

State Resource Centre, Kerala (Managed by General Education Department, Govt. of Kerala)

Certificate in Counselling Psychology (CCP)

Course Code & Name	Credits	Max. Marks for Continuous Evaluation	Max. Marks for Term End Evaluation	Overall Max. Marks
CP001: Basic Psychology	3	40	60	100
CP002: School Counselling	3	40	60	100
CP003: Psychotherapy& Counselling	3	40	60	100
CP004: Practical	4	40	60	100
CP005: Internship	3	40	60	100
Grand Total	16			500

Note: Minimum Marks to be scored in Term End Examination to successfully complete a course is 40% of Max. Marks (24 Marks out of 60).

Course Status:

1) SC: Successfully Completed 2) NC: Not Completed 3) ANS: Assignment Not Submitted

Grades Awarded for Subjects:

A+: 90-100%, A: 80-89.9%, B+: 70-79.9%, B: 60-69.9%, C+: 50-59.9%, C: 40-49.9%, D: Below 40%

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SYLLABUS

Paper - 1

Course Code & Name: CP001 Basic Psychology

Credits: 3

Max.Marks:100

Unit 1: An Introduction to Psychology

Introduction - Definition and Concept of Psychology - Goals of Psychology - Systems and Theories of Psychology - Branches of Psychology - Application of Psychology to Different Disciplines

Unit 2: Methods of Psychology

Introduction - Steps in Conducting Scientific Research – Data - Methods in Psychology: - Introspection Method, Observation Method, Experimental Method, Differential Method, Clinical Method - Correlational Studies - Psychological Testing - Types of Tests - Ethical Issues

Unit 3: Biological Basis of Behaviour

Introduction - Nervous System - The Central Nervous System (CNS) - Structure and function of Brain and Spinal Cord – Neurons - The Peripheral Nervous System - The Somatic Nervous System - The Autonomic Nervous System - The Endocrine System - Heredity : Genes and Behaviour.

Unit 4: Sensation and Perception

Introduction - Meaning and Types of Senses - Human senses: Vision, Hearing, Tasting, Smelling, Touching - Sensory Thresholds – Perception - Perceptual Constancy - Perceptual Organisation - Theoretical Approaches to Perception - Perceiving Space - Perception of Movement - Perception of Size - Perceptual Illusions - Perception of Pain-Phantom Limb.

Unit 5: Learning

Introduction - Meaning and Nature of Learning - Types of Learning - Nature and Factors of Learning - Theory of Classical Conditioning - Theory of Operant Conditioning - Trial and Error Theory of Learning - Theory of Social Learning - Theory of Insight Learning - Transfer of Training.

Unit 6: Memory

Introduction - Meaning and Nature of Memory - Memories as Types - Stages of Memory - Processing of Memory - Memory Improving Techniques - Forgetting from LTM.

Unit 7: Intelligence

Introduction - Concept and Definition of Intelligence - IQ (Intelligence Quotient) - Theories of Intelligence: - Factor Theories, Cognitive Theories of intelligence, Gardner's Theory of intelligence - Assessment of Intelligence, Types of Intelligence Tests: - Individual and Group Intelligence Tests, Verbal and Non-verbal Tests.

Unit 8: Motivation and Emotion

Introduction - Nature and Definition of Motivation - Types of Motivation - Theoretical Perspectives - Definition of Emotion - Types of Emotions - Components of Emotional Process - Theories of Emotion - Communicating Emotion

Unit 9: Personality

Introduction - Definition and Nature of Personality - Theories of Personality - Personality Assessments

Unit 10: Human Development

Introduction - Human Development - Goals of Developmental Psychology - Stages of Development - Stages of Life: - Infancy and Toddlerhood Stage, The Childhood Stage, Adolescence, Adulthood Stage, Late Adulthood.

Total Marks: 100

Number of Hours: 30



Paper - 2

Course Code & Name: CP002 School Counselling

Credits: 3

Max.Marks:100

Unit 1: An Introduction to Counselling Psychology

Introduction – What is School Counselling – Factors Influencing School Counselling - Principles of School Counselling – Role and Functions of the School Counsellor – Counselling in Elementary School – Role of Elementary School Counsellor – Role of a School Counsellor in a Trauma Laden Situation – Goals of School Counselling – How does School Counselling Work? – Difference between a Counsellor and a Teacher.

Unit 2: School Counselling: Core Curriculum

Introduction – Design and Evaluation of School Counselling Programs – Core Curriculum Design – Classroom Management.

Unit 3: Consultation and Collaboration

Introduction – School Counsellor Roles: in Families, Post-Secondary School Personnel and Social Institutions - School Counsellor Roles: in College and Career Readiness – Community Resources and Referral Sources – Skills to Critically Examine the connections between Social, Familial, Emotional & Behavioural Problems and Academic Achievement – Interventions to promote college and career readiness – Strategies to promote equity in student achievement and college access.

Unit 4: Academic Development

Introduction – The role of a School Counsellor as Leaders, Advocates and Systems change agents in schools – Role of School Counsellor in Family Settings – School Counsellor Roles: in School leadership and Multidisciplinary teams – Interventions to promote academic development & approaches.

