

One Year P.G. Diploma in Counselling and Psychotherapy**Department of Psychology, Banaras Hindu University****DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS**

<i>Semester-I</i>		
Course Code	Title of the paper	Credits
S1.01	Psychology of personal growth and well-being	4
S102	Psychopathology	4
S1.03	Diagnostic Techniques	4
S1.04 (a)	Field Work	2
S1.04 (b)	Practical	2
Total		16
<i>Semester-II</i>		
S2.01	Foundations of Counselling	4
S2.02	Psychotherapeutic Interventions: Psychoanalytic and Humanistic	4
S2.03	Psychotherapeutic Interventions: Behavioral and Cognitive-Behavioral	4
S2.04(a)	Internship: Dissertation	2
S2:04(b)	Comprehensive Viva-Voce	2
Total		16
Grand Total		32

Paper S1.01 Psychology of personal growth and well-being Credits 4

1. Perspectives on self and personal growth: Concept of adjustment; Sick and healthy personalities: Characteristics and determinants.
2. Models of illness and health: Biological, psychosocial and biopsychosocial models. Illness and health beliefs; Illness prevention and health promotion; Behavioural risk factors; Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories. Life satisfaction and happiness; assessment of well-being and quality of life.
4. Stress and coping: Concept of stress, frustration and conflict; Sources of stress; Physical and mental health outcomes of stress; Coping: concept, strategies and effectiveness.
5. Stress: Assessment of stress; Cognitive, behavioural and physical interventions; Methods of stress inoculation, yoga, progressive muscular relaxation, abbreviated method of progressive muscular relaxation.

Recommended Books:

1. Dimatteo, M.R. & Martin, L.R. (2007). *Health Psychology (India Edition)*. New Delhi: Pearson Education.
2. Patel, V.(2003). *Meeting the mental health needs of developing countries*. New Delhi: Sage India
3. Pestonjee, D.M. (1999). *Stress and coping*. N. Delhi: Sage India.
4. Sanderson, C.A. (2003). *Health psychology*. Snyapase : John Willey & Sons.
5. Sdigman Authentic happiness
6. Srivastava, A.K. (1998). *Management of occupational stress: Theories and Practice*. New Delhi: Gyan Publications.

Paper S1.02

Psychopathology

Credits 4

1. Introduction: Approaches to psychopathology; classification systems - DSM IV-TR and ICD-10.
2. Neuropsychological disorders: delirium and dementia; dementia of the Alzheimer type; Epilepsies.
3. Anxiety disorders: Panic, phobic, obsessive –compulsive disorders; Generalized anxiety disorders; Post traumatic stress disorder; Somatoform disorders; Dissociative disorder.
4. Psychotic and mood disorders: Schizophrenia and delusional disorders; Mood disorders
5. Other behavioural disorders - Psychoactive substance abuse; Sleep and impulse control disorders; Personality disorders.

Recommended Books:

1. Carson, Butcher and Mineka (2004). *Abnormal psychology and modern life (11th ed.)*. Singapore: Pearson Education.
2. *Diagnostic & Statistical Manual of Mental Disorders IV-TR (2004)* Washington: APA Publication.
3. Kaplan, H.J. & Sadock, B.J. (2004). *Synopsis of comprehensive textbook of psychiatry*, (Nineth Edition). Baltimore: Williams & Wilkins
4. Emery, R.E., & Oltmanns, T.E. (1999). *Essentials of abnormal psychology*. Prentice Hall.
5. Oltmanns, T.F. & Emery, R.E. (2006). *Abnormal psychology (5th ed.)* Prentice Hall

Paper S1.03

Diagnostic Techniques

Credits 4

1. Psychodiagnostics: Concept and nature, differential diagnosis; Sources of clinical data: Assessment interview, behavioural assessment, behavioural rating scales and checklists, and psychological tests.
2. Clinical interview: Nature and types-Intake, diagnostic and crisis interviewing; Diagnostic interviewing skills; Mental status examination.
3. Assessment of Intelligence: Stanford–Binet (4th Ed); WAIS IV; WISC-IV; Raven’s Progressive Matrices.
4. Assessment of Personality: Objective tests- MMPI-2, NEOPI-R; Projective: Rorschach Ink Blot test, TAT.
5. Neuropsychological assessment: AIIMS Battery; WMS-III; Luria-Nebraska Neuropsychological Test Battery; Bender-Gestalt Test.

Recommended Books

1. Greene, Roger. L.(1991). *MMPI-2/MMPI: An interpretive manual*. Massachusettes :Allyn & Bacon.
2. Hersen, M. (2004) *Comprehensive handbook of psychological assessment*. Volumes I to IV.
3. Flanagan D.P. & Kaufman, A.S. (2004) *Essentials of WISC IV assessment*. New York: John Wiley and Sons.
4. Hutt, M.C. (1985). *Hutt adaptation of Bender-Gestalt test (4th ed.)* New York: Grune & Stratton.
5. Prifilera, A., Saklofske, D.H. & Weiss, L.R.(Eds.) (2005). *WISC-IV: Clinical use and interpretation*. USA: Elsevier Press.
6. Weiver, B (1983). *Clinical methods in psychology*. New York: Wiley

Paper S1.04(a) Field Work

Credits 2

The students will administer tests on various cases. After scoring and interpretation, they will prepare a report and submit it to the Department on or before a specified date fixed for the purpose. Test administration and report writing will carry 100 marks.

