

DEPARTMENT OF PSYCHOLOGY

NAGALAND UNIVERSITY

KOHIMA CAMPUS, MERIEMA
NAGALAND



SYLLABUS FOR PG DIPLOMA IN COUNSELLING PSYCHOLOGY 2022

Program Outcome

- Gets a strong theoretical orientation in the field of psychology.
- Develops professional competence and skills in Psychological counselling.
- Able to extend the knowledge and skills of counselling to the community at large.

Program Specific Outcome:

- Able to carry out clinical interviews and make appropriate psychological formulations.
- Able to use various psychological tests for the purpose of diagnosis and plan for intervention.
- Able to carry out counselling for people suffering from mental distress.
- Able to perform counselling in varied settings.

NOTE

- The PG Diploma in Counselling Psychology will be eligible for students who have BA/BSc in Psychology or allied subjects.
- The PG Diploma in Counselling Psychology program is designed as a 1 year full time program which is divided into two semesters: Semester 1 and Semester 2. Both Semester 1 and semester 2 will have 3 theory papers and 1 practicum paper.
- The paper code for PG Diploma in Counselling Psychology program will be suffixed by "PSY-DPC".
- Each paper shall carry 100 Marks.
- For theory papers, 70 Marks will be based on End Semester test and 30 Marks will be for internal evaluation (Class Tests/Seminars/ Assignments/ Group Discussion). For every theory paper, there will be five units each carrying 14 Marks.
- For practicum I&II, 70 Marks will be based on End Semester Examination and 30 Marks will be based on internal assessment.
 - The End Semester Examination will comprise of a practical examination that will have the following components:
 - a) Conducting a test on a topic selected on the spot (15 Marks)
 - b) Report writing on the test conducted at the time of examination (30 marks).
 - c) Viva Voce covering all the tests and case history done over the semester (25 Marks).

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- For Practicum I and II, the internal assessment will be based on practical report book ,field experience/internship report and a presentation completed over the course of the semester.

Course Content

	Course Content	Lecture	Tutorial	Practical	Credits	Marks
Semester I	PSY- DPC 101 Foundations of Psychology	4	1	0	5	100
	PSY- DPC 102 Foundations of Counselling	4	1	0	5	100
	PSY- DPC 103 Theoretical perspectives of Human Personality	4	1	0	5	100
	PSY- DPC 104 Practicum I			10	5	100
Semester II	PSY- DPC 201 Mental Health and Mental disorders	4	1		5	100
	PSY- DPC 202 Counselling Psychology intervention I	4	1		5	100
	PSY- DPC 203 Counselling Psychology intervention II	4	1		5	100
	PSY- DPC 204 Practicum II and Internship				5	100
	Total				40	800

PSY-DPC 101: Foundations of Psychology

Course objectives:

- To orient students to the field of Psychology
- To enable students to understand the basic psychological processes

Course Outcome:

- Acquires knowledge regarding the early theoretical contributions
- Develop scientific attitude and critical thinking capacity in students by providing basic knowledge about cognitive systems and processes.

UNIT 1: Introduction

Emergence and growth of Psychology; Psychological Schools of Thought; Scope and Branches of Psychology

UNIT 2: Emotions & Motivation

Theories of emotion; Physiological basis of emotions; Non-verbal expressions of emotion; Theories of Motivation; Types of Motivation; Motivational Conflicts.

UNIT 3: Intelligence and Creativity

Nature and theories of intelligence, Individual differences in intelligence; Creativity; Emotional intelligence; Artificial intelligence; Improving cognitive health.

UNIT 4: Cognition

Thinking: Concepts, Propositions and Imagery; Problem solving: steps, methods, Reasoning: Deductive and Inductive, Errors in Reasoning; Decision-making: Heuristics and Biases.

UNIT 5: Language

Nature and Acquisition: Bilingualism and Multilingualism; Neurophysiology of Language; Speech recognition; speech perception and speech production; Language disorders.

