

One Year P.G. Diploma in Counselling, Guidance and Psychological Intervention**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
PDG1.01	Positive Psychology and Personal Growth	4
PDG102	Psychosocial Problems of Specific Populations	4
PDG1.03	Psychological Assessment in Specific Populations	4
PDG1.04 (a)	Field Work	2
PDG1.04 (b)	Practical	2
Total		16
<i>Semester-II</i>		
PDG2.01	Foundations of Counselling and Guidance	4
PDG2.02	Psychological Intervention Techniques	4
PDG2.03	Prevention and Management of Specific Problems	4
PDG2.04 (a)	Internship: Dissertation	2
PDG2:04 (b)	Comprehensive Viva-Voce	2
Total		16
Grand Total		32

PDG1:01 Positive Psychology, Personal Growth

Credits 4

1. An introduction to meaning, objectives and theoretical perspectives of positive psychology.
2. Subjective well being: Characteristics and determinants, Life satisfaction and happiness.
3. Practical strategies to enhance happiness: Enhancing pleasure, engagement and meaning-making.
4. Character strengths and virtues: Classification, assessment and nurturance.
5. Coping with stress.

Recommended Books:

1. Patel, V. (2003) *Meeting the mental health needs of developing countries*. New Delhi: sage India
2. Linley, P.A; & Joseph, S. (Eds.) (2004) *Positive psychology in practice*. New York: Wiley.
3. Peterson, C; & Seligman, M.E.P. (2004) *Character strengths and virtues: A handbook & classification*. New York: Oxford University Press.
4. Snyder, C.R. & Lopez, S. J. (Eds.) (2002) *Handbook of positive psychology*. Oxford : Oxford University Press.
5. Seligman, MEP (2002) *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free press

PDG1.02 Psychosocial Problems of Specific Populations

Credits 4

1. Mental retardation: Characteristics and classification; Organic retardation syndromes.
2. Childhood Disorders and Problems: learning disorders, Attention- Deficit Hyperactivity Disorder (ADHD), School failure and Drop outs.
3. Other Childhood Disorders and Problems: Conduct Disorder, Oppositional Defiant Disorder, Enuresis, and Sleep walking, Tics, Stuttering and Stammering. Mental health consequences of Child abuse
4. Mental health problems among adolescents: Anxiety disorders and Depression; Delinquent behavior, Substance abuse: Family adjustment and depression.
5. Problem of old age and aging.

Recommended Books

1. Carson, R.C; Butcher, J.N; & Mineka, S. (2004.) *Abnormal psychology and modern life* (11th ed.) Pearson Education, Inc.
2. Ciccarelli, S.K & Meyer, G.E. (2008). *Psychology* Pearson Education, Inc.
3. Sarason, I.G & Sarason, B.R. (2002). *Abnormal psychology: The problem of maladaptive behavior (tenth Ed.)* Pearson Education, Inc.
4. Weis, R(2008) *Introduction to abnormal child and adolescent psychology*. Sage Publications, Inc.
5. Wicks-Nelson, R. & Israel, A.C (2008) *Abnormal child and adolescent development (7th Ed.)* Pearson Prentice Hall

PDG1:03 Psychological Assessment in Specific Populations Credits 4

1. Introduction: Nature and goals of assessment and evaluation; the logistics of the assessment; Approaches and methods of assessment of children, adolescents, and elderly.
2. Assessment of intellectual and cognitive abilities: Attention, memory and intelligence
3. Career related assessment: aptitude and vocational interest; Career search self-efficacy; MBTI and Holand's Vocational Preference Inventory.
4. Mental health and Personality Assessment: Psychosocial adjustment; Anxiety, Depression, and Somatic Complaints; Personality assessment: Projective and psychometric tests.
5. Observation instrument: Rating Scale, Checklist, and Anecdotal Report. Self reporting techniques: Self expression, Essays, Self description, Self awareness exercises, diaries and daily schedules. Case study and Case formulation:

Recommended Books

1. Freeman, A., Felgoise, S.H., & Davis, D.D. (2008). *Clinical psychology: Integrating science and practice*. New Jersey: John Wiley & Sons.
2. Cohen, R.J & Swerdlik, M.E. (2005). *Psychological testing and assessment: An introduction to tests and measurement (6th Ed.)*. McGraw-Hill Inc.
3. Gullotta, T.P & Adams,G.R.(2005). *Handbook of adolescent behavioral problems: Evidence –based approaches to prevention and treatment*. Springer Science Inc.
4. DiClemente, R.J; Santelli, J.S; Crosby, R.A. (Eds.) (2009). *Adolescent health: Understanding and preventing risk behaviors*. John Wiley & Sons.
5. Neukrug, E.S; Facwecett, R.C.(2010)*Essentials of testing and assessment: A practical Guide for Counselors, Social workers and Psychologists (2ndEd.)* Brooks/Coles.

