

One Year P.G. Diploma in Counselling and Psychotherapy

Syllabus w.e.f. 2019

Department of Psychology, Banaras Hindu University

DISTRIBUTION OF DIFFERENT COURSES AND CREDITS IN VARIOUS SEMESTERS

<i>Semester-I</i>		
Course Code	Title of the paper	Credits
S1.01	Psychology of personal growth and well-being → 70+30	4
S1.02	Psychopathology → 70+30	4
S1.03	Diagnostic Techniques → 70+30	4
S1.04 (a)	Field Work → 70+30	2
S1.04 (b)	Practical → 50	2
Total		16
<i>Semester-II</i>		
S2.01	Foundations of Counselling 70+30	4
S2.02	Psychotherapeutic Interventions: Psychoanalytic and Humanistic 70+30	4
S2.03	Psychotherapeutic Interventions: Behavioral and Cognitive-Behavioral 70+30	4
S2.04(a)	Internship Training → 100 marks	2
S2.04(b)	Comprehensive Viva-Voce → 50 marks	2
Total		16
Grand Total		32

Paper S1.01	Psychology of Personal Growth and Well-being	Credits	4
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1. Perspectives on self and personal growth: Concept of adjustment; Sick and healthy personalities: Characteristics and determinants.
2. Models of illness and health: Biological, psychosocial; and biopsychosocial models. Illness prevention and health promotion; Healthy lifestyle.
3. Subjective well-being and quality of life: Characteristics, determinants and theories. Life satisfaction and happiness; assessment of well-being and quality of life.
4. Stress and coping: Concept of stress, sources of stress; Physical and mental health outcomes of stress; Coping: concept and strategies.
5. Stress Management: Assessment of stress; Interventions: Stress inoculation, yoga and progressive muscular relaxation.

Recommended Books

- Dimatteo, M. R. & Martin, L. R. (2007). *Health Psychology (Indian Edition)*. New Delhi: Pearson Education.
- Marks, F. D., Murray, M., Evans, B., & Estacio, V. E. (2015). *Health psychology: Theory, research and practice (4th Ed.)* New Delhi: Sage.
- Patel, V. (2003). *Meeting the mental health needs of developing countries*. New Delhi: Sage.
- Pstunjee, D. M. (1999). *Stress and coping*. New Delhi: Sage India.
- Sanderson, C.A. (2003). *Health psychology*. Snyapase: John Wiley & Sons.
- Srivastava, A. K. (1998). *Management of occupational stress: Theories and Practice*. New Delhi: Gyan Publications.

Paper S1.02	Psychopathology	Credits	4
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1. Introduction: Approaches to psychopathology; classification systems –DSM-5 and ICD-10.
- ✓ 2. Bipolar and Related Disorders: Bipolar I, Bipolar II & Cyclothymic Disorder; Depressive Disorders: Disruptive Mood dysregulation disorder, Major Depressive Disorder, Dysthymia; Schizophrenia Spectrum Disorders: Schizophrenia and Schizoaffective Disorder.
3. Anxiety Disorders: Phobia, Panic, Generalized Anxiety Disorders; Obsessive-Compulsive and Related disorders: OCD, Body dysmorphic disorder.
4. Trauma and Stress Related disorders: PTSD, Acute Stress Disorder, Adjustment Disorder; Dissociative Disorders: Dissociative Identity Disorder, Dissociative Amnesia, Depersonalization / Derealization Disorder.
- ✓ 5. Neurocognitive Disorders: Delirium, Major and Mild neurocognitive disorder, Major and Mild neurocognitive disorder due to Alzheimer Disease.

Recommended Books:

- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders: DSM-5*. American Psychiatric Pub.
- Barlow, D. H. & Durand, V. M. (2016). *Abnormal psychology: An integrative approach (7th Ed.)*. Cengage Learning
- Buss, A. H. (1999). *Psychopathology*. New York: John Wiley.
- Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). *Abnormal psychology*. Pearson Education India.