Unit 5: Prevention/Auxiliary Programming

Introduction – School Violence – Effectiveness of Bullying Prevention – Social and Emotional Learning Programmes (SEL).

Unit 6: Helping students with special needs

Introduction – What is meant by Special Needs? – Types of Disabilities – Institutions for the disabled – Concept and Approach to Inclusive Schooling – The Rights of Persons with Disabilities Act 2016 (RPWD Act) – Counselling of Students with Single or Multiple Disabilities – Seating Arrangements and Special Attention.

Unit 7: Common Childhood Disorders and Interventions

Introduction – Anxiety – Depression – Specific Learning Disorder (SLD) – Oppositional Defiant Disorder (ODD) – Autism Spectrum Disorder (ASD) – Conduct Disorder (CD) – Attention-Deficit/Hyperactivity Disorder (ADHD) – Tourette Syndrome – Obsessive-Compulsive Disorder (OCD) – Acute and Post-traumatic Stress Disorders (PTSD).

Unit 8: Crisis Intervention, Response and Recovery

Introduction – What is Crisis? – School Counsellor's Role in Crisis Prevention, Intervention, and Response – Good Crisis Plan – Counselling Victims of Trauma – Suicide Postvention and Prevention.

Total Marks: 100

Number of Hours: 30



Paper - 3

Course Code & Name: CP003 Fundamentals of Counselling

Credits: 3

Max.Marks:100

Unit 1:Introduction to Counselling Psychology

Introduction - Definition of Counselling - Areas of Counselling - Principles of Counselling - Scope of Counselling - Goals of Counselling - Guidance and Counselling - Counselling and Psychotherapy - Hallmarks of a Counsellor - Characteristics of a Counsellor - Educational Qualifications of a Counsellor – Licensure - Other Qualifications - Counsellor and Values.

Unit 2: Counselling Process

Introduction - Counselling in the Indian Context - Counselling Process - Stages of the Counselling Process: - The First Stage: Initial Disclosure, The Second Stage, The Third Stage - Counselling Interview - Counselling Skills: - Communication for Effective Counselling, Non-Verbal Communication Skills - Counselling Interactions - Counselling Relationship:- Special Relationship Problems, Transference, Counter-transference, Resolving Counter-transference Feelings, Resistance - Intervention and Problem Solving - Problem-Solving Strategies - Termination and Follow-Up - Report Writing, and Record Keeping in Counselling: - Consent to Treatment Form, Confidentiality, Safe-Keeping Contracts, Report writing, Closing Reports - Counselling Issues.

Unit 3: Counselling Approaches

Introduction - Counselling Approaches and Practices: - Directive Counselling, Non-Directive Counselling, Eclectic Counselling - Psychoanalytic approach: - Id, Ego and Super Ego, Ego-Defense Mechanisms, Techniques used for Psychoanalysis - Person Centered Approach - Existential Approach - Rational Emotive Therapy - Transactional Analysis - Behaviouristic and Cognitive Approaches.

Unit 4: Clinical Assessments in Counselling

Introduction - Test and Test Scores - Qualities of Good Tests - Classification of Tests: - Psychological Tests, Intelligence Tests, Aptitude Tests, Achievement Tests - Attitude Scale - Types of Attitude Scales - Client Appraisal Techniques: - Autobiography, Anecdotal Records, Rating Scales, Cumulative Records, Pupil Data Questionnaires, Sociometric Techniques, Case Study, Interest Inventory, The Questionnaire, Observation, Sociometry.

Unit 5: Ethics and Professional Issues in Counselling

Introduction - Ethics and Counselling - Nature of Ethics - American Counselling Association (ACA) Code of Ethics: - Five Purposes, Eight Sections - Confidentiality, Privileged Communication and Privacy: - Confidentiality, Privileged communication, Privacy - Respecting Client Rights - Rehabilitation Council of India (RCI) - Qualifications for Counselling Courses.

Unit 6: The Helping Professions

Introduction - The Helping Professions: - Social Work, Psychiatry, Psychology, Counselling, Psychotherapy - Commonalities and Difference between the Helping Professions - Definitions and Nature of Counselling - Goals of Counselling.

Unit 7: Individual Counselling

Introduction - Individual Psychology - Preparation for Individual Counselling - The Dynamics of Individual Counselling - Individual Counselling Process: - Establishing Relationship with the Client, Problem Identification and Exploration, Planning for Problem Solving, Solution Application and Termination - Desirable Qualities of Counsellor in Individual Counselling - Individual Counselling Environment - Individual and Group Counselling Similarities.

Unit 8: Group Counselling

Introduction - Group Counselling - Group Counselling and its Values - The Process of Group Counselling Structuring Groups - Types of Groups - Differences between Group and Individual Counselling.

Unit 9: Application of Counselling in Different Settings

Introduction - Counselling Children and Adolescents - Career Counselling - Couple and Family Counselling: - Theoretical Perspectives of Family Counselling, Marriage Counselling, Pre-marital Counselling - Alcohol and Substance Abuse Counselling - Counselling the Elderly - Counselling for HIV/AIDS:- Understanding HIV/AIDS, Treatment, Living with HIV - Crisis Intervention.

Total Marks: 100

Number of Hours: 30

KRUPA SCHOOL
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