

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

### Diploma in Counselling Psychology (DCP)

Course Code & Name	Credits	Max. Marks for Continuous Evaluation	Max. Marks for Term End Evaluation	Overall Max. Marks
<b>Semester 1</b>				
CP001: Basic Psychology	3	40	60	100
CP002: School Counselling	3	40	60	100
CP003: Psychotherapy& Counselling	3	40	60	100
CP004: Practical Part I	4	40	60	100
CP005: Internship	3	40	60	100
<b>Semester 2</b>				
CP006: Life Span Development	3	40	60	100
CP007: Psychiatric Disorders	3	40	60	100
CP008: Marriage & Family Therapy	3	40	60	100
CP009: Psychotherapies	3	40	60	100
CP010: Practical Part II	4	40	60	100
<b>Grand Total</b>	<b>32</b>			<b>1000</b>

**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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2015

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

**Diploma in Counselling Psychology (CCP)**

## **SYLLABUS**

### **Paper - 1**

**Course Code & Name: CP001 Basic Psychology**

Credits: 3

Max.Marks:100

#### **Unit1: 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**

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**Paper - 6**

**Course Code & Name: CP006 Life Span Development**

**Unit 1: Introduction to LifeSpan Development**

Introduction - Goals of Life Span Development - Themes and Issues in Life Span Development - Stages of Development - Characteristics of Life Span Development

**Unit 2: Infancy**

Introduction - Physical Development - Infant Perception - Infant Cognitive Development - Development of Mental Processes - Erikson's Stages for Infants and Toddlers.

**Unit 3: Childhood**

Introduction - Physical Development - Sexual Development - Language Development - Psychosocial Development - Kohlberg's Theory of Moral Development.

**Unit 4: Adolescence**

Introduction - Physical Development - Cognitive Development - Psychosocial Development - Behavioral and Psychological Adjustment.

**Unit 5: Adulthood**

Introduction – Ageing - Disease, Health and Ageing - Common Health Problems - Assistive Technology for the Elderly - Personality Development in Old Age - National Policies for Older Persons.

**Unit 6: Applied Developmental Psychology across the Life Span**

Introduction - Disabilities and Development - Attention Deficit Hyperactivity Disorder - Autism Spectrum Disorders - Successful Ageing - Health and Human Development - Child Development and Law.

**Total Marks: 100**

**Number of Hours: 30**



**Paper - 7**

**Course Code & Name: CP007 Psychiatric Disorders**

**Unit 1: Psychiatric Classification**

Introduction – What are Psychological Disorders? – Definition of Psychological Disorder – When does a mental health concern become a psychiatric disorder? – The American Psychiatric Association (APA) Definition – Diagnosing and Classifying Psychological Disorders – The International Classification of Diseases – The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) – Supernatural Perspectives of Psychological Disorders – The Diathesis: Stress model of Psychological Disorders – World Mental Health Day.

**Unit 2: Neurodevelopment Disorders**

Introduction – Intellectual Disability (ID) – Specific Learning Disorder (SLD) – Autism Spectrum Disorder (ASD) – Attention Deficit / Hyperactivity Disorder (ADHD) – Motor Skills Disorder – Speech Sound Disorder – Conduct Disorder – Pica – Rumination Disorder – Feeding Disorder of Infancy or Early Childhood – Elimination Disorder – Separation Anxiety Disorder – Selective Mutism – Reactive attachment disorder of Infancy or Early childhood – Stereotypic Movement Disorder.

**Unit 3: Neurocognitive Disorder**

Introduction – Delirium – Major or Minor Neurocognitive Disorder (Dementia) – Mental Disorder due to a General Medical Condition.

**Unit 4: Schizophrenia and Mood Disorder**

Introduction – Schizophrenia Spectrum Disorders – Mood Disorders.

**Unit 5: Anxiety Disorder**

Introduction – Anxiety Disorder – Phobia.

**Unit 6: Somatic Symptom Disorders**

Introduction – Definition – Conversion Disorder.

**Unit 7: Dissociative Disorders**

Introduction – Dissociative Disorders.

**Unit 8: Impulse Control Disorder**

Introduction – Definition – Pathological Gambling – Trichotillomania.

**Unit 9: Adjustment Disorders**

Introduction – definition of Adjustment Disorder.

### **Unit 10: Sexual Disorders**

Introduction – Definition of Paraphilia – Gender Identity Disorder – Sexual Dysfunction.

### **Unit 11: Personality Disorders**

Introduction – Definition – Types of Personality Disorders – Causes and Treatment.

### **Unit 12: Substance Abuse**

Introduction – Definition – Types of drugs commonly abused – Treatment and Prevention.

**Total Marks: 100**

**Number of Hours: 30**



**Paper - 8**

**Course Code & Name: CP008 Marriage and Family Therapy**

**Unit 1: Goals of Family Therapy**

Introduction – Across the Lifecycle – The Family Lifecycle – Lifecycle stages associated with Separation and Divorce – The Individual Lifecycle – Sex-role Development – Gay and Lesbian Lifecycles – Class, Creed and Color.

**Unit 2: Origins of Family Therapy**

Introduction – Movements: - Child Guidance, Marriage Counselling, Sex Therapy – Disciplines:- Social Work, Psychiatry, Clinical Pathology – Group Therapy:- Group Analysis, Encounter Groups, Psychodrama, Gestalt Therapy – Gregory Bateson:- The Double Bind Theory, Levels of Communication, Systems Theory and Cybernetics – Three Organizing Themes: Behavior patterns, Beliefs and Contexts.

