

Diploma in Psychological Guidance and Counselling

Program code: 192

(YEAR-END MODE)

Program Structure

Course code	Course	Internal assessment	External exams	Max. Marks	credits
DDGC01	Psychological Basis of Guidance and Counselling	30	70	100	4
DDGC02	Introduction to Counselling	30	70	100	4
DDGC03	Approaches and Techniques of Counselling	30	70	100	4
DDGC04	Mental Health and Psychological Disorders	30	70	100	4
DDGC05	Types of Counselling	30	70	100	4
DDGC06	Practical	---	100	100	2

SYLLABUS

DDGC01: PSYCHOLOGICAL BASIS OF GUIDANCE AND COUNSELLING

PAPER - I

Unit-I - Definition, nature, function, importance, and limitations of guidance and counseling, Difference between guidance, counseling, and psychotherapy.

Unit-II - Organizational needs of guidance services – Areas of guidance.

Unit-III - Parenting, career guidance and counseling.

Unit-IV - Positive psychology – Introduction, life skills enhancing pleasure, engagement and meaning.

Unit-V - Human virtues guidance – Cognitive focused Approach - Creativity, mindfulness, optimism, Self efficacy – Interpersonal approach – Relationship connections, companion, forgiveness, love, empathy, altruism.

DDGC02: - INTRODUCTION TO COUNSELLING

PAPER – II

Unit-I - Nature, definition, scope and applications of counseling and need of counseling.

Unit-II - Characteristics of counselor – Counseling skills, Types of Counselling.

Unit-III - Process of counseling – Rapport building, initial stage, middle stage, and termination stage of counseling process.

Unit-IV - Counselor and client relationships.

Unit-V - Professional approach to counseling – Ethical needs of counseling.

DDGC03: - APPROACHES AND TECHNIQUES OF COUNSELING

PAPER – III

Unit-I - Introduction to approaches to counseling - Psycho analytical and dynamic approaches to counseling Techniques.

Unit-II - Behaviouristic approach to counseling-techniques.

Unit-III - Cognitive approach to counseling, C B T techniques.

Unit-IV - Person centered approach – techniques.

Unit-V - Group counseling and other techniques

DDGC04: - MENTAL HEALTH AND PSYCHOLOGICAL DISORDERS

PAPER – IV

Unit-I - Mental health definition, nature and need of this awareness in the society.

Unit-II - Stress – Coping, Maladaptive behaviors and clinical reaction to stress.

Unit-III - Anxiety disorders – Generalized anxiety disorder, panic disorder, obsessive, compulsive disorders.

Unit-IV - Personality Disorders–Cluster A, cluster B, cluster C of D S M VI

Unit-V - Mood Disorders – Depression, Bipolar, Suicide.

DDGC05: - TYPES OF COUNSELLING

PAPER – V

Unit-I - Adjustment Psychological disorders – Stress, Anxiety, Personality, Mood, Developmental disorders.

Unit-II - Educational and career counseling-case studies.

Unit-III - Marriage and family counseling-case studies.

Unit-IV - Rehabilitation counseling-case studies.

Unit-V - Substance abuse crises counseling-case studies.

DDGC06: - PRACTICAL

PAPER – VI

1. Case Study
2. Psycho physiological Inventory
3. Neurotic Measurement Scale.
4. Eysenck Personality Inventory
5. Measurement of Stress.