

## **Modified Syllabus**

### **DIPLOMA IN PSYCHOLOGICAL COUNSELLING (BRAOU)**

#### **COURSE1: INTRODUCTION TO COUNSELING PSYCHOLOGY**

##### **BLOCK 1: INTRODUCTION TO COUNSELING**

Unit 1: Introduction: Definition, Nature, Scope, History and Goals of Counseling, Differences between Counseling, Guidance, Psychotherapy and Helping Behavior

Unit2: Social and Psychological Foundations of Counseling

Unit 3: Characteristics of an Effective Counselor and Ethics in Counseling

##### **BLOCK 2: APPROACHES TO COUNSELING**

Unit 4: Directive, Non-Directive, Eclectic, Multimodal and Integrative Approaches

Unit 5: Freudian and Neo-Freudian Approaches (Adler and Erikson)

Unit 6: Behavioristic Approaches to Counselling: Classical conditioning (Pavlov), Operant Conditioning (Skinner) and Social Learning (Bandura)

##### **BLOCK 3: RECENT APPROACHES TO COUNSELING**

Unit 7: Humanistic and Existential Approaches

Unit 8: Cognitive – Behavioristic Approach (Beck and Ellis) and Third Wave Cognitive Therapies (Acceptance and Commitment Therapy (ACT) & DBT)

Unit 9: Eastern Approaches to Counseling: Yoga, Meditation, Bhagavad Gita as an Indian Origin Document of Counseling

##### **BLOCK 4: TYPES OF COUNSELING**

Unit 10: Individual and group counseling

Unit 11: Crisis counseling and Trauma counseling

Unit 12: Brief counseling approaches (Problem focused and Solution focused)

##### **BLOCK 5: APPLIED AREAS OF COUNSELING**

Unit 13: Family counseling and couple counseling

Unit 14: Child and Adolescent counseling

Unit 15: School counseling

## **COURSE 2: PERSONALITY THEORIES AND ASSESSMENT**

### **BLOCK 1: PERSONALITY**

Unit 1: Concept and Determinants of Personality

Unit 2: Freud's Psychoanalytic Theory

Unit 3: Neo Freudian Approaches to Personality (Adler & Erickson)

### **BLOCK 2: BEHAVIORAL APPROACH**

Unit 4: Principles of Classical Conditioning

Unit 5: Principles of Operant Conditioning

Unit 6: Social Learning (Modeling and Observational Learning)

### **BLOCK 3: HUMANISTIC, COGNITIVE AND EXISTENTIAL APPROACHES**

Unit 7: Humanistic approach (Maslow and Rogers)

Unit 8: Cognitive approach (Beck and Ellis)

Unit 9: Existential approach (Rollo Mayo and Victor Frankl)

### **BLOCK 4: OTHER APPROACHES TO PERSONALITY**

Unit 10: Eastern approach

Unit 11: Gestalt Approach

Unit 12: Contemporary approach (Big Five Factor Theory)

### **BLOCK 5: ASSESSMENT OF PERSONALITY**

Unit 13: Concepts and types of assessment (Personality Inventories, Questionnaires, Case Study and Rating Scales)

Unit 14: Brief introduction to Projective Tests (Rorschach, TAT, Picture Frustration Study and Sentence Completion Test)

Unit 15: Contemporary trends in Personality Assessment (Online assessment & Challenges)

## **COURSE 3: PSYCHOLOGICAL DISORDERS**

### **BLOCK – 1: INTRODUCTION TO PSYCHOLOGICAL DISORDERS**

Unit – 1: Concepts of normality and abnormality, Historical Perspectives of Abnormality

Unit – 2: Need for classification of abnormality

Unit – 3: Salient Features of DSM – 5& ICD 11

### **BLOCK 2: ANXIETY AND PERSONALITY DISORDERS (Signs & Symptoms, Causes and Management)**

Unit 4: Anxiety Disorders: GAD, OCD, PTSD, Phobias, Panic disorder

Unit 5: Personality Disorders (Cluster A, B&C)