Paper S1.04 Practicals

Credits 2

The students would be required to conduct three practicals based on theory papers.

Paper S2.01 Foundations of Counseling

Credits 4

1. Basics of counseling: Principles and goals; Need and scope for counseling; Ethical issues.
2. Role of counselor; Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling.
3. Positive psychology oriented counseling: Enhancing happiness and pleasure; Engagement and meaning making; Identifying and developing character strength and virtues.
4. Special areas of counseling: Counseling for children with emotional disturbance and learning disability; Drug addiction; Marital counseling.
5. Other areas of counseling: Occupational counseling; Counseling for patients with terminal disease /chronic illness - HIV/AIDS, cancer patients and for their caretakers.

Recommended Books:

1. Bor, R. & Watts, M. (2006). *The Trainee Handbook: A guide for counseling & psychotherapy Trainees*. New Delhi: Sage.
2. Clough, P. Pardeck, J.T. & Yuen, F. (Eds) (2005). *Handbook of emotional and behavioural Difficulties*.
3. Feltham, C. & Horton, I. (Eds) (2006) *The SAGE Handbook of counselling and psychotherapy*. New Delhi: Sage
4. Lindey, P.A. and Joseph, S. (Eds.) (2004). *Positive psychology in practice*. New York: Wiley.
5. Mozdierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). *Principles of Counselling and Psychotherapy*. New York: Routledge.
6. Peterson, C., & Seligmen, M.E.P. (2004) *Character strengths and virtues: A handbook of classification*. New York: Oxford University Press.

**Paper S2.02 Psychotherapeutic Interventions:
Psychoanalytic and Humanistic**

Credits 4

1. Psychotherapy: Nature and scope; Common goals and ingredients of psychotherapy; Types of psychotherapeutic intervention
2. Structuring therapeutic relationship: Nature of client-therapist relationship, dimensions and stages of client therapist relationship, building the helping relationship; Structuring the therapeutic situation.
3. Freudian psychoanalytic therapy: Key concepts, therapeutic techniques/procedures.
4. Humanistic and existential therapies: Person centered and Gestalt therapies: Key concepts, therapeutic techniques and procedures; Existential therapy.
5. Other therapeutic approaches: Reality therapy; Family system therapy; Transactional analysis.

Recommended Books

1. Capuzzi, D. and Gross, D.R. (20047). *Counselling and Psychotherapy: Theories and interventions*. New Delhi: Pearson Education.
2. Corey, G. (2001). *Theory and practice of counseling and psychotherapy*. New York: Brooks/Cole
3. Hersen, M. & Sledge, W. (2002) (Eds.). *Encyclopedia of psychotherapy (Vols 1 & 2)*. New York: Academic Press.
4. Kaslow, H. W. (Ed.). (2002). *Comprehensive handbook of psychotherapy (Vols. I toIV)*. New York : John Wiley and Sons.
5. Mozdierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). *Principles of Counselling and Psychotherapy*. New York: Routledge
6. Prochaska, J.O. & Norcross.J.C. (2010) *Systems of Psychotherapy*. Cengage

**Paper S2.03 Psychotherapeutic Interventions: Behavioral,
Cognitive and Biological Credits 4**

1. Classical conditioning procedures: Relaxation procedures; Flooding systematic desensitization, eye movement desensitization and reprocessing.
2. Operant procedures, Application of reinforcement principles; contingency management; Premack's principles.
3. Behaviour therapy: Modelling; Assertion training.
4. Cognitive behaviour therapy: Ellis' Rational emotive behaviour therapy; Beck's cognitive therapy.
5. Biologically based therapies: Biofeedback- Electromyography; Finger temperature; GSR; EEG; Areas of application; Psychopharmacological therapy: Overview of major psychotropic drug doses.

Recommended Books:

1. Brownell, J. (2002). *Listening: Attitudes, principles and skills*. (2nd). Boston: Allyn and Bacon..
2. Corey, G. (2001). *Theory and practice of counseling and psychotherapy*. New York: Brooks/Cole
3. Corsini, R. J. (2001). *Handbook of innovative therapy*. (2nd Edi.). N.Y.: John Wiley.
4. Hersen, M. & Sledge, W. (2002) (Eds.). *Encyclopedia of psychotherapy (Vols 1 & 2)*. New York: Academic Press.
5. Kaslow, H. W. (Ed.). (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York : John Wiley and Sons.

Paper S2: 04 Internship : Dissertation

Credits 2

(A) Internship:

Each candidate will be required to undergo an Internship training of a total of 4 weeks. He/she will be attached to a hospital or counseling facility for learning and practicing the counseling skills. Each student shall submit the internship report as a dissertation.

(B) Comprehensive Viva-Voce:

Credits 2