

**Department of Psychology**

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**Semester-wise Scheme**

**Advanced Diploma in Counseling Psychology**

**(ADCP)**

<b>Semester I</b>			
<b>PAPER NO.</b>	<b>TITLE</b>	<b>MARKS</b>	<b>CREDITS</b>
ADCP 01	Introduction to Counseling Psychology	100	4
ADCP 02	Theoretical Perspectives on Practice	100	4
ADCP 03	Areas of Counseling	100	4
ADCP 04	Rehabilitation Psychology	100	4
Total		400	16

<b>Semester II</b>			
<b>PAPER NO.</b>	<b>TITLE</b>	<b>MARKS</b>	<b>CREDITS</b>
ADCP 05	Lab Training Practicum: Psychological Assessment in Counseling	100	4
ADCP 06	Lab Training Practicum: Components of Counseling Practice	100	4

ADCP 07	Practicum: Field Training Part I (School & Differently abled Counseling)	100	4
ADCP 08	Practicum: Field Training Part II (Health & Personal/relationship Counseling)	100	4
Total		400	16

## **ADCP 01: Introduction to Counseling Psychology**

M. Marks: 100 (Credit: 4)

**Course Objective:** The paper focuses on giving a comprehensive introduction to the specialization of Counseling Psychology, with emphasis on its nature, methods, issues and applications.

### **Unit I: Introduction**

- a) Foundation, purpose, goals and historical perspective
- b) Nature, scope and current trends
- c) Individual and group counseling
- d) Micro and Macro skills of counseling

### **Unit II: Process/Procedures**

- a) Building a counseling relationship
- b) Initial procedure and stages of counseling
- c) Counseling ethics, empathic understanding
- d) Characteristics & professional development of a counselor

### **Unit III: Preventive and Developmental Issues**

- a) Primary and secondary prevention
- b) Life span development issues
- c) Counseling of children and young adults
- d) Professional issues and functions of counselor in schools and Vocational settings

### **Unit IV: Ethical and Professional Issues**

- a) Counseling in multicultural and diverse society
- b) Counseling and life skills building
- c) Consultation models and levels
- d) Ethical and legal issues in counseling

## **ADCP 02: Theoretical Perspectives on Practice**

M. Marks: 100 (Credit: 4)

**Course Objective:** This paper highlights the variety of problems which can be addressed through counseling, and the specific skill sets which are required for them.

### **Unit-I: Psychodynamic Paradigm**

- a) Development of psychodynamic approaches
- b) Underlying theory of personality and motivation
- c) Process and relationship issues
- d) Change, application and research
- e)

### **Unit-II: Cognitive Behavioural Paradigm**

- a) Development of cognitive behavioural approaches
- b) Underlying theory of personality and motivation
- c) Process and relationship issues
- d) Change, application and research
- e)

### **Unit-III: Humanistic Existential Paradigm**

- a) Development of humanistic existential approaches
- b) Underlying theory of personality and motivation
- c) Process and relationship issues
- d) Change, application and research

### **Unit-IV: Systems and Eclectic-Integrative Paradigm**

- a) Development of systems and eclectic-integrative approaches
- b) Underlying theory of personality and motivation
- c) Process and relationship issues
- d) Change, application and research

## **ADCP 03: Areas of Counseling**

**M.Marks: 100 (Credit: 4)**

**Course Objective:** The paper throws light on the underlying theoretical paradigms which guide the practice of counseling.

### **Unit I: Counseling of Children and Adolescents**

- a) Developmental issues and parental concerns
- b) Emotional and behavioural problems
- c) Counseling process and intervention
- d) Models of Counseling

### **Unit II: School and Career Counseling**

- a) Need and importance of educational and vocational guidance
- b) School counseling programs and implementation
- c) Career development and career counseling
- d) Counseling of drug addicts and alcoholic

### **Unit III: Family Counseling and Special Children**

- a) Issues and approaches in family counseling
- b) Family counseling techniques
- c) Couple, marriage and relationship counseling
- d) Counseling of children with special needs

### **Unit IV: Health Counseling**

- a) Life style and positive health behaviour
- b) Counseling of drug addicts and alcoholics
- c) Counseling of HIV/AIDS
- d) Crisis and trauma counseling

## **ADCP 04: Rehabilitation Psychology**

**M.Marks: 50**

**Credit: 2**

**Course Objective:** The emphasis of this paper is on the types, courses, and interventions required in some of the main problems requiring rehabilitation.

