tests and interpretation of their scores: (Any 4)

1. Intelligence (Adults and Children)
2. Adjustment
3. Interest
4. Personality (16 PF)
5. Aptitude
6. Emotional Intelligence
7. Stress Questionnaire
8. Self-esteem/ Self Concept

The practicum stresses on administering, scoring and interpreting the commonly used intelligence, cognitive and diagnostic psychological tests. The students should be able to administer had score any of the above mentioned tests in counselling situations without constantly referring to the manual. The student must have gained experience in interpreting and communicating suits and writing test reports.

### SECTION-B

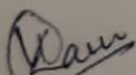
Field Work

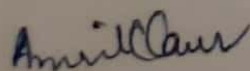
(18 marks)+ (Internal Assessment 6 Marks)

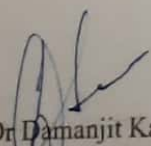
Each trainee will be required to counsel 4 cases. Detailed record of the counselling sessions will be maintained. Each report will be prepared and discussed in the class and in case conference.

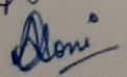
The 04 cases will be related to following areas:-

- (i) Behavioral Problems of children
- (ii) Career Counselling
- (iii) Adjustment
- (iv) Underachievement
- (v) Relationship issues
- (vi) Workplace issues

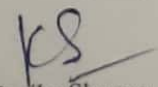
  
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

**SEMESTER-II**  
**PGDCP- 201 COUNSELLING APPLICATIONS**

**Max. Marks: 70**  
**Minimum Marks: 35%**

**Total Teaching Periods: 40**  
**Time Allowed: 3 Hours**

**COURSE OBJECTIVES:**

to introduce students with the major issues in school counselling  
to acquaint students with the challenges of cyber security and crime  
to impart knowledge about the counselling strategies for HIV and substance abuse  
to introduce students with the major organizational stressors and their management

**COURSE OUTCOMES:**

Students will be able to understand the major issues in school counselling  
Students will be able to understand the challenges of cyber security and crime  
Students will be able to identify the counselling strategies for HIV and substance abuse  
Students will be able to discuss the major organizational stressors and their management

**PEDAGOGY OF THE COURSE WORK:**

70 % lectures; 30 % seminars, assignments and discussion

**INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:**

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

**INSTRUCTIONS FOR THE CANDIDATES**

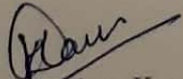
Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

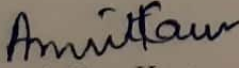
**SECTION-A**

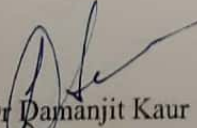
School Counselling, Counselling for Under-achievers, Behavioral Problems & academic stress  
Career Counselling, relationship Counselling  
Cyber Crime and Cyber Security: Challenges

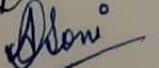
**SECTION-B**


Counselling for HIV, Substance abuse, Geriatric Counselling  
Mental Health counselling, Family Counselling  
Organizational Stress: Factors & Management

  
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Amrit Kaur Hans

  
Dr Damanjit Kaur

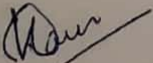
  
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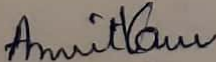
  
Dr Jasmine Vij

  
Kanika Sharma

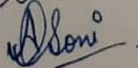
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**PGDCP-202 ETHICAL & LEGAL ISSUES IN COUNSELLING PRACTICE**

**Max. Marks: 70**

**Minimum Marks: 35%**

**Total Teaching Periods: 40**

**Time Allowed: 3 Hours**

**COURSE OBJECTIVES:**

- to introduce students with the major value conflicts & ethical decision making in counselling
- to impart knowledge about the ethical codes & guidelines in counselling
- to acquaint students with the major ethical Issues in counselling
- to introduce students with the major ethical considerations in family and group counseling
- to provide knowledge about the legal issues in counseling

