

FACULTY OF ARTS & SOCIAL SCIENCES

SYLLABUS

FOR

POST GRADUATE DIPLOMA IN MENTAL HEALTH COUNSELLING

(Credit Based Evaluation and Grading System)

(SEMESTER: I - II)

Examinations: 2019-20



GURU NANAK DEV UNIVERSITY AMRITSAR

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 - (ii) **Subject to change in the syllabi at any time.**
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Post Graduate Diploma in Mental Health Counselling
(Credit Based Evaluation and Grading System)

SCHEME OF STUDIES

Semester: I						
Paper Code	C/E*	Course Title	Mid Semester Examination: Weightage (Marks)	End Semester Examination: Weightage (Marks)	Credits	Marks
PYL 601	C	Introduction to Mental Health Counselling	20% (20)	80% (80)	4	100
PYL 602	C	Theories and Techniques of Mental Health Counselling	20% (20)	80% (80)	4	100
PYL 603	C	Assessment Methods for Mental Health Counselling	20% (20)	80% (80)	4	100
PYL 604	C	Spirituality in Mental Health Counselling	20% (20)	80% (80)	4	100
PYL 605	C	Group Processes and Procedures	20% (10)	80% (40)	4	100
PYP 606	C	Practicals		100% (50)	3	50
					Total Credits: 23	Total Marks: 550

Note: All Papers are Compulsory.
 ‘**’ C Means Compulsory and E Means Elective.

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Semester: II						
Paper Code	C/E*	Course Title	Mid Semester Examination: Weightage (Marks)	End Semester Examination: Weightage (Marks)	Credits	Marks
PYL 611	C	Career Development Counselling	20% (20)	80% (80)	4	100
PYL 612	C	Marriage and Family Counselling	20% (20)	80% (80)	4	100
PYL 613	C	Counselling for Substance Abuse and Addictive Behaviours	20% (20)	80% (80)	4	100
PYL 614	C	Crisis Counselling	20% (20)	80% (80)	4	100
PYP 615	C	Practicals		100% (50)	3	50
PYE 621	C	Internship (Two Months) Evaluation: Satisfactory or Unsatisfactory and Each Student will Prepare a Field Report which will be Submitted to the Department for Evaluation)	-- --	-- --	--	--
					Total Credits: 17	Total Marks: 450
<p>Note: All Papers are Compulsory and In addition to the One Compulsory Inter-Disciplinary Paper (4 Credits) ** C Means Compulsory and E Means Elective.</p>						

In addition to the 40 credits (Total Marks: 900) , the student is required to opt for 4 credits (Marks: 100) of one inter-disciplinary paper.

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SEMESTER-I

PYL 601: Introduction to Mental Health Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Mental Health: Historical, Concept of Mental Health, Psychological Well Being and Subjective Well Being, Significance of Mental Health Counseling

Section-B

Process of Counselling: Stages – Building the Counseling Relationship, In-depth Exploration, Action and Termination.

Section-C

Current Trends: Current Trends in Mental Health Counseling, Work Settings and Role of Mental Health Counselor, Issues

Section-D

Counselor in Private Practice, Ethical and Legal Issues, Community Mental Health

Readings:

- 1 Brown, J.A. & Pate, R.H. (1983) : Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA.
- 2 Felthman, C. & Horton, I.E. (2006). The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London.
- 3 Gladding, Samuel T: (1972) Counselling. A comprehensive Profession, 4th Edition Brooks/Cole Publishing Company, USA.
- 4 Patterson, L. E. & Welfel, E.R. (2000) The Counselling Process, Wadsworth, USA.
- 5 Shertzer, B. & Stone, S. C. (1976) Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA.
- 6 Corey, G. (2005) Theory and Practice of Counselling Psychotherapy, Thomson, Brooks/Cole, USA.

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SEMESTER-I
PYL 602 : Theories and Techniques of Mental Health Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Psychodynamic Approach: Freud, Adler and Jung.

Section-B

Humanistic Approach: Existential, Client Centered Counseling
Gestalt Counseling

Section-C

Behavioral Approach: Behavior Therapy, Cognitive Behavior Modification.