### **Unit I: Learning and Lifespan Developmental Disabilities**

- a) Types and causes of learning disabilities
- b) Methods of assessment of learning disabled children
- c) Intervention and rehabilitation of children with learning disabilities
- d) Intervention and rehabilitation of children with cognitive and socio-emotional disabilities

### **Unit II: Mental Retardation**

- a) Concept, types and causes
- b) Adjustment and associated problems
- c) Preventions and early intervention and rehabilitation
- d) Rehabilitation of drug abuse, sexual and gender related disorders

### **Unit III: Hearing, visual and orthopedic impairment**

- a) Nature, causes, prevention and rehabilitation of hearing impaired
- b) Nature, causes, prevention and rehabilitation of visually impaired
- c) Nature, causes, prevention of orthopedic impaired
- d) Nature, causes and rehabilitation of disadvantaged groups

### **Unit IV: Rehabilitation – Policies and Services**

- a) Policies and legal aspects of disability
- b) Programs and schemes of assistance
- c) Placement and community services

## **ADCP 05: Lab Training Practicum: Psychological Assessment in Counseling**

**Max. Marks: 100 (Credit: 4)**

**Course Objective:** The objective of this paper is on developing an understanding of the psychological assessment tools which are used to measure intelligence, personality etc.

### **Unit I: Introduction**

- a) Need and importance of psychological assessment
- b) Test construction, issues of reliability and validity
- c) Types and application of Scales/Tests/Schedules

### **Unit II: Intelligence**

- a) Nature and theories of intelligence
- b) Selection and administration of intelligence tests
- c) Report writing of I.Q. assessment

### **Unit III: Personality**

- a) Nature and theories of personality
- b) Selection and administration of different personality tests
- c) Report writing of personality assessment  
(Tests: EPQ, 16PF, CPQ, MMPI, Self-esteem, Self image, Ego Strength, Wellbeing etc.)

### **Unit IV: Other Assessment**

- a) Aptitude and interest assessment
- b) Social support and coping
- c) Assessment of SLD, anxiety, depression, motivation, etc.

## **ADCP 06: Lab Training Practicum: Components of Counseling Practice**

M. Marks: 100 (Credit: 4)

**Course Objective:** The paper focuses on developing practical counseling skills which are essential for any practicing counselor.

### **Unit I: Initial Stages**

- e) Conduction of first session
- f) Development of counselor's characteristic
- g) Developing communication and attending skills

### **Unit II: Rapport/Relationship Building**

- e) Training in one to one relationship
- f) Learning Rogerian/client centered skills
- g) Learning basic and advanced empathy

### **Unit III: Developing Counseling Goal**

- a) Assessing client problems
- b) Process and outcome goals
- c) Skills associated with developing goals and client's participation

### **Unit IV: Termination and Follow-up**

- a) Preparing the client for termination
- b) Discussing outcome criteria and client's satisfaction
- c) Follow-ups and proper referrals

**ADCP 07: Practicum: Field Training Part I:**  
**School & Differently Abled Counseling**

M. Marks: 100 (Credit: 4)

**Course Objective:** This paper allows the candidate to be actively involved in schools and special schools, helping them to develop skills applicable in these children-focused settings.

Students are to be posted for three months in different CGC schools and special schools for mentally retarded, hearing handicapped, visual handicapped and OH, slow learners, JJ homes. At least 20 cases with different problems to be seen and proper report must be presented to internal supervisor. Students should maintain a logbook and entry of all the cases to be done and duly signed by external supervisor. 20 case reports with logbook should be submitted in the department for evaluation, including at least two reports from each set up. Students are expected to be actively involved in interview, assessment and counseling.

