FACULTY OF ARTS & SOCIAL SCIENCES

SYLLABUS

FOR

POST GRADUATE DIPLOMA IN MENTAL HEALTH COUNSELLING
(Under Credit Based Continuous Evaluation Grading System)
(SEMESTER: I TO II)

Examinations: 2014-15

GURU NANAK DEV UNIVERSITY
AMRITSAR

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Post Graduate Diploma in Mental Health Counselling  
(Under Credit Based Continuous Evaluation Grading System)  

Outlines of Tests, Syllabi and Courses of Reading for  

**SCHEME OF STUDIES**

**Semester - I**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>C/E*</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PYL 601</td>
<td>C</td>
<td>Introduction to Mental Health Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 602</td>
<td>C</td>
<td>Theories and Techniques of Mental Health Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 603</td>
<td>C</td>
<td>Assessment Methods for Mental Health Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 604</td>
<td>C</td>
<td>Spirituality in Mental Health Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 605</td>
<td>C</td>
<td>Group Processes and Procedures</td>
<td>4</td>
</tr>
<tr>
<td>PYL 606</td>
<td>C</td>
<td>Practicals</td>
<td>3</td>
</tr>
</tbody>
</table>

**Credits:**  
23  

‘*’ C Means Core and E Means Elective.
Post Graduate Diploma in Mental Health Counselling  
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**Semester-II**

<table>
<thead>
<tr>
<th>Course No.</th>
<th>C/E*</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PYL 611</td>
<td>C</td>
<td>Career Development Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 612</td>
<td>C</td>
<td>Marriage and Family Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 613</td>
<td>C</td>
<td>Counselling for Substance Abuse and Addictive Behaviours</td>
<td>4</td>
</tr>
<tr>
<td>PYL 614</td>
<td>C</td>
<td>Crisis Counselling</td>
<td>4</td>
</tr>
<tr>
<td>PYL 615</td>
<td>C</td>
<td>Practicals</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>I</td>
<td>Inter disciplinary Paper (Subject)</td>
<td>4</td>
</tr>
</tbody>
</table>

| PYE 621    | C    | Internship (Four Months)                                                     | Evaluation: |

Satisfactory

or

Unsatisfactory

| Credits: | 23 |

***C Means Core, E Means Elective and I Means Interdisciplinary.***

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**Post Graduate Diploma in Mental Health Counselling**  
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<table>
<thead>
<tr>
<th>Semester -</th>
<th>I</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester -</td>
<td>II</td>
<td>23</td>
</tr>
</tbody>
</table>

| Credits: | 46 |

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Post Graduate Diploma in Mental Health Counselling  
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SEMESTER-I  

PYL  601: Introduction to Mental Health Counselling  
Credits : 4  
This course is designed to serve as the basic course introducing students to the theoretical and historical framework within which mental health counsellors work. Students will be introduced to historical background and significance of mental health counseling. Issues relating to diversity, ethics, and helping relationships in mental health settings will also be discussed.  

Unit -I  
Historical background, Concept of Mental Health and Psychological Well Being.  
Significance of Mental Health Counselling.  

Unit-II  
Process of Counselling: Stages  

Unit-III  
Counsellor- Client, Relationship: Characteristics of Counsellor Diversity and Ethical Issues  

Readings:  
Post Graduate Diploma in Mental Health Counselling  
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SEMESTER-I  
PYL 602 : Theories and Techniques of Mental Health Counselling

Credits : 4  
The major emphasis in this course will be placed on various theories and techniques of counselling and psychotherapy. Specifically, cognitive, behavioral, and affective theories will be covered to prepare students for working with clients effectively. Students will also be required to demonstrate the applications of various theories in classroom counselling dyads and practicum classes.

Unit-I
Psychoanalytic Counselling  
Client Centred Counselling  
Behaviour Counselling

Unit-II
Cognitive Behaviour Counselling, Transactional Analysis  
Rational emotive behaviour Counselling

Unit-III
Gestalt Counselling  
Reality Counselling

Readings:
Post Graduate Diploma in Mental Health Counselling  
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SEMESTER-I

PYL 603: Assessment Methods for Mental Health Counselling

Credits : 4

This course will introduce students to the theory, application and standardization of different assessment instruments which are necessary for conducting a comprehensive mental health evaluation and providing effective mental health counseling. The major emphasis will be placed on administering, analyzing and interpreting the findings to prepare comprehensive mental health evaluations. This course will also provide an overview of the diagnostic criteria utilized in the diagnosis of mental illness. Students will learn how to use DSM-V and prepare appropriate treatment plans. These assessment instruments will include

Unit-I

Projective and Psychometric Personality tests.

Unit-II

Intelligence tests.
Achievement tests.
Aptitude tests.

Unit-III

Interest Inventories
Neuro Psychological Batteries

Readings:

This course will provide an overview of leading counseling theories of spirituality and discuss the influences of spirituality on human development. Various counseling and therapeutic techniques that facilitate the spiritual wellness of the clients and enhance their life satisfaction will be examined. A major emphasis will be placed upon the spiritual assessment and psychological intervention strategies.

