#### PG DIPLOMA IN COUNSELING, PSYCHOTHERAPY AND REHABILITATION

Scheme of Examination

(From 2015-16)

There shall be three theory papers and one practical-cum-field work of 100 marks each. All the four papers are compulsory.

#### Paper Nomenclature Marks Time

#### Paper-I: Counseling PSYCHOLOGY 100 3 Hours

#### Paper-II: PSYCHOTHERAPY 100 3 Hours

#### Paper-III: REHABILITATION PSYCHOLOGY 100 3 Hours

#### Paper-IV(i) PRACTICAL 50 3 Hours

(ii) FIELD WORK 50 3 Hours

**Paper-I**

**COUNSELING PSYCHOLOGY**

#### Max. Marks: 100

Time: 3 Hours

Note: The paper setter shall set TEN questions- TWO questions from each unit. The candidate will have to attempt FIVE questions in all, selecting ONE from each unit.

UNIT-I

Introduction to counseling: Meaning, Goals and Objectives of counseling. Basic assumptions and principles of counseling.

UNIT-II

Role, Characteristics and training of counselor. Counseling skills: Listening, Reflecting, Summarizing, Confronting, Interpreting and Informing skills. Ethical issues in counseling.

UNIT-III

Components of Counseling Practice: Conduction of first session, developing communication and attending skills, Rapport/Relationship building, Assessing client problems, Process and outcome goals, Termination and Follow-up.

UNIT-IV

Counseling Approaches & Techniques- Directive, Non-Directive and Eclectic Counseling. Case study, Counseling interview, Sensitivity training, Transactional analysis, Psychodrama and Sociodrama.

UNIT-V

Special areas of counseling: Counseling for children with emotional disturbance and learning disability; Exceptional children, Marital counseling Occupational counseling, Counseling patients with terminal disease/chronic illness – HIV/AIDS, cancer patients and their caretakers, Counseling drug addicts and alcoholics.

**Recommended Books:**

Clough, P. Pardeck, J.T. & Yuen, F. (Eds) (2005). Handbook of emotional and behavioural Difficulties.

Mozdzierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). Principles of Counseling and Psychotherapy. New York: Routledge.

Cormier, L.S. and Hackney, H. (1993). The Professional Counsellor. Englewood Cliffs, N.J: Prentice Hall.

Woolfe, R. and Dryden, W. (1996). Handbook of Counselling. London: Sage Publications.

Bender, W.N. (1995). Identification and Teaching Strategies for Learning Disabilities. New York: Allyn Bacon.

Dryden, W. (1995). Key Issues for Counselling in Action. London: Sage Punlications.

Sharry, J. (2006). Counselling Children, Adolescents and Families: A Strength Based Approach. New York: Sage Publishers.

George, R.L. Cristiani, T.S. (1990). Counselling: Theory and Practice. New Jercey: Prentice Hall (3rd edition).

Peterson, J.V. and Nishenholz, B. (1999). Orientation to Counselling, New York: Allyn & Bacon.

**Paper-II**

**PSYCHOTHERAPY**

#### Max. Marks: 100

Time: 3 Hours

Note: The paper setter shall set TEN questions- TWO questions from each unit. The candidate will have to attempt FIVE questions in all, selecting ONE from each unit.

UNIT-I

Psychopathology: Meaning, Critertia, Approaches: Biological, Psychodynamic, Behaviouristic, and Humanistic.

Classification of Mental Disorders: ICD & DSM Systems.

UNIT-II

Psychotherapy: Definition, Objectives, ethical issues. Significant variables in Psychotherapy Training of Psychotherapist, Clinical Formulation.

Therapeutic Relationship: Client and Therapist characteristics, Factors Influencing Relationship.

UNIT-III

Taking History and Mental status examination.

Behaviour Therapies: Origin, Foundations and Principles; Behavioural Assessment. Desensitization- Extinction, Skill Training, Operant Procedures and Aversion.

UNIT-IV

Cognitive Therapies: Introduction to cognitive Model (Beck and Ellis), Basic Principles and Assumptions, Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Cognitive Restructuring.

UNIT-V

Systemic Therapies: Origin, Theoretical Models and Techniques with respect to Family therapy, Marital Therapy, and Group therapy.

**Recommended Books:**

Bellack, A.S., & Hersen, M. (2000). Comprehensive Clinical Psychology (Vol. 5 & 6), New York: Elsevier Science Ltd.

Gelder, M., Cowen, P., & Harrison, P. (2005). Shorter Textbook of Psychiatry, London: Oxford Press.

