

FACULTY OF ARTS & SOCIAL SCIENCES

SYLLABUS

FOR

Diploma in Counselling

(Semester: I - II)

Examinations: 2019-20



GURU NANAK DEV UNIVERSITY

AMRITSAR

- Note:** (i) Copy rights are reserved.
Nobody is allowed to print it in any form.
Defaulters will be prosecuted.
- (ii) Subject to change in the syllabi at any time.
Please visit the University website time to time.

Diploma in Counselling (Semester System)

Scheme of Course**Semester I**

Paper	Subject	Marks
Paper-I	Introduction to Counseling	100 marks
Paper-II	Techniques of Appraisal for Counseling Practical	100 marks 50 Marks

Semester II

Paper	Subject	Marks
Paper-I	Approaches to Counseling	100 marks
Paper-II	Counseling Applications Major Case Study	100 marks 100 marks

Diploma in Counselling (Semester-I)

PAPER-I: INTRODUCTION TO COUNSELLING**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Counseling: Meaning, Purpose and Goals of Counseling with Special Reference to India, Historical Perspective, Functions of Counselor, Basic Principles of Counseling for School and Community Agencies

Section-B

Professional Issues: Education and Training of Counselor, Role and Functions of Counselors in school Settings, Vocational Schools and Higher Education

Section-C

Counseling Process: Stages, Building the Counseling relationship, In-depth exploration, action and Termination

Section-D

Professional, Ethical and Legal Issues of Counselors

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. (3rd 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. & Mitchell, M. H. (2008) Introduction to Counseling and Guidance, Pearson Education.

Diploma in Counselling (Semester-I)

PAPER-II: TECHNIQUES OF APPRAISAL FOR COUNSELLING**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Non- Testing Techniques: Autobiography, Observation, Anecdotal Records, Cumulative Records, Case-Study, Interviews and Q-sort techniques

Section-B

Testing Techniques: Nature, Characteristics, Uses and Misuses of Psychological Tests, Ethical Issues in Psychological Testing

Psychometric Properties of Tests: Reliability, Validity, Objectivity, Norms and Profiles

Section-C

Assessment of Personality: Projective & Non-Projective Techniques

Section-D

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 Counseling. 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. (3rd 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. & Mitchell, M. H. (2008) Introduction to Counseling and Guidance, Pearson Education.

Diploma in Counselling (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-II)

PAPER-I: APPROACHES TO COUNSELLING**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A**Psychodynamic Approaches:** Freudian & Neo Freudian**Section-B****Behavioural Approaches:** Operant Conditioning, Behaviour Modification**Section-C****Humanistic Approaches:** Existential, Client Centered**Section-D****Cognitive Approach:** Rational Emotive**Indian Contribution:** Yoga and Meditation**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.(3rd 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. & Mitchell, M. H. (2008) Introduction to Counseling and Guidance, Pearson Education.

Diploma in Counselling (Semester-II)

PAPER-II: COUNSELLING APPLICATIONS**Time: 3 Hours****Marks: 100****Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Section-A

Child Counseling, Family Counseling (Marital and Adolescent Counseling)

Section-B

Counseling in Schools (Elementary, High and Secondary Schools), Career Counseling

Section-C

Counseling of Exceptional Groups (Delinquents, Alcohol and Drug Addicts)

Section-D

Crisis Intervention and Group Counseling

Books Recommended:

1. Belkin, G. S. (1998). Introduction to counseling. 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. (3rd 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. & Mitchell, M. H. (2008) Introduction to Counseling and Guidance, Pearson Education.

Diploma in Counselling (Semester-II)

MAJOR CASE STUDY/ PROJECT WORK

Marks: 100

**Evaluation and Viva Voce Examination by External Subject Expert
(Evaluation of Case Study/ Project Report: 50 Marks;
Viva-Voce Examination: 50 Marks)**