Suggested Readings

- Baron, R.A. Psychology, New Delhi: Pearson Prentice-Hall of India.
- Ciccarelli, S.K. & Meyer, G.E. *Psychology (South Asian Ed.)*. New Delhi: Pearson Longman.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: Introduction to Psychology. McGraw Hill Book Co.
- Mangal, S.K: General Psychology. Sterling Publishers Pvt. Ltd.

PSY-DPC 102: Foundations of counselling

Course objectives:

- To introduce the basic skills of counselling and to identify the professional and personal qualities of the counsellor.
- To explain the ethical issues involved in the process of counselling.
- To give an orientation to school, career and clinical counselling.

Course outcome:

- Explore the various roles and functions of a counsellor
- Able to learn different models of consultation related to counselling
- Learns the application of counselling skills in different setting
- Examine the ethical codes that govern the counselling profession

UNIT 1: Introduction to counselling

Personality characteristics of counsellor; basic counselling skills: observational skills, active listening, communication skills, questioning, making notes and reflection; professional roles; Counselling and psychotherapy; professional credentialing: RCI, role of RCI, and accreditation.

UNIT 2: Counselling relationship

Factors influencing the counselling process; initial interview; working through the counselling relationship: changing perception, leading, responding, empathy, self-disclosure,

confrontation, transference and counter transference, dealing with resistance and reluctance; termination of counselling relationship.

UNIT 3: School and Career Counselling

School counseling: History, trends in school counseling and educational systems, school counsellor; career counseling: scope, importance; career counselling with children, adolescents, and college students; addressing issues relating to learning disabilities, body image, bullying; sex education.

UNIT 4: Clinical Mental Health Counseling

Criteria of psychological abnormality; diagnostic classification of mental and behavioral disorders (DSM-5 & ICD 11)); Counselling for persons with mental health issues: self harm, suicidal ideation, anxiety, depression..

UNIT 5: Ethics and counselling

Need for ethical code; ethical codes and guidelines; rights of client; ethical issues in the assessment process; ethical dilemmas and ethical decision making.

Suggested Readings:

- Bond, T. (1997). *Standards and Ethics for Counsellors in action*. New Delhi: Sage Publications.
- Charles, G. J., & Bruce, F. R. (1995). *Counselling Psychology*. United States of America: Harcourt Brace Publishers.
- Gladding, S. T. (2011). *Counselling: A Comprehensive Profession*. Pearson education, Inc.
- Robert, G. L., Marianne, M. H. (2003). *Introduction to Counselling and Guidance*. Pearson education, Inc.

PSY-DPC 103: Theoretical perspectives of human personality

Course objectives:

To help the students understand human personality from different theoretical perspectives.

Course Outcome:

- Able to acquire knowledge regarding the determinants of personality.
- Understand human personality from the viewpoint of various theories.

Unit 1: Introduction to Personality Psychology

Definition; Scope of Personality Psychology; Determinants of Personality.

Unit 2: Psychodynamic

Sigmund Freud; Carl Jung; Klein, Mahler

Unit 3: Learning and Cognitive approaches to Personality

B. F. Skinner; Albert Bandura; Julian Rotter; Dollard and Miller

Unit 4: Trait and Type Perspective in Personality

Gordon Allport; Raymond Cattell's 16 PF; Hans J. Eysenck's PEN model.

Unit 5: Humanistic and Existential Approaches to Personality

Abraham Maslow; Carl Rogers; Rollo May; Victor Frankl.

Suggested readings:

- Allport, G.W. 1961. *Pattern and Growth in Personality*. New York: Holt, Rinehart and Winston.
- Bernardo J. Carducci. *The Psychology of personality: View points, Research and applications*. Wiley-Blackwell.
- Epstein, M. 1999. *Going to Pieces without Falling Apart: A Buddhist Perspective on Wholeness*. London: Thorsons.
- Harre, R. 1998. *The singular self*. Thousand oaks : Sage.
- Hall, C. S., Lindsey, G., & Campbell, J. B. 1998. *Theories of Personality*. New York: John Wiley & Sons.

