

BSS New Delhi

Diploma in Psychological Counselling & Guidance (DPC)

List of Subjects

Sl. No.	Subjects	Max. Marks
1	General Psychology	100
2	Developmental Psychology	100
3	Counselling & Psychotherapy	100
4	Family & Family Pathology	100
5	School Counselling	100
6	Addiction & Mental Health	100
7	Practical	100
8	Viva Voce	100
	Grand Total	800



Syllabus

Paper- 1

General Psychology

Course objectives

Acquire knowledge about the fundamentals of Psychology and develop an insight into behavior of self and others. Importance of heredity and environment in the formation of a person's character also familiarize with personality problems and reasons.

Course outline

Module I

Introduction-Definition of Psychology - History of Psychology- Field of Psychology - Physical Development - Social Development - Emotional Development - maladjustment Intelligence. Memory -Heredity & Environment.

Module II

Learning: Forms of learning - By Insight - Discrimination
Learning: Motor Learning - Avoidance Conditioning Learning.

Module III

Perception: Factors influencing perception -Difference between Perception & Illusion

Module IV

Motivation - Emotion -Personality -Attention -Aptitude

REFERENCES

1. Hurlock E.B (1968). Developmental Psychology, Bombay, Tata Mc Graw Hill
2. Ramachandra Rao.S.K. (1962). Development of Psychological Thought in India, Kavyalaya Publishers.
3. Kundu C.L. (1980) Personality Development, New Delhi, Sterling Publishers.
4. Elizabeth B.Hurlock, Developmental Psychology.
5. S.K. Mangal, General Psychology
6. Bottomore Tom & Robert, Nilut: A History of Sociology Analysis, Heineman, 1978.
7. Coser, Lewis, A: Masters of Sociological thought, H.B.J. New York,1977.
8. McMillian W (1951) Community Organisation for Social Welfare Chicago: University Press
9. James C. Coleman (1970) Abnormal Psychology and Modern Life. D.B. Taraporevala sons & Co.Pvt. Ltd., Bombay.
10. Morris Rosenberg & Ralph H.Turner (1922). Social Psychology and Social Perspectives. Transaction Publishers, New Brunswick (USA) and London (U. K.).

11. Hurlock, E.B.(1976) Personality Development, Tata McGraw Hill, Bombay.
12. Bhatia H.R. (1972) Abnormal Psychology -Bombay – Oxford – IBH publications.
13. Munal(1969) Introduction to Psychology- Bombay – Oxford – IBH publications.
14. Kuppuswamy B (1972). Social Change In India – Vikas, Bombay
15. Megee (1977) Sociology -Illinois; Deyden Press.
16. Child Psychology - Thomson.
17. General Psychology -S.K. Mangal.
18. Introduction to Psychology, Kolkatha, Oxford and IBH Publishing Co. Pvt. Ltd. – Norman L. Munn.



Paper- 2

Developmental Psychology

Course objectives

Develop a holistic understanding of the human nature and basis of human behavior and factors affecting it. Familiarise with various psycho-social theories and to develop an insight into its applications.

Course outline

Module I

Growth and decline - the pre-natal period.

Module II

Infancy – Babyhood

Module III

Early childhood – late childhood – puberty

Module IV

Adolescence -Early Adulthood: personal and social adjustments

Module V

Middle Age: personal and social adjustments -vocational and family adjustments

REFERENCES

1. Hurlock E.B. (1968) Developmental Psychology. Bombay, Tata McGraw Hill.
2. Mowrer O.H. (1960) Learning theory and behavior, John Wiley, New York.
3. Rotter J.B. (1977). The development and applications of social learning. Theorv, selected papers, Praeger publishers, New York.
4. David R. Shafter - Developmental Psychology.
5. Wolman B.B. (Ed) (1985) Handbook of Intelligence, New York, John Wiley & Sons.
6. Paul, Roazen (1974) Freud and his followers, Penguin Books, New York.
7. Ramachandra Rao.S.K. (1962). Development of Psychological Thought in India, Kavyalaya Publishers, Mysore.
8. Kundu C.L. (1980) Personality Development, New Delhi, Sterling Publishers.
9. Henderson & Gillespie (1969) Textbook of Psychiatry for students & practitioners, Oxford University Press, London.

Paper- 3

Counselling and Psychotherapy

Course objectives

Acquire a comprehensive knowledge and skills in the practice of counseling. Get an understanding about practice of counseling in different settings.

Course outline

Module I

Meaning and definition of counseling - Counseling skills & Techniques - Qualities of a Counselor – Process of counseling - Ethics of counseling - Problems encountered in counseling – Different courses of counseling - Rogerian counseling - Counseling the addicts - H.R.T. counseling - Transactional analysis.

Module II

Introduction to Psychotherapy, Group Psychotherapy - Gestalt Therapy / Reality Therapy / Logo Therapy - Assertiveness Training - Rational Emotive Therapy - Behavioral Therapy - Difference between Psychotherapy and Counseling.