Cognitive Approach: Rational Emotive Behaviour Counseling (REBT), Beck's Cognitive Therapy, Transactional Analysis

Section-D

Reality Therapy and Solution-Focused Brief Therapy.

Readings:

- 1 Brown, J.A. & Pate, R.H. (1983) : Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA.
- 2 Corey, G. (2001) : Theory and Practice of Counselling and Psychotherapy, Sixth Edition, Wadsworth, USA.
- 3 Felthman, C. & Horton, I.E. (2006). : The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London.
- 4 Gladding, Samuel T. (1972) : Counselling. A comprehensive Profession, 4th Edition Brooks/Cole Publishing Company, USA.
- 5 Patterson, L. E. & Welfel, E. R. (2000) : The Counselling Process, Wadsworth, USA.
- 6 Shertzer, B. & Stone, S. C.(1976) : Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA.

SEMESTER-I

PYL 603: Assessment Methods for Mental Health Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Personality Assessment: Projective and Psychometric Tests

Section-B

Intelligence and Achievement Tests

Section-C

Aptitude Tests
Interest Inventories

Section-D

Neuro-Psychological Tests and Batteries

Readings:

- | | | | |
|---|---|---|---|
| 1 | Brown, J.A. & Pate, R.H. (1983) | : | Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA. |
| 2 | Corey, G. (2001) | : | Theory and Practice of Counselling and Psychotherapy, Sixth Edition, Wadsworth, USA. |
| 3 | Felthman, C. & Horton, I.E. (2006). | : | The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London. |
| 4 | Gladding, Samuel T. (1972) | : | Counselling. A Comprehensive Profession, 4 th Edition Brooks/Cole Publishing Company, USA. |
| 5 | Patterson, L. E. & Welfel, E. R. (2000) | : | The Counselling Process, Wadsworth, USA. |
| 6 | Shertzer, B. & Stone, S. C.(1976) | : | Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA. |

SEMESTER-I
PYL 604: Spirituality in Mental Health Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Spirituality: Introduction, Common bonds of Spirituality, Theories of Spirituality (Jung, Peck, Black Elk, Fox, Deepak Chopra, Jesus, Lao Tzu and Einstein)

Section-B

Religiosity: Introduction, Differences between Religiosity and Spirituality
Spiritual Beliefs (Eastern and Western)

Section-C

Role of Spirituality in Counseling: Role of Prayer, Meditation, Rituals, Spiritual Books, Forgiveness, Repentance and Surrender

Section-D

Enhancement of Spirituality: Yoga and Meditation

Assessment of Spirituality: Quantitative and Qualitative

Readings:

- 1 Brown, J.A. & Pate, R.H. (1983) : Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA.
 - 2 Corey, G. (2001) : Theory and Practice of Counselling and Psychotherapy, Sixth Edition, Wadsworth, USA.
 - 3 Felthman, C. & Horton, I.E. (2006). : The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London.
 - 4 Gladding, Samuel T. (1972) : Counselling. A Comprehensive Profession, 4th Edition Brooks/Cole Publishing Company, USA.
 - 5 Patterson, L. E. & Welfel, E. R. (2000) : The Counselling Process, Wadsworth, USA.
 - 6 Shertzer, B. & Stone, S. C.(1976) : Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA.
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SEMESTER-I

PYL 605: Group Processes and Procedures

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Groups; Group Processes and Techniques, Group Formation,

Initial Stage: Group Characteristics and Group Process Concepts at the Initial Stage, Leadership and Co-leader Issues in the Initial Stage

Section-B

Transition Stage: Characteristics of Transition Stage, Problem Behaviour and Difficult Group Members, Leader and Co-leader Issues at the Transition Stage

Section-C

Working Stage: Tasks of Working Stage, Therapeutic Factors in the Working Stage, Leader and Co-leader Issues in the Working Stage

Termination Stage: Tasks of the Final Stage, Termination of Group Experiences, Leader and Co-leader Issues in the Termination Stage, Follow up Sessions

Section-D

Types of Groups: Task Groups, Self-help Groups, Support Groups, Encounter Groups, Psychotherapeutic Groups, Psycho-educational Groups, Guidelines for Group Work with Children, Adolescents and Adults

Readings:

- 1 Brown, J.A. & Pate, R.H. (1983) Being a Counsellor: Directions and Challenges. Brooks/Cole Publishing Company, USA.
- 2 Corey, G. (2001) Theory and Practice of Counselling and Psychotherapy, Sixth Edition, Wadsworth, USA.

