JIWAJI UNIVERSITY
GWALIOR

Syllabus

SUBJECT
P.G. DIPLOMA IN
PSYCHOLOGICAL COUNSELING

SCHOOL OF STUDIES IN
DISTANCE EDUCATION
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JIWAJI UNIVERSITY, GWALIOR

Syllabus
P.G. Diploma in Psychological Counseling

Scheme of Maximum and Minimum Marks in
Theory (TH), Assignment (AS)

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<td>PGDPC 101: Personality Development</td>
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<td>PGDPC 102: Psychology of Adjustment</td>
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<td>PGDPC 103: Techniques and Methods of Counseling</td>
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<td>PGDPC 104: Assessment and Treatment of Abnormal Behavior</td>
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40 % and above but less than 50 % : Third Division
50 % and above but less than 60 % : Second Division
60 % and above : First Division

Note: - A candidate failing in one subject shall be allowed to appear in (Distance mode) supplementary examination held with next year examination.
Unit I: The Concept of Personality
Meaning and definition of personality- Determinants of Personality – Role of Heredity and Environment in personality development- Individual differences – Agents of socialization child’s self-concept.

Unit II: The Nature of Development
Infancy Period: Characteristics of Infancy-Adjustment of infancy- Psychosocial issue – trust Vs Mistrust – parental attitudes and Social attachments – Sensori- motor capacities of infant- Beginning of Personality.

Unit III : Babyhood Characteristics


Unit IV : Adolescence
Definition- Psychology of the Adolescence development Task of an Adolescence- Psychosocial Crisis – group Identity Vs Alienation, Individual Identity Vs Role diffusion – Physical Maturation- Emotional and social changes during Adolescence – Adolescent Interests- Internalized morality – Sex interest and sex role identity – Family Relations and personality.

Unit V : Middle Age
Characteristics of Middle age – Development Tasks - Psychosocial Crisis Integrity Vs Despair – Adjustment to physical and Mental changes – adjustment to changed Family patterns – Importance of Family counseling – Achievements – Emotional state and its effects on personality.
Old Age: Characteristics of old age-major adjustments in old age – common problems of old age & personal attitudes-changing social system – welfare of the aged –home for the aged counseling for the aged to except realities of life

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Paper II: Psychology of Adjustment
Max Marks  70  Min Pass Marks 21

Unit I : Adjustment and Growth
adjustment, concept of adjustment & growth, personal growth variations, conditions for growth phenomenology of growth as a self actualization fulfilling our potential, growth & risk

Unit II : Stress
The significance of stress ,what is stress effect of stress prolonged stress, social & individual factors, types of psychological stress, pressure, frustration, conflicts , anxiety , symptoms reducing to stress , defense mechanism copying devices, problem solving approaches to stress

Unit III : Motivation
Concept of Motivation pushes & pulls motives, classification – psychological motives & behaviors, awareness & changes of motives

Emotions : What are emotions, awareness of our emotions, expressions in control of our emotions, handling troublesome emotions?

Unit IV : Self I
Concept , what is self ,concept the subjective self , the ideal self, characteristics of the self, concept, self social influence, changes in the self concept; Interpersonal Relationship, understanding relationships, beginning relationships , role relationships , intimate personal relationships , intimacy & growth,

Unit V : Self II
Freedom and decision making, the importance of personal freedom, freedom & decision making, decision & personal growth, Self Directed Change, achieving self control, setting a goal, recording your behavior.
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Paper III: Techniques and Methods of Counseling

Max Marks  70
Min Pass Marks 21

Unit I: Introduction
What is counseling, conceptual classification of related terms, scope, levels of counseling, types of counseling, directive, non directive, individual, group counseling, counselors work setting, personality characteristics.

Communication: elements of interpersonal communication, listening responding, types of responses, verbal & nonverbal communication, effective communication, barriers.

Unit II: Counseling
Exception & goals, achievement of positive mental health, resolution of problems, improving personal effectiveness, change decision making, modification of behavior.

Unit III: The Counseling Relationship
Good relationship, the interview – types, structuring the relationship, setting & room arrangement, general tips on the initial interview, counseling process, techniques for building & enhancing the working relationships.

Model of Counseling: counseling-different models, Egan’s model skills in counseling, termination & referral counseling.

Unit IV: Crisis and Developmental Counseling
Dynamics of crisis, distractive & constructive ways of dealing with crisis, intervention, development counseling, achievement, motivation.


Unit V: Educational Counseling:

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Paper – IV Assessment and Treatment of Abnormal Behavior

Max Marks  70
Min Pass Marks 21

Unit I: Introduction


Unit II: Transactional Analysis definition of T. A.

Group and Family Therapies: basic features of group therapy – factors influencing change of behavior – major approaches to family therapy – objectives of family therapy & its effectiveness.

Unit III: Medical Treatmentdrug therapy

Unit IV: Behavior Therapy

Unit V: Group Counseling