PDG1.04 (a) Field work

Credits 2

The student 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

PDG1.04 (b) Practical

Credits 2

Practical: The students would required to conduct practicals based on the theory papers. The practicals will carry 50 marks.

PDG 2.01 Foundations of Guidance and Counseling Credits 4

1. Guidance: Meaning and definition, aims and objectives, basic principles of guidance and counseling, steps involved in guidance.
2. Role of counselor: Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling; Counselor-client relationship. Areas of Guidance and counseling: Personal, educational, vocational and in medical set up.
3. Career development: Self exploration-intellectual capacities, aptitudes, abilities, personality traits, needs, interests and skills; academic back ground and training.
4. Career exploration: nature of job requirements, work conditions and opportunities; National and global current perspectives on work; issues in career decision making process. Sources of career information; networking and job search.
5. Employment settings for Guidance and Counseling: Program development, administration and supervision of Guidance Counseling services.

Recommended Books:

1. Athanasou, J. A; Esbroeck, R .V (Eds.) (2009) *International handbook of career guidance*: Springer.
2. Corey, G (2009) *Theory and practice of counseling and psychotherapy (8th ed.)* Brooks /Cole.
3. Miller, D.F. (2010) *Positive child guidance*. Wadsworth.
4. Robinson, E (2008) *Vocational education and guidance of youth: An outline for study*: Macnutt Press.
5. Sharma, V.K. (2006) *Encyclopedia of educational and vocational guidance (4 volsl. set)*: Commonwealth Publishers.

PDG2:02

Psychological Intervention Techniques

Credits 4

1. Psychological intervention; stages of psychological interventions and psychotherapy.
2. Behavior Therapy: Relaxation procedures; systematic desensitization, aversive therapy, contingency management, modeling assertive training. Yoga and meditation.
3. Cognitive behavior therapy: Beck's Cognitive therapy and Ellis' Rational Emotive behavior therapy.
4. Group therapy, Family therapy and Play therapy.
5. Biofeedback: Electromyography; Finger temperature; GSR; EEG; Areas of application.

Recommended Books:

1. Corey, G. (2001). Theory and practice of counseling and psychotherapy (6th Ed.) Belmont, C.A Brooks / Cole.
2. Culari, S. (1998) (Ed.) Foundations of clinical psychology (2nd Ed.) New York: Allyn & Bacon.
3. Goldberg, H. (1983) (Ed.) Contemporary clinical psychology (2nd ed.) New york: Brooks/Cole
4. Hersen, M & Sledge, E. (2002) (Ed.) Encyclopedia of Psychotherapy. (2 Vols) New York: Academic.
5. Neitzel, M.T; Bernstein, D.A. & Millich, R. (1998) Introduction to clinical psychology (5th ed.) Upper saddle River, New Jersey: Prentice Hall.

PDG2:03 Prevention and Management of Specific Problems Credits 4

1. Prevention: Concept, types of prevention, Prevention technologies; Evidence – based prevention and intervention programs.
2. Life skills training programs: Promotion of resilience, hardiness and adaptive coping; capacity building; development of Parent -child connectedness. Positive communication skill and assertiveness training.
3. Prevention and management of school failure and drop outs.
4. Parent skill training for management of children’s behavioural problems: children with mental retardation, ADHD and learning disability.
5. Prevention and remedial measures for conduct disorder, delinquency, substance abuse and STD/HIV/AIDS.

Recommended Books

1. *Gullotta, T.P & Adams, G.R.(2005). Handbook of adolescent behavioral problems: Evidence –based approaches to prevention and treatment.* Springer Science Inc.
2. *DiClemente, R.J; Santelli, J.S; Crosby, R.A. (Editors). (2009). Adolescent health: Understanding and preventing risk behaviors.* John Wiley & Sons.
3. *Gurung, R.A.R (2010) Health Psychology: A cultural approach: Wadsworth.*
4. *Ogden, J(2008)Essential readings in health psychology.*

PDG 2:04 (a) : Internship

Credits 2

Every student shall be required to undertake Internship in the Guidance and counseling Center/ Hospital/Medical College/Institutes for 4 weeks. The student will formulate case report with assessment and intervention management program for at least 2 cases who need counseling or management. All students are required to submit a Report as a Dissertation based on their Internship to the Department on or before a specified date fixed for the purpose. These students are further required to appear for comprehensive Viva-Voce. The Dissertation shall carry 100 marks, and comprehensive Viva-Voce shall carry 50 marks.

S2.04 (b) Comprehensive Viva-Voce

Credits 1