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- 3 Felthman, C. & Horton, I.E. (2006). The Sage Handbook of Counselling and Psychotherapy, Second Edition, Sage Publications, London.
- 4 Gladding, Samuel T. (1972) Counselling. A Comprehensive Profession, 4th Edition Brooks/Cole Publishing Company, USA.
- 5 Patterson, L. E. & Welfel, E. R. (2000) The Counselling Process, Wadsworth, USA.
- 6 Shertzer, B. & Stone, S.C.(1976) Fundamentals of Guidance. Third Edition, Houghton Mifflin Company, USA.

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SEMESTER-I

PYL 606: Practicals

Credits : 3

Total Marks: 50

End Semester Examination: 100 % weightage (Marks: 50)

The Board of Control will decide the list of Practicals.

SEMESTER-II

PYL 611: Career Development Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

The Nature of Careers and Career Counselling; Career Counselling Organizations and Career Information

Theories of Career Development and Counseling, Career Planning and Placement

Section-B

Occupational Stress: Nature, Causes, Consequences and Management of Stress

Job Satisfaction: Nature, Theories, Correlates and Measurement of Job Satisfaction

Midlife Career Changes

Section-C

Career Counseling and the Development of Human Potential: Women, Minorities, Poor, People with Disabilities, Dual-career Couples

Career Planning and Decision Making: Counselor's Role in Student Career Development, Career counseling; School and Non- School Settings

Section-D

Assessment for Career Counseling

Readings:

- 1 Felthman, C. & Horton, I.E. (2006) : The Sage Handbook of Counselling and Psychotherapy, 2nd Edition, Sage Publications, London.
- 2 Gladding, Samuel : Counselling. A Comprehensive Profession, 2nd Edition,

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- T. (1972) Mac Millan, New York.
- 3 Herr, E. L. R. : Career Guidance & Counselling Through the life span.
& Crammer, 3rd Edition, Scott, Foresman & Company, USA.
H. S. (1988)
- 4 Kotler, J. A. & : Introduction to Therapeutic Counselling. Process,
Brown, R. W.(2000) 4th Edition Brooks/Cole Publishing Company, USA.
- 5 Miller, G. (2005) : Learning the Language of Addiction Counselling,
2nd Edition John Wiley & Sons, New Jersey.
- 6 Woolf, R. & Dryden, : Hand Book of Counselling Psychology, Sage Publication,
W. & Strawbridge, London.
S. (2003).

SEMESTER-II
PYL 612 : Marriage and Family Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Marital Counseling: Concept and Goals of Marital Counseling, Theoretical Foundations of Marital Counseling, Cause of Problems in Marital Relationship

Section-B

Family Counseling: Concept and Goals of Family Counseling, Theoretical Foundations of Family Counseling, Causes of Family Conflicts

Section-C

Domestic Violence: Diagnosis & Treatment

Sexual Violence: Diagnosis & Treatment

Section-D

Child Abuse: Types, Interventions, Impact of Abuse on Child

Readings:

- 1 Felthman, C. & Horton, I.E. (2006) : The Sage Handbook of Counselling and Psychotherapy, 2nd Edition, Sage Publications, London.
- 2 Gladding, Samuel T. (1972) : Counselling. A Comprehensive Profession, 2nd Edition, Mac Millan, New York.
- 3 Herr, E. L. R. & Crammer, H. S. (1988) : Career Guidance & Counselling Through the life span. 3rd Edition, Scott, Foresman & Company, USA.
- 4 Kotler, J. A. & Brown, R. W.(2000) : Introduction to Therapeutic Counselling. Process, 4th Edition Brooks/Cole Publishing Company, USA.
- 5 Miller, G. (2005) : Learning the Language of Addiction Counselling, 2nd Edition John Wiley & Sons, New Jersey.
- 6 Woolf, R. & Dryden, W. & Strawbridge, S. (2003). : Hand Book of Counselling Psychology, Sage Publication, London.