Unit 6: Mood disorders: Unipolar and Bipolar

### **BLOCK3: SEVERE PSYCHOLOGICAL DISORDERS AND COGNITIVE IMPAIRMENT (Signs & Symptoms, Causes and Management)**

Unit7: Schizophrenia

Unit 8: Cognitive Impairment Disorders – 1: Delirium, Dementia

Unit 9: Cognitive Impairment Disorders – 2: Alzheimer's and Parkinson's

### **BLOCK 4: CHILDHOOD AND ADOLESCENT PSYCHOPATHOLOGY (Signs & Symptoms, Causes and Management)**

Unit 10: Childhood disorders (ADHD, Conduct Disorder, Childhood Depression)

Unit 11: Adolescent disorders (Eating disorders, addictive disorders - substance abuse and Technology addiction)

Unit 12: Suicidal ideation, Deliberate self-harm behavior

### **BLOCK 5: NEURO DEVELOPMENTAL AND INTELLECTUAL IMPAIRMENT (Signs & Symptoms, Causes and Management)**

Unit 13: Neuro developmental disorders (Autism, Asperger's syndrome)

Unit 14: Intellectual disability (Classification, Causes & Treatment methods)

Unit 15: Slow learning& Specific Learning Disorders

## **COURSE 4: COUNSELING SKILLS AND TECHNIQUES**

### **BLOCK 1: MODELS OF COUNSELING**

Unit 1: Importance of Counseling Skills and Core Conditions of Counseling (Empathy, Genuineness/Congruence, and Unconditional Positive Regard)

Unit 2: Ivey model&Nelson and Jones

Unit 3: Egan's Model – An overview

### **BLOCK 2: EGAN'S MODEL: PRE HELPING PHASE AND STAGE – I SKILLS**

Unit 4: Pre helping Phase

Unit 5: Stage – I Skills: Current Picture (Task – 1A: Help Clients Tell Their Stories)

Unit 6: Stage – I Skills: Current Picture (Task – 1B: The Real Story &1C: The Right Story)

### **BLOCK 3: EGANS MODEL STAGEII: PREFERRED SCANARIO**

Unit 7: Task –2A: Possibilities for a better future

Unit 8: Task – 2B: Goals, Outcomes and Impact

Unit 9: Task – 2C: Commitment by the client

### **BLOCK 4: EGANS MODELSTAGEIII: WAY FORWARD**

Unit 10: Task – 3A: Developing Strategies

Unit 11: Task – 3B: Choosing Best Fit Strategies

Unit 12: Task – 3C: Formulation of Plans and Implementation

### **BLOCK 5: TECHNIQUES IN COUNSELING**

Unit 13: Relaxation Training: JPMR, Autogenic Training, Guided Imagery

Unit 14: Psycho Education

Unit 15: Other Techniques: Social skills Training, Assertive Training, Coping Skills Training

## **COURSES 5 &6: PRACTICUM DIPLOMA IN PSYCHOLOGICAL COUNSELING & INTERNSHIP/ PROJECTWORK**

### **I. Part –A:**

- Unit-1 History of Psychological Testing
- Unit-2 Classification of Psychological tests
- Unit-3 Errors in Measurement

### **II. PSYCHOLOGICAL TESTS**

1. Ravens Progressive Matrices
2. Culture Fair Test (Cattell)
3. David's Battery of Differential Abilities
4. Eysenck Personality Questionnaire
5. Tripathi Personal Preference Schedule
6. Self-esteem Scale / Self-concept Scale
7. Occupational Stress Index
8. Emotional Intelligence Scale
9. State Trait Anxiety Inventory
10. Depression Scale (Beck's Depression Inventory – 2)
11. DAS /DSQ
12. Bell's Adjustment Inventory
13. Holland Interest Inventory - RIASEC

### **TESTS FOR DEMONSTRATION**

14. Rorschach Ink Blot Test
15. Thematic Apperception Test
16. Rosenweig Picture Frustration Study

### **III. FIELD OBSERVATION REPORT (20 Marks)**

Learners need to visit the following institutions/agencies and interact with clients and counselors: Schools and hospitals providing counseling services, NGOs, Rehabilitation Centers, Private clinics, Government Departments like Police, women and child welfare, Jails etc. They need to submit a report covering two (2) cases with case history.

### **IV. CONDUCTION OF ROLE PLAYS IN LAB**

#### **Proposed Course-VI: Topics**

1. Case Study
2. Clinical Interview
3. Mental Status Examination (MSE)