PSY-DPC 104: Practicum 1

Course objectives:

- To familiarize students with conducting tests and experiments in controlled laboratory setting
- To familiarize them with the various laboratory tools and equipments
- To enable them to analyze and interpret the findings of the experiments/tests.
- To familiarize them with scientific report writing
- To enable students develop basic skills of observation, interviewing, case history taking and report writing
- To provide students with skill based learning in the field

Course Outcome:

- Learns how to conduct experiments & tests in controlled laboratory setting.
- Students will get familiarised with various psychology laboratory tools and equipments.
- Able to analyze and interpret the findings of the experiments/tests.
- Able to write scientific report writing
- Gets familiarized with real life setting for psychological counselling

1. Five practical activities on any of the following themes:

- Psychophysiological Measures(HR, BVP, GSR, BP)
- Personality Tests (Projective Test)
- Intelligence tests
- Neuro-Cognitive assessment

2. Field visits to the following areas during which the students will engage in observations, interviewing, and case history taking (at least two) and later provide a detailed report and presentation.

- Organizational
- Clinical
- Educational

PSY-DPC 201: Mental Health and Mental Disorders

Course objectives:

- To introduce the importance of mental health and hygiene.
- To develop a general orientation towards abnormal behaviour and disease through various models of psychopathology.
- To explore causes of pathological behaviour and its psycho diagnostic assessment.

Course outcome:

- Student will be able to understand importance of mental hygiene.
- Able to learn different abnormal disorders.

UNIT 1: Mental Health

Concept of mental health; Factors contributing to mental health; Mental Hygiene; coping strategies: Emotion-focused coping, problem-focused coping.

UNIT 2: Psychopathology 1

Major theoretical models of psychopathology; Mood disorders; Anxiety disorders; Stress disorders.

UNIT 3: Psychopathology 2

Personality disorders; substance use disorders; Body dysmorphic disorder; Gender dysphoria; Eating disorder.

UNIT 4: Psychopathology in childhood and adolescence

Autism Spectrum Disorder; Intellectual disability; Attention Deficit Hyperactivity Disorder; Oppositional Defiant Disorder; Conduct disorder; learning disability.

UNIT 5: Disorders related to aging

Dementia: Alzheimer disorder, Parkinson's disorder; Depression and sleep problem relating to aging.

Suggested Readings:

- Adams, P. B., & Sutker, H. E. (2001). *Comprehensive handbook of psychopathology* (3rd ed.). New York: Springer.
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ED.). Arlington, VA: American Psychiatric Publishing.
- Craighead, W. E., Miklowitz, D. J., & Craighead, L. W. (2008). *Psychopathology: History, diagnosis and empirical foundations*. New York: John Wiley and Sons.
- Hersen, M., & Beidel, D. (2012). *Adult psychopathology and diagnosis* (6th ed.). New York: Wiley.
- Sadock, B. J., & Sadock, V. A. (2015). *Kaplan and Sadock's synopsis of psychiatry* (11th ed.). PA, USA: Lipincott, Williams and Wilkins
- World Health Organization. The ICD 10 Classification of Mental and Behavioral Disorders.

PSY-DPC 202: Counselling Psychology Intervention I

Course objectives:

- To enhance counselling skills for various modes of counselling using different approaches.

Course Outcome:

- Able to understand counselling process, human systems, and issues relating to the field.
- Able to apply counselling indifferent modes
- Learns counselling from different theoretical perspectives.

UNIT 1: Foundations

Process and stages of counselling; understanding human systems and ecology; counselling in different systems; use of biofeedback in counselling; contemporary issues relating to counselling practice in India.

UNIT 2: Modes of counselling

Telephone counselling; Internet counselling; individual counselling; group counselling and couples counselling. Ethics related to online counselling.

UNIT 3: Cognitive-Behavioral approach to Counselling

Use of Dialectical Behavior Therapy, Acceptance Based Commitment Therapy, Rational Emotive Behavior Therapy, and Cognitive-Behavioral Therapy in Counselling.