1. Socio-demographic details of the clients
2. Chief Complaints
3. Details of family members and home environment
4. Temperament and personality and general intelligence of the child
5. Assessment done on the child
6. Formulation of the case
7. Counseling plan and details of counseling conducted
8. Description of techniques, process and outcome
9. Summary

**ADCP 08: Practicum: Field Training Part II:**  
**Health & Personal/Relationship Counseling**

M. Marks: 100 (Credit: 4)

**Course Objective:** The paper gives practical exposure to de-addiction centres and other health settings, guiding candidates in these developing skill sets relevant to such settings. .

Students are to be posted for three months in different De-addiction Centers, HIV/AIDS clinics, Family Courts, NCW etc. At least 20 cases with different problems to be seen and proper report must be presented to internal supervisor. Students should maintain a logbook and entry of all the cases to be done and duly signed by external supervisor. 20 case reports with logbook should be submitted in the department for evaluation, including at least two reports from each set up. Students are expected to be actively involved in interview, assessment and counseling.

**Format of Case Reports**

1. Socio-demographic details of the clients
2. Chief Complaints
3. Details description of the problems
4. Details of family members/fried and home environment
5. Assessment of Personality and using other tools/scales
6. Formulation of the case
7. Counseling planned and conducted
8. Description of techniques, process and outcome
9. Summary

### **Suggested Readings:**

- Baum, A., Newman, S., Weinman, J., West, R. and McManus, C. (eds.) (1997). Cambridge Handbook of Psychology, health and medicine. Cambridge University Press.
- Blocher, D.H. (2000). Counselling: A development Approach. New York: John Wiley & Sons (4<sup>th</sup> edition).
- Brown, S.D. & Lent, R.W. (2000). Handbook of Counselling Psychology. New York: John Wiley & Sons (3<sup>rd</sup> edition).
- Burbatti, G.L.; Castoldi, I. & Maggi, L. (1993);, Systemic psychotherapy with families, couples & individuals. Jason Aronson Inc. London.
- Cormier, L.S. and Hackney, H. (1987). The Professional Counsellor: A Process Guide to Helping. Boston: Allyn & Bacon.
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- Fullmer, D.W. (1972). Counseling, content and Process. New Delhi: Thomson Press
- George, R.L. Cristiani, T.s. (1990). Counselling: Theory and Practice. New Jercey: Prentice Hall (3<sup>rd</sup> edition).
- Goldstein, M. & Hersen, M. (1982). Handbook of Psychological Assessment. New York: Pergamon Press.

- Gysbers, N.C., Heppner, M.J. and Johnson, J.A. (1998). *Career Counselling: process, issues and techniques*, Boston: Allyn & Bacon
- Hansen, J. C., Stevic, R.R., & Warner, Jr. R.W. (1986). *Counselling: Theory and Process*. Boston: Allyn and Bacon, Inc.
- Isaacson, L.E. and Brown, D. (1993). *Career information, career counselling and career development*. New York: Allyn & Bacon.
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- Jones, A.J. (1972). *Principles of Guidance*. New York: McGraw Hill.
- Kaplan, R.M. & Saccuzzo, D.P. (2001). *Psychological testing – principles applications, and issues*. Belmont: Wadsworth.
- Kellermen, H. and Burry, A. (1997). *Handbook of Psychodiagnostic Testing*. London: Allyn and Bacon.
- Korchin, S.J. (1998). *Modern Clinical Psychology*. Delhi: CBS Publication & Distributors.
- Mental Retardation (1996). *A Manual for Guidance Counsellors*. NIMH Publication.
- Mental Retardation (1999). *A Manual for Psychologist*. NIMH Publication.
- Murphy, K.R. and Davidshafer, C.D. (1994). *Psychological Testing: Principles and Applications*. New Jersey: Prentice Hall (3<sup>rd</sup> edition).
- Peake, T.H.; Borduin, C.M. and Archer, R.P. (1998). *Briefpsychotherapies, changing frames of mind*. California: Sage Publications.
- Peterson, J.V. and Nisenholz, B. (1999). *Orientation to Counselling*, Allyn & Bacon (4<sup>th</sup> edition).
- Wolfe, R. And Dryden, W. (1998). *Handbook of Counselling Psychology*. London: Sage.