- Kaplan, H. J., & Sadock, B. J. (2004). *Synopsis of comprehensive textbook of psychiatry* (10th Ed.). Baltimore: Williams & Wilkins.
- Sarason, I. G. & Sarason, B. R. (2006). *Abnormal psychology*. (11thEd). Delhi: Prentice Hall India.

Paper S1.03	Diagnostic Techniques	Credits 4
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1. Psychodiagnostics: Concept and nature; Sources of clinical data: Psychiatric History and Mental Status Examination and Psychological tests; Behavioural Assessment: Behaviour Analysis, Behavioural Rating Scales and Checklists.
2. Clinical interview: Nature and types-Intake, diagnostic and crisis interviewing; Diagnostic interviewing skills.
3. Assessment of Intelligence: The Stanford–Binet Scale of Intelligence (5th Ed); WAIS IV; WISC-V; Raven's Progressive Matrices.
4. Assessment of Personality: Objective tests- MMPI-2, NEOPI-R; Projective: Rorschach Ink Blot test, TAT.
5. Neuropsychological assessment: AIIMS Battery; WMS-III; Luria-Nebraska Neuropsychological Test Battery; Bender-Gestalt Test.

Recommended Books

- Goldenberg, H. (1983). *Contemporary clinical psychology* (2nd Ed.) New York: Brooks & Cole.
- Gale, H.A. & Barran, A. R. (2004). *Essential of Stanford – Binet intelligence Scale (SB5) Assessment*. John Wiley & Sons.Inc.
- Weiss, L.G., Saklofske, D.H., Holdnack, J. A. & Prifitera, A. (2016). *WISC V Assessment and Interpretation*. Elsevier, USA
- Lichtenberger, E.O., & Kaufman, A.S. (2012). *Essentials of WAIS IV Assessment* (Second Edition). John Wiley & Sons.
- Prasad, D., & Verma, S.K. (1990). *Handbook of PGI Battery of Brain Dysfunction*. National Psychological corporation, Agra.
- Morrison, J. (2007). *Diagnosis made easier*. NY: Guilford Press.
- Neitzel, M. T., Bernstein, D. A., & Millich, R. (1998). *Introduction to clinical psychology*. (5th Ed.). Upper Saddle River, N. J.: Prentice Hall.
- Pridmore, S. (2000). *The psychiatric interview: A guide to history taking and mental status examination*. Amsterdam: Taylor & Francis.
- Trull, T. J. & Prinstein, M.J. (2013). *Clinical Psychology* (8th Ed.). Wadsworth, Cengage Learning.

Paper S1.04 (a)	Field Work	Credits 2
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Psychodiagnostic and psychotherapeutic reports: Five full length case records based on clinical population should be submitted before the commencement of the semester end examination. The reports should comprised of clinical history, areas to be investigated, test administered and their rationales, test findings and its impression. Furthermore, the reports should also include the types and techniques of intervention to be employed with rationales, and future plans. Out of five reports at least one record must include actual psychological intervention along with their outcomes and future plans. The submission and presentation of psychodiagnostic and psychotherapeutic reports will carry 100 marks.

Paper S1.04 (b)**Practical****Credits 2**

The students would be required to conduct three practicals based on theory papers.

Paper S2.01**Foundations of Counseling****Credits 4**

1. Basics of counseling: Principles and goals; Need and scope for counseling; Ethical issues.
2. Role of counselor; Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling.
3. Positive psychology oriented counseling: Enhancing happiness and pleasure; Engagement and meaning making; Identifying and developing character strength and virtues.
4. Special areas of counseling: Counseling for children with emotional disturbance and learning disability; Drug addiction; Marital counseling.
5. Other areas of counseling: Occupational counseling; Counseling for patients with terminal disease/chronic illness - HIV/AIDS, cancer patients and for their caretakers.

