

Name of Course: PG DIPLOMA IN PSYCHOLOGICAL COUNSELLING

Syllabus:

The syllabus was formulated keeping in view the basic skills requirements for counselling along with traditional and contemporary theories of counselling. We have tried to familiarise the students with the important contemporary theories of psychotherapy along with their techniques of treatment. A thorough study of psychopathology as per DSM V is included in the curriculum. The syllabus also tries to familiarise the students with various areas of special interest, like Gender issues, palliative care (a little developed area in our country), Grief and bereavement etc. A glimpse of our curriculum is given below:

- Basic skills in Counselling including attending, listening, Responding, paraphrasing, reflecting and Empathy;
- Relation between brain and behaviour to understand the
- Physiological bases of some mental disorder;
- Various theories of psychotherapy such as psychodynamic, CBT, behaviour therapy etc. along with their techniques;
- A thorough training in Mental Status Examination and important psychometric testing;
- Various topics of counselling in special areas including Domestic Violence, Palliative Care, Emotional intelligence etc.
- Geriatrics and HIV AIDS are being given special importance and are being taught by resource persons specially trained in the areas;
- A detailed study of psychopathology, as per DSM V is included in the curriculum so that the students are able to make a correct diagnosis.
- Internship in Mental Hospitals and related organisations to provide the students with a real life experience of mental afflictions, their treatment and symptomatology;
- Students are also required to undergo their own **Personal Counselling** under senior therapists to become aware of and to overcome their own conflicts;
- **Supervised clinical sessions** are arranged for students to do cases under the supervision of senior therapists.

Course Outcome:

After completing this course students are expected to have learnt the basic skills of counselling with good understanding of the basic principles of various forms of psychotherapy. Continuous practice of skills is expected to give them the opportunity of correcting their mistakes in dealing with the patients/clients and feeling comparatively comfortable in facing the clients' problems.

A detailed exposure to psychopathology will help them understanding the nature of the clients' problems and a thorough practice in psychometric testing is expected to give them a tool which, if properly utilised, will help them in arriving a correct diagnosis of the clients' disorder. These skills may prove valuable in the job market.

Curriculum (Course Specific outcome)

Paper	Course specific outcome
Paper I	Basics of Counseling Students will learn the basic features of counseling, basic skills of Counseling, like listening, responding, paraphrasing, empathetic responding, how to take psychological interviews and ethical concern in counseling.
Paper II	Brain and behavior: One can never overemphasize the intimate connection between body and mind. Hence, it is important to learn the physiological bases of mental functions. After taking this course, the students will learn the structure and function of neurons, the structure and functions of the Brain, Autonomic and peripheral nervous system, various sense organs, and endocrine glands with special emphasis on their relationship with various mental disorders.

Paper III	<p>CHILD AND ADOLESCENT DEVELOPMENT: After taking this course, the students will learn the various phases of psychological development in childhood and adolescence, the difficulties, the specific tasks of each phase and specific disorders related to these phases.</p>
Paper IV	<p>Psycho-diagnostic testing: The students will learn how to do the Mental Status Examination and administration, calculation and writing reports of various psychometric tests.</p>
Paper V	<p>Psychopathology I: Psychopathology of Childhood and adolescence: Students will learn the various psychopathology specific to childhood and adolescence.</p>
Paper VI	<p>Psychodynamic theories: Students will learn the basics of psychoanalytic theory of Freud including the structural theory, defense mechanisms and mechanism of symptom formation. They will also learn the basic features of a few important post-Freudian psychoanalysts.</p>
Paper VII	<p>Psychopathology II: Students will learn the Etiology, symptomatology and treatment of Anxiety disorders, ICD, and Mood disorders and Schizophrenic and Schizotypal disorders.</p>
Paper VIII	<p>Techniques of Psychodynamic therapy: Students will be taught the various techniques of psychodynamic therapy, e.g. resistance, transference, counter-transference etc. including the brief psychodynamic therapy of Luborski.</p>
Paper IX	<p>Humanistic and Behaviouristic theories and Projective tests: After the basics of psychodynamic theories, the students will be given a detailed exposure of various other forms of therapy, like, Behaviourism, CBT, Client centered therapy, group and family therapy etc. They will also be taught how to administer and interpret the Projective tests so important</p>

	<p>in understanding the psychic mechanism of the patient and arriving at a correct diagnosis.</p>
Paper X	<p>Psychopathology III: Students will be taught about the aetiology, symptomatology and treatment of various sexual disorders, organic disorders, personality disorders and how to intervene in a crisis situation.</p>
Paper XI & XII	<p>Special areas of counselling I and II: Students will be taught about the special areas of counselling, like gender. Family, counselling the elderly, grief and bereavement, emotional intelligence, dance therapy, story telling, community mental health etc.</p>
Special features:	<p>These courses are distributed over four semesters and after each semester the students are required to take practical examination in addition to the theory examination. So, there will be four practical papers also.</p> <p>Students will be required to write Personal and Learning journals, lab note books, internship note books, process notes and have to submit a case report of 30 sessions done under the supervision of a senior psychotherapist.</p> <p>The students also have to undergo a mandatory personal counselling of at least 40 sessions with senior psychotherapists.</p> <p>Students have to attend internship in a mental hospital and other related institutions dealing with various kinds of mental afflictions.</p>