

1 year Diploma Course on Psychological Counselling

Credit Points: 40

Class hours: 4 hours/ Day

5 days a week

CURRICULUM:

Semester 1

Paper I:

- ❖ **Basics of Counselling**

- ❖ What is counselling?
- ❖ What is psychological counselling?
- ❖ Basic skills of counselling:
- ❖ Basic qualities of a counsellor.
- ❖ Ethical consideration in psychological Counselling

Paper II:

- ❖ **Brain and Behaviour:** **100 Marks**

- ❖ Basic concepts of Brain and Behaviour:
Nervous system and endocrine system

Paper III:

- ❖ **Child and Adolescent development:** Physical, Moral, Emotional, Cognitive and Social **100 Marks**

- ❖ **Counselling children and Adolescent :**Behavior modification, Behavior management

Paper IV:

Report writing: Case history, Mental Status Examination and interview

Paper V:

100 Marks

- ❖ **Psychopathology: Childhood and adolescence and General:**

- ❖ Concept of psychopathology:
 - ❖ Medical concept
 - ❖ Bio-psycho-social concept

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Typical signs and symptoms of :

- ◆ Intellectual Disability
- ◆ Pervasive developmental disorders
- ◆ Attention deficit and Hyperactivity disorder
- ◆ Disruptive behaviour disorders:
 - ✓ Oppositional defiant disorder
 - ✓ Conduct disorder.
- ◆ Learning disorders

Paper VI: Practical 1:

50 Marks

- ◆ i. Lab note book 15
- ◆ ii. Experiment 20
- ◆ iii. Viva voce 15

Semester 2

Paper VII:

100 Marks

❖ **Psychopathology II**

- ❖ Clinical features :
 - ◆ Anxiety disorders:
 - ◆ Mood disorders:

Paper VIII:

100 Marks:

❖ **Widely used Counselling techniques:**

100 Marks

- ◆ Behavior therapy:
- ◆ Cognitive-behaviour therapy:

Paper IX:

100 Marks

❖ **Psychopathology III :**

- ❖ Clinical features
 - ◆ Schizophrenic disorders

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- ◆ Personality disorders:
- ◆ Substance abuse and related disorders

Paper X:

100 Marks

- ❖ **Special Areas of Counselling I**
- ❖ Counselling in different fields
 - ◆ Marital problems
 - ◆ Management of stress and anger
 - ◆ Self-care and Burnout

Paper XI:

100 marks

- ❖ **Special Areas of counselling II**
- ◆ Dance/Movement therapy
- ◆ Play therapy
- ◆ Family therapy

Paper XII:

Practical 2

Internship (1 month)

50 Marks

- i. project report and presentation 20
- ii. experiment: 20
- iii. Viva voce 10

Assessment and Evaluation

Theory:

Per paper: total 100 (50 Internal+ 50 End term exam)

Practical:

Per paper: total 100 (50 Internal+ 50 End term exam)

Total marks: 1200