UNIT 4: Psychodynamic approaches to Counselling

The origins of psychodynamic counselling, Freudian contribution; post-Freudian evolution: object-relations; ego psychology; conversational model; time-limited framework.

UNIT 5: Humanistic and Transpersonal approaches to Counseling

Person-centered approach; Existential, Gestalt & Transpersonal models.

Suggested Readings

- Corey, G. 2001. Theory and practice of counselling and psychotherapy (6th Ed.) Belmont, C. A Brooks/Cole.
- Culari, S. 1998. Foundations of Clinical Psychology (2nd Ed.). New York: Allyn & Bacon.
- Goldberg, H. 1983. Contemporary Clinical Psychology (2nd ed.) New York: Brooks/Cole
- Hersen, M & Sledge, E. 2002. Encyclopedia of Psychotherapy. (2 Vols) New York: Academic.
- McLeod, J. An Introduction to Counselling (3rd Edition). New York: Open University Press.

PSY- DPC 203 Counselling Psychology Intervention II

Course objectives:

- To enable students to learn about counselling in the organizational context.
- To enhance training on life skills, parental trainings, and counselling in different settings

Course Outcome:

- Understands counselling in the organizational context.
- Acquires knowledge regarding life skills, parent training and empowerment in counselling.
- Able to apply counselling skill in different settings.

Unit 1: Counselling in organizational context

Types and nature of organizations; impact of organizational culture on counsellor and counselling; role conflict; role of para-professionals.

Unit 2: Life Skills Training

Promotion of resilience, hardiness and adaptive coping; capacity building; development of parent-child connectedness; Positive communication skill.

Unit 3: Parent skill training

Management of children's behavioral problems: children with intellectual disability; Attention Deficit Hyperactivity Disorder; Learning Disability; conduct disorder; substance abuse disorders.

UNIT 4: Counseling in different settings

Geriatric counseling; multi-cultural counselling; counselling related to gender issues; Rehabilitation counselling; Crisis and trauma counselling, Counselling for suicidal clients.

UNIT 5: Empowerment,Control and difference in counselling

The nature of social and interpersonal power;counselling with economically disadvantaged people;counselling and religious commitment;empowerment and emancipation in counselling.

Suggested Readings:

- Bellack, A.S & Hersen, M., 1998. Comprehensive Clinical Psychology, Vol 6,. Elsevier Science Ltd: Great Britian.
- Sharf, R.S. 2000. Theories of Psychotherapy & Counselling, 2nd ed.,. Brooks/Cole: USA.
- Gullota, T. P., Adams, G. R. 2005. Handbook of adolescent Behavioral Problems: Evidence-based approaches to prevention and treatment. Springer Science Inc.
- DiClemente, R. J., Santelli, J. S., Crosby, R. A. 2009. Adolescent Health: Understanding and preventing risk behaviours. John Wiley & Sons.
- McLeod,J. An Introduction to Counselling(3rd Edition).New York: Open University Press.

PSY- DPC 204: Practicum II and Internship

Course objectives:

- To familiarize students with the use of paper-pencil tests in field setting
- To enable them to score, analyze and interpret the test findings
- To enable students develop basic skills of observation, interviewing, case history taking and report writing
- To provide students with skill based learning in the field.

Course outcome:

- Familiarity with the administration, scoring, analyses and interpretation of psychological tests
- Develop basic skills of observation, interviewing, case history taking and report writing.
- Acquires skills to do assessment and counselling in the field setting.

The course will comprise of:

1. Five practical activities from the themes given below.
 - Emotions, Stress and Subjective well being
 - Attitude Scales
 - Personality Tests (Paper pencil Tests)
 - Aptitude, Interest and Achievement
 - Screening of developmental disorders
 - Screening of Neuro-cognitive disorders, depression, anxiety.
2. Internship of at least 20 working days from any reputed Mental Health Institute/Medical Institution with a Department of Psychiatry where counselling skills can be learned in real life setting. During internship, students will engage in observations, interviewing, case history taking and counselling. Students will have to do atleast five cases of counselling under supervision. They will later do case presentations and provide a detailed report of internship.