

SCHEME

Mode : **Distance Education**

Name of the Course : PG Diploma in Counseling and Behaviour Modification.

Duration : One year

Number of Papers : 05 Theory Paper (Compulsory)
01 Dissertation (Compulsory)

Nomenclature of the Papers :

Paper-I	Fundamentals of Psychology
Paper-II	Personality
Paper-III	Guidance and Counseling
Paper-IV	Psychological Testing
Paper-V	Psychotherapy
Paper-VI	Dissertation

Eligibility : Post graduation in any discipline. Students appearing for the final year examination may also apply subject to the condition of having passed the course.

Scheme of Examination :

Examination scheme : Annual

No. of Paper : 06

Total Marks : 600

Time : 3 hours

Personal Contact Programme 10 days

Paper-I	100 marks
Paper-II	100 marks
Paper-III	100 marks
Paper-IV	100 marks
Paper-V	100 marks
Dissertation	100 marks

Dissertation- Report :	50 marks
Dissertation- Viva-voce	50 marks

- Dissertation is to be submitted before the commencement of the final examination, however in case of delay late fee of Rs. 1000/- will be charged. Dissertation can be submitted maximum within the three years of the initiation of the course.
- The medium of examination may be English or Hindi. However, the instructions and study material will be provided in English only.

-Scheme of Evaluation :

Total Marks	= 600
Passing percentage	= 40%

Eligibility of the Dissertation Supervisor :

- M.A, Ph.D- Psychology with minimum three years teaching experience in the College, professional institute or university and any professional with same educational qualifications in Psychology.
- Viva-voce of the Dissertation will be conducted by a board of the three members including Head of the Department, one external subject expert and one senior faculty member of the department.
- Synopsis and the resume of the Dissertation supervisor will be got approved by the department committee.

Fee Structure : Rs. 8000/- annually.

I FUNDAMENTALS OF PSYCHOLOGY

UNIT-I

Nature and Scope of Psychology.

Methods of Psychology

UNIT-II

Perception: Nature and Determinants.

Perceptual illusions

Person Perception.

UNIT-III

Learning:

Trial and error learning, Classical Conditioning,

Instrumental Conditioning, Insight Learning

Memory: Nature & Types

Forgetting :Nature & Causes

UNIT-IV

Emotion & Motivation:

Emotion: Physiological indicators. Identification of Emotions

Motivation: Nature and types, Factors affecting motivation.

References:

1. Baron R.A.(2004). Psychology. Pearson education Singapore Pvt. Ltd. New Delhi.
2. Gerrig R.J.; Zimbardo P.G. (2005). Psychology and Life. Pearson education Publication. New Delhi.
3. Morgan, C.T., King R.A. Weisz, J.R., and Schopler, J. (1987). Introduction to Psychology. Singapore : Mc Graw Hill.
4. Smith E.E.; Hoeksema S.N.; Fredrickson B. Loftus G.R. (2003) Atkinson & Hilgard's Introduction to Psychology. Thomson Wadsworth. Australia.

II PERSONALITY

UNIT - I

- Nature of Personality
- Determinants :- Biological, Socio-cultural and Psychological

UNIT - II Perspectives in personality

- Dispositional
- Psychoanalytic
- Behavioural
- Cognitive

UNIT - III

Theories of Personality:

- Freud
- Eysenck
- Rogers
- Bandura

UNIT - IV

- Assessment methods/Techniques
- Psychometric tests: 16 PF, EPQ-R, MMPI
- Projective - Techniques :
Thematic Apperception Test (TAT)
Word Association Test (WAT)
Sentence Completion Test (SCT)

References :

1. Hall C.S. : Lindzey, G. (1978). Theories of Personlaity. New York : Wiley Eastern Limited.
2. Parvin L.A. (1979). Personality Theory, Assessment and Research : Wiley.
3. Sarason I.G. (1966). Personality and Objective Approach. New York : Wiley.
4. Singh A.K., (1998). Test, Measurements and Research Methods in Behavioural Sciences, Bharati Bhavan Publishers, New Delhi.

III GUIDANCE & COUNSELLING

UNIT – I

Guidance & Counselling:

- Defining features & goals
- Necessary personal characteristics of effective counselor

Unit – II

Techniques of counselling relationship:

- Rapport Techniques
- Terminating skills
- Transference
- Counter transference

Unit – III

Counselling techniques and ethics

- Psycho diagnosis
- Counseling Interview
- Observation
- Case Study
- Ethical Considerations

Unit – IV

Major Areas of Application:

- Counseling for children's & Parents
- Counseling of Drug addicts
- Educational counseling
- Crisis Intervention
- Vocational Counseling
- Marriage Counseling

References:

Burnard, Philips (1989). Counselling skills of health professional, Madras : Chapman and Hall.

Gelso, G.J. and Fretz, B.R. (1995). Counselling psychology. Bangalore : Prism.

Lynn, S.J. and Garske, J.P. (1985). Contemporary psychotherapies : Models and Methods. Ohio : Bell and Howell.

Rao, N. (1994). Counselling and Guidance. New Delhi : Tata McGraw Hill.

IV

Psychological Testing

UNIT-I Psychological Tests :
Nature and Historical development of Psychological Testing
Types and applications.
Ethics of Psychological Testing.

UNIT-II Psychometric properties of tests :
Reliability: Meaning, methods of estimates, and special problems.
Validity : Meaning, validation procedures, and special problems.
Norms

UNIT-III Role of Psychological tests in educational and counseling settings, measurement of aptitude, interest and attitude.

UNIT-IV Assessment of Intelligence, and mental health.

References :

1. Aiken, L.R. (1994) Psychological Testing and Assessment. Boston : Allyn and Bacon.
2. Anastasi, A. and Urbina, S (1997) psychological Testing (7th edition) upper saddle River (NJ) : Prentice Hall.
3. Freeman, F.S. (1974). Theory and practice of psychological testing, New Delhi : Oxford and IBH.
4. Singh A.K., (1998). Test, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan Publishers, New Delhi.

✓ PSYCHO THERAPY

UNIT - I

Biological Therapies

- Drug therapy
- Electro Convulsive therapy
- Psycho Surgery

UNIT - II

Relationship Therapies

- Stress inoculation therapy
- Family Therapy
- Milieu Therapy

UNIT - III

Psycho-Therapeutic Approaches:

- Psychoanalytic
- Rational Emotive Therapy (RET)
- Cognitive Behaviour Therapy.

UNIT-IV

- Community Mental Health Programmes.
- Community Psychiatry
- Present Mental health Scenario in India.

References:

1. Ballcak, A.S. and Hersen, M. (1980). Introduction to clinical psychology. New York : Oxford.
2. Carson, R.C., and Butcher (1992). Abnormal Psychology and Modern Life. New York : Harper Collins.
3. Korchin S.J. (1986). Modern Clinical Psychology. CBS Publishers and Distributors. New Delhi.
4. Lynn, S.J. and Garske, J.P. (1985). Contemporary psychotherapies : Models and Methods. Ohio : Bell and Howell.
5. Nietzel, M.T. and Bernstein, D.A. (1987). Introduction to clinical Psychology : New Jersey: Prentice Hall.
6. Rao, N. (1994). Counselling and Guidance, New Delhi : Tata MC Grw Hill