**Unit 3: Theories that focus on Behavior patterns**

Introduction – MRI Brief Therapy – Strategic Family Therapy:- The Healthy Family and Strategic Therapy, The Problematic Family and Strategic Therapy, Treatment in Strategic Family Therapy – Structural Family Therapy:- Healthy and Unhealthy Families and Structural Family Therapy, Assessment and Treatment in Structural Family Therapy – Cognitive Behavioral Marital and Family – Functional Family Therapy.

**Unit 4: Theories that focus on Belief Systems**

Introduction – Epistemology:- Positivism, Constructivism, Social Constructivism, Modernism and Post Modernism – A constructive approach to Family Therapy – Milan Systemic Family Therapy – Social Constructionist Developments:- Interventive Interviewing, Solution Focused Therapy, Narrative Therapy.

**Unit 5: Theories that focus on Contexts**

Introduction – Transgenerational Family Therapy – Psychoanalytic Family – Attachment based Therapies:- Attachment based therapy for Depressed Adolescents, Attachment based family therapy for Psychosis – Experimental Family Therapy – Multi systemic Family therapy – Psycho educational Family Therapy.

**Unit 6: Integrative Models**

Introduction – Meta frameworks – Integrative Problem Centered Therapy – Brief Integrative Marital Therapy – Pluralistic Couples Therapy – Integrative Applications within specific professions.

**Unit 7: The Stages of Family Therapy**

Introduction –Stage 1: Planning – Stage 2: Assessment – Stage 3: Treatment – Stage 4: Disengaging or Re-contracting.

## **Unit 8: Formulating Problems and Exceptions**

Introduction – The Three Column Problem Formulation Model:- Problem Maintaining Belief Systems, Problem Maintaining Contextual Factors – The Three Column Exception Formulation Model:- Exceptional Behaviour Patterns, Exceptional Belief Systems, Contextual factors associated with Resilience – Questions to ask when constructing three column formulations:- Questions about problem maintaining Behaviour Patterns, Questions about problem maintaining Belief Systems, Questions about predisposing Contextual Factors – Questions about Exceptions – Questions about Exceptional Behaviour Patterns – Questions about Empowering Belief Systems and Narratives, Questions about Predisposing Protective Factors – Recursive Reformulation.

## **Unit 9: Interventions for Behaviour, Beliefs and Contexts**

Introduction – Criteria for Selecting Interventions – Behaviour Focused Interventions – Interventions Focusing on Belief Systems – Interventions that focus on Historical, Contextual and Constitutional Factors:- Addressing Family of Origin Issues, Addressing Contextual Issues, Addressing Constitutional Factors.

## **Unit 10: Physical Child Abuse**

Introduction – Systematic Model of Physical Child Abuse:- Different Forms of Child Maltreatment, Risk Factors of Physical Child Abuse, Consequences of Child Physical Abuse – Treatment and Intervention for Physical Child Abuse – Prevention Approaches.

## **Unit 11: Child Sexual Abuse**

Introduction – Definition of Child Sexual Abuse:- Types of Sexual Abuse, Physical and Behavioural Indicators of Child Sexual Abuse, Progression of Child Sexual Abuse, Consequences of Child Sexual Abuse – Assessment and Examination of Children – Prevention Approaches.

## **Unit 12: Conduct Problems**

Introduction – Definition of Childhood Conduct Problems – Causative Factors of Childhood Conduct Problems.

## **Unit 13: Addiction and Substance Abuse**

Introduction – Definition of Substance Abuse – Substance Use Disorders – Symptoms of Addiction – Causes of Addiction – Treatment of Addiction.

## **Unit 14: Distressed Couples**

Introduction – Systemic Model of Distressing Intimate Relationships – Couples Therapy – Interventions that focus on behaviour patterns – Interventions that focus on belief systems – Interventions that focus on historical and wider contextual issues – Special problems in Couple's Therapy.

## **Unit 15: Depression and Anxiety**

Introduction – Depression – Anxiety – Systematic Model of Anxiety and Depression – Couples Therapy for Anxiety and Depression – Challenging Negative Belief Systems in Depression – Communication and Problem solving skills training for depression – Treatment of Panic disorder and Agoraphobia – Communication and Problem solving skills training for anxiety.

### **Unit 16: Alcohol Problems in Adulthood**

Introduction – Systematic Model of Alcohol Problems in Adulthood – Couples Therapy for Alcohol problems in adulthood – Transforming Belief Systems.

### **Unit 17: Professional Resources**

Introduction – Family Therapy Associations – Training and Supervision – Ethics – Assessment Instruments – Training Videotapes – Web Resources – Journals - Definition of Childhood Conduct Problems – Causative Factors of Childhood Conduct Problems.



**Total Marks: 100**

**Number of Hours: 30**



**Paper - 9**

**Course Code & Name: CP009 Psychotherapies**

**Unit 1: Group Therapy**

Introduction – Group Therapy: - Definition, Practical Consideration in forming a group, Group Leadership Skills, Stages of Group Therapy.

**Unit 2: Cognitive Therapy**

Introduction – Historical Context – Cognitive Theory and Therapy – Cognitive Learning Theory – The Cognitive Model of the Development Schemas – The Therapeutic Process – Therapeutic Techniques – Forms of Cognitive Therapy.

**Unit 3: Behaviour Theory and Therapy**

Introduction – Historical Context – Theoretical Principles – Observational Learning – General Treatment Approach – Application – The Therapeutic Process.

**Total Marks: 100**

**Number of Hours: 30**



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