Recommended Books:

- Bor, R. & Watts, M. (2006). *The Trainee Handbook: A guide for counseling & psychotherapy Trainees*. New Delhi: Sage.
- Clough, P., Pardeck, J.T. & Yuen, F. (Eds) (2005). *Handbook of emotional and behavioural Difficulties*.
- Feltham, C. & Horton, I. (Eds) (2006) *The SAGE Handbook of counselling and psychotherapy*. New Delhi: Sage
- Lindey, P.A. and Joseph, S. (Eds.) (2004). *Positive psychology in practice*. New York: Wiley.
- Mozdierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). *Principles of Counselling and Psychotherapy*. New York: Routledge.
- Peterson, C., & Seligman, M.E.P. (2004) *Character strengths and virtues: A handbook of classification*. New York: Oxford University Press.
- Gibson, R. L., & Mitchell, M. H. (2015). *Introduction to Counseling and Guidance* (7th Ed), Pearson, New Delhi

Paper S2.02 Psychotherapeutic Interventions:**Psychoanalytic and Humanistic****Credits 4**

1. Psychotherapy: Nature and scope; Common goals and ingredients of psychotherapy; Types of psychotherapeutic intervention
2. Structuring therapeutic relationship: Nature of client-therapist relationship, dimensions and stages of client therapist relationship, building the helping relationship; Structuring the therapeutic situation.
3. Freudian psychoanalytic therapy: Key concepts, therapeutic techniques/ procedures.
4. Humanistic and existential therapies: Person centered and Gestalt therapies: Key concepts, therapeutic techniques and procedures; Existential therapy.
5. Other therapeutic approaches: Reality therapy; Family system therapy; Transactional analysis.

Recommended Books

- Capuzzi, D. and Gross, D.R. (20047). *Counselling and Psychotherapy: Theories and interventions*. New Delhi: Pearson Education.
- Corey, G. (2001). *Theory and practice of counseling and psychotherapy*. New York: Brooks/Cole
- Hersen, M. & Sledge, W. (2002) (Eds.). *Encyclopedia of psychotherapy (Vols 1 & 2)*. New York: Academic Press.
- Kaslow, H. W. (Ed.). (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York : John Wiley and Sons.
- Mozdierz, G.J., Peluso, P.R. & Lisiecki, J. (2009). *Prinicples of Counselling and Psychotherapy*. New York: Routledge
- Prochhaska, J.O. & Norcross.J.C. (2010) *Systems of Psychotherapy*. Cengage

Paper S2.03 Psychotherapeutic Interventions:

Behavioral,Cognitive and Biological

Credits 4

1. Classical conditioning procedures: Relaxation procedures; Flooding systematic desensitization, eye movement desensitization and reprocessing.
2. Operant procedures, Application of reinforcement principles; contingency management; Premack's principles.
3. Behaviour therapy: Modelling; Assertion training.
4. Cognitive behaviour therapy: Ellis' Rational emotive behaviour therapy; Beck's cognitive therapy.
5. Biologically based therapies: Biofeedback- Electromyography; Finger temperature; GSR; EEG; Areas of application; Psychopharmacological therapy: Overview of major psychotropic drug doses.

Recommended Books:

- Brownell, J. (2002). *Listening: Attitudes, principles and skills*. (2nd). Boston: Allyn and Bacon..
- Corey, G. (2001). *Theory and practice of counseling and psychotherapy*. New York: Brooks/Cole
- Corsini, R. J. (2001). *Handbook of innovative therapy*. (2nd Edi.). N.Y.: John Wiley.
- Hersen, M. & Sledge, W. (2002) (Eds.). *Encyclopedia of psychotherapy (Vols 1 & 2)*. New York: Academic Press.
- Kaslow, H. W. (Ed.). (2002). *Comprehensive handbook of psychotherapy (Vols. I to IV)*. New York : John Wiley and Sons.

Paper S2: 04 (a) Internship Training

Credits 2

Each candidate will be required to undergo an Internship training of a total period of 4 weeks. He/she will be attached to a hospital or counseling facility Centre for learning and practicing the psychodiagnostic as well as the psychotherapeutic skills. Each student shall be required to submit a Report on their Internship to the Department on or before a specified date fixed for the purpose. The submission and presentation of Internship Training Report shall carry 100 marks.

Paper S2: 04 (b) Comprehensive Viva-Voce:

Credits 2

Students are required to appear for comprehensive Viva-Voce. Comprehensive Viva-Voce shall carry 50 marks.