

# FACULTY OF ARTS & SOCIAL SCIENCES

## SYLLABUS

FOR

**Diploma in Counselling**

**(Semester: I - II)**

**Examinations: 2015-16**



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## GURU NANAK DEV UNIVERSITY AMRITSAR

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**(ii) Subject to change in the syllabi at any time.  
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## Diploma in Counselling (Semester System)

**Scheme of Course****Semester I**

<b>Paper</b>	<b>Subject</b>	<b>Marks</b>
Paper-I	Introduction to counselling	100 marks
Paper-II	Techniques of appraisal for counselling Practical	100 marks 50 Marks

**Semester II**

<b>Paper</b>	<b>Subject</b>	<b>Marks</b>
Paper-I	Approaches to counselling	100 marks
Paper-II	Counselling applications Major Case Study	100 marks 100 marks

## Diploma in Counselling (Semester System)

**SEMESTER-I**  
**PAPER-I: INTRODUCTION TO COUNSELLING****Time: 3 Hours****Marks: 100**

**Note:** Question paper will consist of 8 to 10 essay type questions out of which the candidate will attempt any five. Each question shall carry 20 marks.

- (a) Meaning, purpose and goals of counselling with special reference to India, Historical Perspective.
- (b) **Professional Issues:** Education and Training of counselor, ethical considerations in counselling.
- (c) Counselling Process

**Books Recommended:**

1. Belkin, G.S. (1998). Introduction to counselling. W.G.: Brown Publishers.
2. Nelson, J. (1982). The theory and practice of counselling Psychology, New York: Holt Rinehart & Winston.
3. Ben, Ard, Jr. (ED) (1977). Counselling and Psychotherapy: Classics on theories and issues, Science and Behaviour Books Co. Brammer, L.M. & Shostrom, B.L. (1977). Therapeutic Psychology: Fundamentals of Counselling Psychotherapy. (3<sup>rd</sup> Ed.) Englewood Cliffs, Prentice Hall.
4. Udupa, K.N. (1985) Stress and Its management by Yoga, Delhi: Moti Lal Banarsi Das.
5. Windy. D, (1988) (Ed) Counselling in action. New York: Sage Publication.
6. Gibson, R. L. (2007) Introduction to Counselling and Guidance, Pearson Education.

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**SEMESTER-I****PAPER-II : TECHNIQUES OF APPRAISAL FOR COUNSELLING****Time: 3 Hours****Marks: 100**

**Note:** Question paper will consist of 8 to 10 essay type questions out of which the candidate will attempt any five. Each question shall carry 20 marks.

- (a) Non Testing Techniques – Autobiography, Observation, Anecdotal Records, Cumulative Records, Case-study, Interviews and Q-sort techniques.
- (b) **Testing Techniques:** Nature and Characteristics of Psychological Tests.  
**Tests:** Reliability, Validity, Objectivity, Norms and Profiles.  
**Assessment of Personality:** Projective & Non-projective techniques  
**Assessment of Intelligence:** Group and Individual tests, Verbal and Non-verbal tests, Speed and Power tests.

Assessment of Aptitude and Interests.

**Books Recommended:**

1. Belkin, G.S. (1998). Introduction to counselling. W.G.: Brown Publishers.
2. Nelson, J. (1982). The theory and practice of counselling Psychology, New York: Holt Rinehart & Winston.
3. Ben, Ard, Jr. (ED) (1977). Counselling and Psychotherapy: Classics on theories and issues, Science and Behaviour Books Co. Brammer, L.M. & Shostrom, B.L. (1977). Therapeutic Psychology: Fundamentals of Counselling Psychotherapy. (3<sup>rd</sup> Ed.) Englewood Cliffs, Prentice Hall.
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Diploma in Counselling (Semester System)

**SEMESTER-I**

**PRACTICAL**

**Time: 3 Hours**

**Marks: 50**

6 Practicals are to be conducted in the form of case studies, Psychological testing and Report writing.

## Diploma in Counselling (Semester System)

**SEMESTER-II****PAPER-I : APPROACHES TO COUNSELLING****Time: 3 Hours****Marks: 100**

**Note: (i)** Question paper will consist of 8 to 10 essay type questions out of which the candidate will attempt any five. Each question shall carry 20 marks.

- (a) **Psychodynamic Approach:** Freudian & Neo Freudian.
- (b) **Humanistic- Existential Approach:** Client Centered, Existential.
- (c) **Cognitive Approach:** Rational Emotive, Transactional Analysis.
- (d) **Behavioural Approach:** Operant Conditioning, Behaviour Modification.
- (e) **Indian Approach:** Basic Principles of Yoga and Meditation.

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3. Ben, Ard, Jr. (ED) (1977). Counselling and Psychotherapy: Classics on theories and issues, Science and Behaviour Books Co. Brammer, L.M. & Shostrom, B.L. (1977). Therapeutic Psychology: Fundamentals of Counselling Psychotherapy. (3<sup>rd</sup> Ed.) Englewood Cliffs, Prentice Hall.
4. Udupa, K.N. (1985) Stress and Its management by Yoga, Delhi: Moti Lal Banarsi Das.
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**SEMESTER-II**

**PAPER-II: COUNSELLING APPLICATIONS**

**Time: 3 Hours**

**Marks: 100**

**Note: (i)** Question paper will consist of 8 to 10 essay type questions out of which the candidate will attempt any five. Each question shall carry 20 marks.

Family Counselling (Marital and Adolescent Counselling), Counselling in Schools, Counselling of exceptional groups (delinquents, Alcohol and drug addicts), and Career Counselling

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3. Ben, Ard, Jr. (ED) (1977). Counselling and Psychotherapy: Classics on theories and issues, Science and Behaviour Books Co. Brammer, L.M. & Shostrom, B.L. (1977). Therapeutic Psychology: Fundamentals of Counselling Psychotherapy. (3<sup>rd</sup> Ed.) Englewood Cliffs, Prentice Hall.
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**SEMESTER-II**

**MAJOR CASE STUDY**

**Marks: 100**

(Evaluation and Viva Voce examination by External Subject Expert)  
**(Evaluation: 50 Marks, Viva: 50 Marks)**

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2. Nelson, J. (1982). The theory and practice of counselling Psychology, New York: Holt Rinehart & Winston.
3. Ben, Ard, Jr. (ED) (1977). Counselling and Psychotherapy: Classics on theories and issues, Science and Behaviour Books Co. Brammer, L.M. & Shostrom, B.L. (1977). Therapeutic Psychology: Fundamentals of Counselling Psychotherapy. (3<sup>rd</sup> Ed.) Englewood Cliffs, Prentice Hall.
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