**COURSE OUTCOMES:**

- Students will be able to understand the major value conflicts & ethical decision making in counselling
- Students will be able to understand the ethical codes & guidelines in counselling
- Students will be able to identify the major ethical Issues in counselling
- Students will be able to discuss the major ethical considerations in family and group counseling
- Students will be able to identify the legal issues in counseling

**PEDAGOGY OF THE COURSE WORK:**

70 % lectures; 30 % seminars, assignments and discussion

**INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:**

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

**INSTRUCTIONS FOR THE CANDIDATES**

Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

**SECTION-A**

Value Conflicts & Ethical decision making

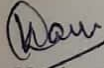
Ethical Codes & Guidelines: Professional Ethical Standards of APA & ACA

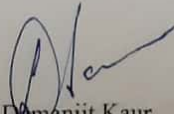
Ethical Issues: Client Welfare & Client Right, Confidentiality, Privacy & Informed consent, Termination & Referral


**SECTION-B**

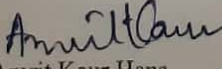
Ethical Considerations: Marriage & Family Counselling, Group Counselling


Legal issues: Mental Health Act, Persons with Disability Act, National Trust Act

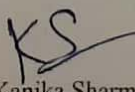
  
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Dr Damanjit Kaur

  
Dr Jasmine Vij

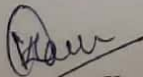
  
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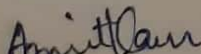
  
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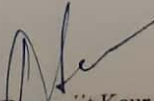
  
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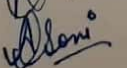
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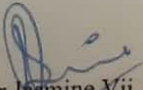
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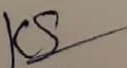
  
Dr Hardeep Kaur

  
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Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

**PGDCP-203 (i) COUNSELLING CHILDREN AND ADOLESCENTS WITH SPECIAL NEEDS**

**Max. Marks: 70**

**Minimum Marks: 35%**

**Total Teaching Periods: 40  
Time Allowed: 3 Hours**

**COURSE OBJECTIVES:**

to introduce students with the concept of special needs & their types in children and adolescents  
to impart knowledge about the identification of personal, social & academic problems of children  
to acquaint students with the major counselling goals for children with special needs  
to introduce students with the major counseling strategies for children and adolescents for emotional, social, behavioural and academic problems

**COURSE OUTCOMES:**

Students will be able to understand the concept of special needs & their types in children and adolescents  
Students will be able to identify the personal, social & academic problems of children  
Students will be able to identify the major counselling goals for children with special needs  
Students will be able to discuss the major counseling strategies for children and adolescents for emotional, social, behavioural and academic problems

**PEDAGOGY OF THE COURSE WORK:**

70 % lectures; 30 % seminars, assignments and discussion

**INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:**

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

**INSTRUCTIONS FOR THE CANDIDATES**

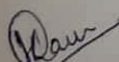
Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

**SECTION A**

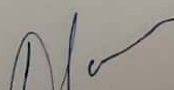
Concept of special needs & their types, Needs & Problems of children and adolescents with special needs.  
Identification of personal, social & academic problems of children at elementary level & secondary level.  
Counselling goals for children with special needs.

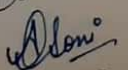
**SECTION B**


Counselling strategies: Individual, group family counselling (therapies & intervention programmes) for children and adolescents for emotional, social, behavioural and academic problems.

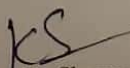
  
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Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

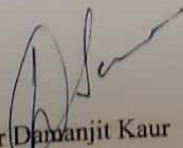


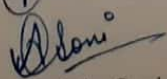
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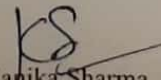
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

## PGDCP-203 (ii) CLINICAL COUNSELLING

Max. Marks: 70  
Minimum Marks: 35%

Total Teaching Periods: 40  
Time Allowed: 3 Hours

### COURSE OBJECTIVES:

to introduce students with the causal factors of abnormality  
to impart knowledge about the mental status examination  
to provide understanding of management of Psychological Disorders  
to introduce students with various therapeutic techniques