SEMESTER-II

PYL 613: Counselling for Substance Abuse and Addictive Behaviour

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Etiology of **Substance Abuse and Addictive Behaviour**: Etiology

Models of Addiction: Medical Model, Psychological Model, Socio-cultural Model, Bio-psycho-social Model, Harm Reduction Model

Section-B

Assessment and Diagnosis of Addiction and Dual Disorders: Behavioral, Physiological and Psychometric Assessment

Section-C

Therapies: Biological, Psychodynamic, Behavioral and Cognitive

Section-D

Relapse Prevention, Self Help Groups, AA, Family Therapy

Readings:

- 1 Felthman, C. & Horton, I.E. (2006) : The Sage Handbook of Counselling and Psychotherapy, 2nd Edition, Sage Publications, London.
- 2 Gladding, Samuel T. (1972) : Counselling. A Comprehensive Profession, 2nd Edition, Mac Millan, New York.
- 3 Herr, E. L. R. & Crammer, H. S. (1988) : Career Guidance & Counselling Through the life span. 3rd Edition, Scott, Foresman & Company, USA.
- 4 Kotler, J. A. & Brown, R. W.(2000) : Introduction to Therapeutic Counselling. Process, 4th Edition Brooks/Cole Publishing Company, USA.

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- 5 Miller, G. (2005) : Learning the Language of Addiction Counselling, 2nd Edition John Wiley & Sons, New Jersey.
- 6 Woolf, R. & Dryden, W. & Strawbridge, S. (2003). : Hand Book of Counselling Psychology, Sage Publication, London.

SEMESTER-II

PYL 614: Crisis Counselling

Credits: 4

Total Marks: 100

Mid Semester Examination: 20% weightage (Marks:20)

End Semester Examination: 80 % weightage (Marks: 80)

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 questions may be attempted from any Section.

Section-A

Grief Counselling: Types of Grief, Grieving of Special Types of Losses, Stages in Grief Process, Principles and ethical practices of a grief Counsellor

Section-B

Suicide and Deliberate Self Harm: Causes and Interventions

Section-C

Grief Counseling: Models of Grief Counseling, Clinical Management of Grief

Section-D

Crisis Intervention: Definition and Purpose of Crisis Intervention , Steps in Crisis Intervention

Readings:

- 1 Felthman, C. & Horton, I.E. (2006) : The Sage Handbook of Counselling and Psychotherapy, 2nd Edition, Sage Publications, London.
- 2 Gladding, Samuel T. (1972) : Counselling. A Comprehensive Profession, 2nd Edition, Mac Millan, New York.
- 3 Herr, E. L. R. & Crammer, H. S. (1988) : Career Guidance & Counselling Through the life span. 3rd Edition, Scott, Foresman & Company, USA.
- 4 Kotler, J. A. & Brown, R. W.(2000) : Introduction to Therapeutic Counselling. Process, 4th Edition Brooks/Cole Publishing Company, USA.

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- 5 Miller, G. (2005) : Learning the Language of Addiction Counselling, 2nd Edition John Wiley & Sons, New Jersey.
- 6 Woolf, R. & Dryden, W. & Strawbridge, S. (2003). : Hand Book of Counselling Psychology, Sage Publication, London.

SEMESTER-II

PYL 615: Practicals

Credits : 3

Total Marks: 50

End Semester Examination: 100 % weightage (Marks: 50)

The Board of Control will decide the list of Practicals.

SEMESTER-II

PYL 616: Internship

Credits : Nil
Total Marks: Nil

Internship (Two Months)

Evaluation: Satisfactory or Unsatisfactory and Each Student will Prepare a Field Report which will be Submitted to the Department for Evaluation.