Module III

Family Therapy – Marital/Couple Therapy, Psycho-education, Sex Education & Sex Therapy – Self love Therapies.

Module IV

Social Skills; Training – Rehabilitation – School/College Mental Health Programmes.

Module V

Humanistic Theories: Personality as the Self theory – Maslow's Self actualization theory.

REFERENCES

1. SIGMUND FREUD. A General Introduction of Psychoanalysis.
2. James C. Coleman (1970) Abnormal Psychology and Modern Life. D.B. Taraporevala sons & Co. Pvt. Ltd., Bombay.
3. Morris Rosenberg & Ralph H. Turner (1922). Social Psychology and Social Perspectives. Transaction Publishers, New Brunswick (USA) and London (U.K.).
4. Calvin S. Hall – Theories of Personality 3rd Edition.
5. Hurlock E.B. (1968) Developmental Psychology, Tata McGraw Hill, Bombay.
6. Bhatia H.R. (1972) Abnormal Psychology – Bombay – Oxford – IBH Publications
7. Mural (1969) Introduction to Psychology, Tata McGraw Hill Co. Ltd., New Delhi.
8. Young Kimbal (1952) Personality and Problems for adjustment, Routledge & Kegan Paul, London.

Paper-4

Family and Family Pathology

Course objectives

Increase knowledge about family and its various aspects. Get an understanding of family pathology and its impacts on inmates. It focuses on family therapies and its application in families to resolve family dysfunctions.

Course outline

Module I

Family: - Normal family & Abnormal family – communication in the family – models for assessment of families / family tree – cohesiveness, leadership patterns, Role structure, norms and culture.

Module II

Family Therapy: – Introduction – history – principles and techniques – difference schools of family therapy.

Module III

Marital therapy / couple therapy: - General guidelines and principles – getting started – planning recreational and leisure time – communication in marital life: Awareness of reciprocity – the arts of listening and effectively expressing feelings – giving and getting marital contracts.

Module IV

Psycho-education, child rearing – budgeting – sexual life – sexual disorders and its management – solving special problems.

REFERENCES

1. Ackerman N.W. Treating the troubled family, Basic 1996, New York.
2. Helping families change by Virginia Satir, Jason Aronson Inc., London.
3. Family Therapy in Clinical practice by Murray Bower M.D., Jason Aronson Inc., London.
4. Crisis counseling by Howard W. Stone, Fortress Press, USA.
5. Holmes T.H. & Masuda M. Life changes and Illness Susceptibility.
6. Kuhn J.R. Marriage counselling: Fact or Fallacy, Hollywood, Calif: Newcastle 1973.
7. Lederer W.J. & Jackson D.D. The Marriage of Marriage, Norton 1968, New York.
8. Patterson G.R. Hops H. Coercion, A game for two: intervention techniques for marital conflict.
9. Patterson G.R. & Reid J.B. Reciprocity and Coercion: Two facets of social systems.
10. The Intimate marriage by Clinibell.
11. The master as family counselling, Neli T. Anderson, Charles Nylender; Freedom ministries in India, Chennai.
12. Christian Marital Counseling by Etd. Everett Wellington Jr., Om books, Secundarabad.
13. The art of intimacy by Thomas Patric Maldone M.D. et. Al; Prentice Hall Press, N.Y. 10023.
14. Family Therapy Concepts and Methods: Michale P. Nichols, Richard C. Schwartz.
15. Family Therapy An Overview; Irene Goldenberg, Books / Cole Publishing Company, California 3rd Edition.

Paper- 5

School Counselling

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.

Paper- 6

Addiction and Mental Health

Course outline

Physiological Theories – Psychological Theories – Sociological Theories – Addiction in General – Classification of drugs – Physiology and Psychology of Addiction – Stages in addiction – Psychiatric complications in addiction – Co-morbidity – Co-dependency – Family Pathology – Alcoholic anonymous – Al-anon, Al-ateen, etc. – Injecting drug users & HIV

Treatment Modalities in Addiction:

Pharmacological treatment/ Psycho-social treatment – Role of Psycho-education/ Family Therapy/ Marital Therapy in addiction – Millers Motivation Therapy – Inner child therapies – The appetite path model therapy – Hypno therapy – Acupuncture technique – Yoga – Relaxation techniques and meditation – Aversion Therapy – Therapeutic community/Group therapy – Other Psycho-social therapies in addiction – Neuro Linguistic Programming (NLP) – Young Persons Substance Misuses Service (YPSMS) – Recovery and Relapse

REFERENCES

1. Treatment Models in Addiction Sr. Joan Chunkapura, TRADA Kottayam.
2. Alcoholism and Drug Dependency, Ministry of Welfare, Govt. of India.
3. Alcoholism, The Biochemical Connection, Joan Mathews Larson.
4. Psychosocial Contributions to Alcoholism, Dr. Thomas Ambookan.
5. The Disease concept of Alcoholism, E. M. Jellinek