

## **CURRICULUM: PG Diploma in Psychological Counselling**

### **First Semester: (Jan - – June): Course Code: PGDPC 101**

#### **Paper I: First Half: Basics of Counselling and the Nervous System**

**100 marks**

1. What is counselling?
  - ◆ Counselling and helping
2. What is psychiatric counselling?
3. Basic skills of counselling:
  - ◆ Attending, (SOLER)
  - ◆ Listening
  - ◆ Responding
  - ◆ Paraphrasing
  - ◆ Reflecting
  - ◆ Empathy

(These skills will be taught with experiential exercises and role play.)

4. Basic qualities of a counsellor.
5. Interview
5. Ethical consideration in Psychological Counselling

#### **Paper II: Brain and Behaviour: Course Code: PGDPC 102**

**100 Marks**

5. Basic concepts of Brain and Behaviour
  - ◆ Structure and function of Brain:
    - Hind brain,
    - Mid-brain;
    - Forebrain;
  - ◆ Location of functions in the brain;
  - ◆ Autonomic Nervous Syatem
  - ◆ Structure and function of five special sense organs:
    - Eyes Ears, Nose, Tongue, and skin
    - Neuro-chemistry: Endocrine Glands:
      - Pituitary, Thyroid. Parathyroid, Adrenal, Pancreas, Gonads
  - ◆ Role of neuro-transmitters in mental disorder

**Paper III: Child and Adolescent development: Course Code: PGDPC 103**

**1. Theories of child development**

**100 Marks**

- ◆ Pre-natal theories
- ◆ Milestones of development
- ◆ Erikson's stages of development
- ◆ Bowlby's theory of attachment
- ◆ Developmental tasks in adolescence
- ◆ Impact of social media
- ◆ Identifying neglect and child abuse
- ◆ Child psychometric assessment tools: WISC, CPM, Play therapy (Basic)

**2. Counselling children:**

- ◆ Special problems and skills;
- ◆ What is 'age appropriate' behaviour problems vs pathological problems
- ◆ Educational counselling:
- ◆ Approaches for pre-school children
- ◆ School-going children
- ◆ Adolescence-related special problems

**Second Semester: July – December**

**(Note: Allotment of students for personal counselling for personal conflict resolution.)**

**Paper V: Psycho-diagnostic Testing: Course Code: 105**

**100 Marks**

1. Mental Status Examination:

- ◆ Writing report of MSE

2. Brief introduction to some tests of cognitive functioning with basic theories of relevant tests:

- ◆ WAIS
- ◆ RPM
- ◆ BENDER GESTALT TEST

3. Brief introduction to non-projective personality tests:

- ◆ STAI
- ◆ Beck Depression inventory.
- ◆ Play therapy

**Paper VI: Psychopathology I: Course Code: PGDPC 106**

**100 Marks**

## 1. Psychopathology of Childhood and Adolescence:

- ❖ Concept of Psychopathology
  - ◆ Medical Concept
  - ◆ Bio-Psycho-Social concept
- ❖ Clinical Manifestation
  - ◆ Typical signs and Symptoms of Mental disorder
- ❖ Disorders and conditions first manifested in childhood and adolescence:
  - ◆ Mental retardation
  - ◆ Pervasive developmental disorders
  - ◆ Attention deficit disorder
  - ◆ Disruptive behaviour disorders:
    - ✓ Oppositional defiant disorder
    - ✓ Conduct disorder.
  - ◆ Learning disorders
  - ◆ Eating disorders
  - ◆ Social Media and Mobile addiction

**Paper VII –Psychodynamic Theories; Course code PGDPC 107:**

**100 marks:**

1. Psychodynamic theories of Freud
2. Object relation theories:
  - ◆ Malanie Klein,
  - ◆ Winnicott.

**Third Semester: (Jan – June)**

**(Note: Candidates will be assigned to Mental health Institutions for Internship and will be assigned supervisors to see cases under supervision.)**

**Paper VIII: Psychopathology II; Course Code: PGDPC 109**

**100 Marks**

1. Clinical features and aetiology:
  - ◆ Anxiety disorders:
    - ✓ GAD,
    - ✓ Phobia
    - ✓ OCD;
  - ◆ Pain:
    - ✓ Conversion,

- ✓ Dissociative disorders.

2. Clinical features and aetiology:

- ◆ Mood disorders:
  - ✓ Bipolar affective disorder,
  - ✓ Major depression,
  - ✓ Dysthymia.
- ◆ Clinical feature and etiology of:
  - ✓ Schizophrenic disorders

**Paper IX: Techniques of Psychodynamic Therapy: Course Code: PGDPC: 110 100 Marks**

1. Techniques of Psychodynamic Therapy:

- ◆ Dream Interpretation: Theory and technique
- ◆ Resistance
- ◆ Transference
- ◆ Counter-transference
- ◆ Interpretation
- ◆ Termination

2. Luborsky's Supportive-Expressive therapy ( with skills training and role -playing)

**Paper X: Humanistic and behaviouristic theories and Projective Tests:**

**Course Code:PGDPC 111**

**100 Marks**

- ◆ Existentialism
- ◆ Client-centred theory of Rogers
- ◆ Behaviourism
- ◆ Cognitive-behaviour theory and therapy
- ◆ Group therapy
- ◆ Family & Family therapy

**2. Projective tests:**

- ◆ Rorschach
- ◆ TAT

**Fourth Semester: (July – December)**

**Paper XIII: Psychopathology III: Course code 113**

**100 marks**

1. Clinical features and aetiology:

- ◆ Sexual dysfunctions
- ◆ Substance abuse and related disorder
- 2. Organic brain disorders
- 3. HIV infection and AIDS:
  - ◆ Aetiology,
  - ◆ Clinical features
  - ◆ Management.
- 4. Crisis intervention:
  - ◆ Suicide
  - ◆ Violence.
- 5. Clinical features and aetiology of:
  - ◆ Personality disorders:
    - ✓ Three different clusters
  - ◆ Delusional disorder.

**Paper XIV: Special Areas of Counselling I” Course Code 114**

**100 Marks**

1. Counselling in different fields:
  - ◆ Gender issues
  - ◆ Marital problems
  - ◆ Palliative care of patients with serious physical illness (Such as cancer)
  - ◆ Management of stress and anger.
  - ◆ Grief and Bereavement
  - ◆ Counselling the elderly

**Paper XV: Special Areas of counselling II: Course Code: 115**

**100 Marks**

- ◆ Modern Trauma therapy including EMDR
  - ◆ Dance/Movement therapy
  - ◆ Story-telling
  - ◆ Ecopsychology
2. Social-Emotional Intelligence
    - ◆ Communication skills:
  3. Self-care and Burnout
  4. Basics of community mental health