Carson, R.C., Butcher, J.N., & Mineka, S. (2000). Abnormal Psychology and Modern Life, Delhi: Pearson Education.

Wolberg, L.R. (1988). The Techniques of Psychotherapy (Vol. I & II). London: Jason Aronson Inc.

Hamilton, M. (1985). Fish’s Clinical Psychopathology: Signs and Symptoms in Psychiatry, Bombay: Varghese Publishing House.

Masters, J.C., Burish, T.G., Hollon, S.D., & Rimm, D.C. (1987). Behaviour Therapy: Techniques and Empirical Findings, Florida: Harcourt Brace & Company.

Hawton, K., Salkovskis, P.M., Kirk, J., & Clark, D.M. (2004). Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide. New York: Oxford University Press.

**Paper-III**

**REHABILITATION PSYCHOLOGY**

#### Max. Marks: 100

Time: 3 Hours

Note: The paper setter shall set TEN questions- TWO questions from each unit. The candidate will have to attempt FIVE questions in all, selecting ONE from each unit.

UNIT-I

Concept of Disability and Rehabilitation: Impairment, Disability and Handicap.

Needs of People with Disability.

Rehabilitation: Nature, Evolution, and Paradigm Shift.

UNIT-II

Nature and types of various disabilities: Mental Retardation, Learning Disability and Autism.

Visual, Hearing and Speech Disability; Orthopedic, Neuromuscular disability and HIV/AIDS.

UNIT-III

Models of Rehabilitation: Medical, Psychological, Socio-cultural, and Institutional.

UNIT-IV

Rehabilitation Psychology: Nature, Historical Perspective, Scope, functions and Methods.

UNIT-V

Psychological Approach to Rehabilitation: Assessment, Diagnosis, and Treatment.

Helping People with Disabilities: Role of Psychologists and Caregivers.

Designing and Implementing Programmes for Persons with disabilities.

**Recommended Books:**

Kennedy, P.(2012).*The Oxford Handbook Of Rehabilitation Psychology*. London: Oxford University Press.

Pratt, C.W., Gill, K.J., Barrett, N.M., & Roberts, M.M.(2013*) .Psychiatric Rehabilitation(3 Ed)*.New Jersey: Academic Press.

Roy, S.H., Wolf, S.L., Scalzitti, D.A.,& Rothstein, J.M.(2012). *The Rehabilitation Specialist’s Handbook (4th Ed)*.F.A. Davis Company

Albrecht, G.L.(2005*).Encyclopedia Of Disability(1 Ed)*.SAGE Publications, Inc.

Ekman, L.L.(2012).*Neuroscience: Fundamentals for Rehabilitation(4 Ed)*.Saunders Publications.

**Paper-IV**

**Practicum (Diagnostic Assessment Techniques)**

#### Max. Marks: 50

Time: 3 Hours

Note: Any 8 practicals out of the following are to be conducted and reported during the course. One practical will be allotted to a candidate during the examination and evaluation will be based on Practical Note Book, Performance during practical examination and viva-voce.

N.B.: A series of lectures will be delivered on Diagnostic Testing to acquaint the students inth: Nature of Psychological Tests, their functions, Psychometric Properties- Reliability, Validity Norms; Ethical Issues.

1. Clinical Analysis Questionnaire.

2. NEO PI- R

3. IPAT- ASQ

4. MMPI

5. Beck Depression Inventory

6. WAIS-R

7. Wechsler Memory Scale

8. Rorschach Inkblot

9. AIIMS Neuropsychological Assessment Battery

10. Adjustment Inventory

11. Stress Inventory

12. Clinical Rating Scales- Autism, ADHD.

13. Kaufman Intelligence Test.

**Paper-IV (ii) Field Work Max. Marks: 50**

**Field Work**

To provide hands on experience in acquiring the necessary skill and competency in selecting, administering, scoring, and interpreting psychological tests and treating the individuals suffering from Psychological problems, the candidates need to engage themselves in active training under supervision.

**Submission of Psychodiagnostic and Psychotherapy records.**

* Four full-length Psychodiagnostic records to be prepared and submitted by the candidate. The records should include a detail clinical history and a discussion on a) rationale for testing b) areas to be investigated c) tests administered (d) test findings and e) Impression.
* Four full-length counseling and Psychotherapy records to be prepared and submitted by the candidate. The records should include a) reasons for interventions (b) short-term and long term objectives (c) type and techniques of intervention were used with rationale d) Process of therapy (e) changes occurred during therapy and (e) final outcome.