### COURSE OUTCOMES:

Students will be able to understand the causal factors of abnormality  
Students will gain knowledge about the mental status examination  
Students will develop understanding of management of Psychological Disorders  
Students will be able to apply various therapeutic techniques

### PEDAGOGY OF THE COURSE WORK:

70 % lectures; 30 % seminars, assignments and discussion

### INSTRUCTIONS FOR THE PAPER-SETTER FOR ALL THEORY PAPERS:

The question paper will consist of three sections A, B & C. Examiner will set two questions from Section A (each question having internal choice) and two questions from Section B (each question having internal choice). Each question will carry 13 marks. Section C is compulsory and shall comprise 6 short answer type questions carrying 3 marks each. The short type answer should be written in 7-8 lines.

### INSTRUCTIONS FOR THE CANDIDATES:

Candidates are required to attempt two questions from each section A & B of the question paper and the entire section C. The short type answer should be written in 7-8 lines.

#### SECTION A

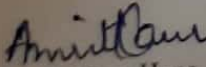
Nature of Clinical Counselling, Causal factors of Abnormality, Criteria of Abnormality, DSM V, ICD-10, Mental Status Examination

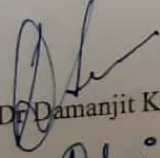
#### SECTION B

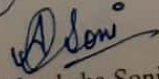
Management and Intervention of Psychological Disorders: Stress, Anxiety (PTSD, Phobia, OCD and GAD), Mood Disorders.

Therapeutic Techniques: Psychoanalytic Therapy, Behavioural Therapy, Cognitive- Behavioural and Dialectical Behavioural Therapy.

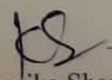
Dr Hardeep Kaur

  
Amrit Kaur Hans

  
Dr Damanjit Kaur

  
Dr Akanksha Soni

  
Dr Jasmine Vij

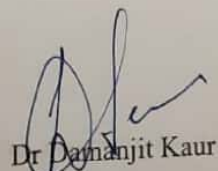
  
Kanika Sharma

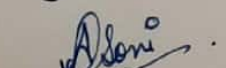
## REFERENCES

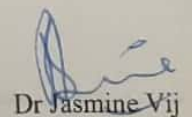
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- Davison, G.C., & Neale, J.M. (1998). *Abnormal Psychology*. New York: John Wiley & Sons.
- Sarason, I.G., & Sarason, B.R. (1996). *Abnormal Psychology*. New Delhi: Prentice Hall of India.

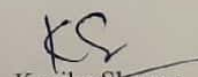
Dr Hardeep Kaur

  
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Dr Akanksha Soni

  
Dr Jasmine Vij

  
Kanika Sharma

## PGDCP-204 PRACTICUM AND FIELD WORK-II

Max. Marks: 50

Time Allowed: 3 Hours

Practical examination for section B will be conducted by external examiner

### SECTION-A

(20 marks) + (Internal Assessment 6 Marks)

Each student would be placed in the field at least for 30 days. The fieldwork would be carried out under the joint supervision of a Field supervisor and faculty Supervisor. Students would produce a report writing of their work.

Field report: Each student shall prepare a Field report on the basis of guidelines provided by the Supervisors and submit the same to the supervisors for authentication and further evaluation.

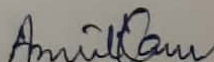
### SECTION-B

#### Field Work

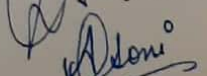
(18 marks) + (Internal Assessment 6 Marks)

1. Practice in conducting individual counselling sessions. Application of Individual Counselling techniques
2. Each trainee will be required to counsel 5 cases. Detailed record of the counselling sessions will be maintained. Each report will be prepared and discussed in the class and in case conference.
3. The 05 cases will be related to following areas:-
  - i. Mood disorders
  - ii. Geriatric Counselling
  - iii. Counselling for Anxiety
  - iv. Marital/Family Counselling
  - v. School bullying/Peer aggression
  - vi. Counselling for Stress

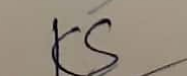
Dr Hardeep Kaur

  
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