**Unit-I**
Introduction to Spirituality, Theories of Spirituality.

**Unit-II**
Difference between religiosity and spirituality.
Role of Spiritually in Counselling
Enhancement of spirituality: Yoga, Meditation.

**Unit-III**
Assessment of spirituality

**Readings:**

Post Graduate Diploma in Mental Health Counselling
(Under Credit Based Continuous Grading Systems System)

SEMESTER-I

PYL 605: Group Processes and Procedures

Credits : 4

Unit-I

Group Process:- Group formation, leadership and co leader issues in initial stage, characteristics of transition stage, problem behaviour and leadership interventions.

Unit-II

Working stages and termination stages:- Tasks of working stage, therapeutic factors in a group termination stage and follow up.

Unit-III

Types of groups:- T group, self help groups, support groups, encounter groups, psychotherapeutic groups. Guidelines on group work with children, adolescents and adults.

Readings:

Post Graduate Diploma in Mental Health Counselling
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SEMESTER-I

PYL 606: Practicals

Credits : 3

The Board of Control will decide the list of Practicals.
Post Graduate Diploma in Mental Health Counselling  
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SEMESTER-II

PYL 611: Career Development Counselling

Credits : 4

The major focus of this course is to provide students theoretical background and basic counseling skills to help their clients in their career development throughout the whole life span. This course will also includes a review of theories of career development, techniques for assessment, decision-making, and career search. Information about resources, career values, and career maturity will also be provided. Problems related to job loss, termination, and retirement will be discussed.

Unit-I

The Nature of Careers and Career Counselling; Career Counselling Organizations and Career Information; Theories of Career Development and Counselling, Career Planning and Placement

Unit-II

Occupational Stress: Nature, Causes, Consequences and Management of Stress
Midlife Career Changes

Unit-III

Assessment for Career Counselling

Readings:

SEMESTER-II

PYL 612 : Marriage and Family Counselling

Credits : 4

The major focus of this course will be on the basic theories, skills, and procedures that are necessary in marriage and family counseling. Major theoretical approaches to marriage and family counseling and therapy will be demonstrated. Issues relating to alternative life styles, gender identity development, divorce, and marital conflicts will be discussed. Students will be required to research the relevant literature on empirically validated family therapy interventions with particular focus on cognitive-behavioral and strategic family approaches.

Unit-I
Concept and Goals Marriage and Family Counselling.
Cause of problems in marital relationship and family relationships.

Unit-II
Domestic Violence – Diagnosis & treatment
Sexual Violence– Diagnosis & treatment

Unit-III
Theoretical foundations of family and marital counseling
Child abuse: Types, Interventions, impact of abuse on child

Readings:
PYL 613: Counselling for Substance Abuse and Addictive Behaviour

Credits : 4

This course is designed to train mental health counselors with the knowledge and skills to help persons with substance-abuse and alcoholism related problems. The focus of this course will be to examine the family background of substance abusers and their dependency problems. Various alcoholism and substance abuse counseling techniques, treatment approaches and psychodynamics of the recovery process will be discussed. This course will also focus on psychological causes or etiology of substance abuse, assessment; treatment planning; and care management. Students will learn and demonstrate how to apply individual and group counseling techniques based on different theories of addictions such as , psychodynamic, social learning, socio-cultural cognitive and biological. The problems of dual diagnoses and substance and alcohol abuse in cultural contexts will be discussed.

Unit-I
Etiology of substance abuse and addictive behaviour : Medical model, Psychological model, Social model, Harm Reduction Model, Biopsychosocial model

Unit-II
Treatment: Psychodynamic, Social Learning, Cognitive and Biological,

Unit-III
Relapse Prevention, Self Help Groups, AA, Family Therapy.

Readings:
PYL 614: Crisis Counselling

Credits : 4

This course will focus upon different concepts and principles of crisis counseling. Various crises situations will be examined from different theoretical perspectives such as, cognitive and brief therapy, psychoanalytic, Rational-Emotive Behavioral Therapy, and Gestalt therapy, etc. Students will learn how to help their clients cope with the natural and human made crises. Various techniques on how to deal with suicidal clients, victims of terrorism, and domestic violence, etc. will be discussed. Some other major concepts relating to crises such as crisis response, the psychological effects of crisis situations and stressors, traumatic events, accidental tragedies, grief and loss, death and dying, etc. will be covered in this course. The main goal of this course is help the individuals and groups become resilient.

Unit-I
Definition and Purpose of Crisis Intervention
Steps in Crisis Intervention

Unit-II
Suicide and Deliberate Self Harm: Causes and interventions

Unit-III
Models of Grief Counselling
Clinical Management of Grief

Readings:

SEMESTER-II

PYL 615: Practicals

Credits : 3

The Board of Control will decide the list of Practicals.