



UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

P.G
Diploma in Counselling

(Annual Scheme)

Examination 2018


Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR

P.H. Diploma in Counselling
(one year)

SYLLABUS

| | | | |
|-------|---|---|-----------------|
| 400 | -Theory papers | = | 400 Marks |
| 400 | -Supervised Practice + Training + Viva Voce Theory Papers | = | 400 Marks |
| (i) | Theory and techniques of counseling | = | 100 Marks |
| (ii) | Vocational development, career guidance & counseling | = | 100 Marks |
| (iii) | Dynamics of human development and adjustment | = | 100 Marks |
| (iv) | Measurement and evaluation in counseling | = | 100 Marks |
| (v) | Supervised Practice | = | 300 Marks |
| (a) | Individual testing | = | 50 Marks |
| (b) | Group testing | = | 50 Marks |
| (c) | Individual counseling | = | 50 Marks |
| (d) | Group counseling | = | 50 Marks |
| Va | Case studies : Career development | = | 50 Marks |
| Vb | Case studies : Human adjustment/mental health | = | 50 Marks |
| (vi) | Practical Training | = | 50 Marks |
| (vii) | Viva Voce | = | 50 Marks |
| | | | Total 800 Marks |

Paper I: Theories and Techniques of Counseling

Max. Marks 100

- (i) Meaning and nature of counseling; distinction between counseling and guidance, counseling and psychotherapy; goals of counseling, basic assumptions behind counseling; some ethical issues in counseling and the characteristics of effective counselor.
- (ii) Theories and techniques of counseling : Psychoanalytic Therapy : Existential Therapy ; Personal centered Therapy Gestalt Therapy, Behavioral Therapy , Cognitive Behaviour Therapy, Feminist Therapy, Family System Therapy
- (iii) Counseling process: Stages in counseling – rapport building, assessment of client's problems and concern, setting desired goals, selecting/designing interventions and termination of counseling.
- (iv) Counseling interview: essential aspects, verbal and non verbal communication. Basic communication skills; attending, listening, questioning, responding and self-disclosure.
- (v) Counseling relationship: meaning, nature, mechanics of entering, maintaining and terminating.
- (vi) Type of counseling: individual counseling, group counseling, peer counseling, marital and family counseling.

Paper II – Vocational Development, Career Guidance and Counseling

Max. Marks 100

- (i) Development of career behavior and choice : factors related to career development, vocational maturity, stages in development of vocational choice, problem in career choice.
- (ii) Career pattern: differential career pattern of man and women, vocational development of girls and related problems in Indian context, special problems of disadvantaged groups, minorities and disabled groups.

- (iii) Work: contemporary perspectives, definition of work, work and job satisfaction, work and mental health, work and leisure, impact of work on personality, life time work / career as a way of life.
- (iv) Approaches to career development and career counseling : Traditional trait and factor approach, person – occupation matching paradigm, Roe's theory of personality development and career choice, Super's theory of career development, Holland's career theory of personality types and work environment, Krumboltz's social learning, career development and career decision making theory.
- (v) Career success, career satisfaction and vocational adjustment : factors and implications,
- (vi) Managing vocational information – Sources of occupational information, principles for using information effectively, types of delivery systems and their evaluation.
- (vii) Helping strategies in career guidance and counseling : individual counseling, group processes, facilitation of career development – skills and attitudes.

Paper III: Dynamics of Human Development and Adjustment **Max. Marks 100**

- (i) Life Span Development : Salient features of various developmental stages and major problems encountered, from childhood to old age. Factors influencing the development of different stages.
- (ii) Problems of special developmental groups : Socially disadvantaged groups, physically disadvantaged groups, mentally challenged groups, exceptional groups, developmental problems of girls and women.
- (iii) Concept and nature of adjustment, adjustment process, approaches to adjustment : phenomenological or perceptual, psychoanalytical, humanistic.
- (iv) Determinants of adjustment process : biological factors, heredity, physical condition, central and autonomic nervous system, health and illness. Psychological factors : maturation, motivation, learning, attitudes, frustration, conflict and anxiety. Sociological factors : family, school, community, media, physical and other cultural factors.
- (v) Psychosocial, organizational competencies/skills and their development programmes : assertiveness, self confidence, self esteem, life skills, human relation skills, decision making skills, leadership, management and human resource management qualities, social skills family relations and couple adjustment.
- (vi) Planning, designing, conducting and evaluating training programmes for diverse groups and organizations.

Paper IV : Measurement and Evaluation in Counseling **Max. Marks 100**

- (i) Meaning of psychological measurement : Standardized measures: abilities and skills, aptitude, achievement, personality interest, study habits. Non standardized measures: Observation, interview, rating scales, case study, autobiography, self assessment.
- (ii) Importance of measurement in counseling: diagnosis, prediction, discrimination, monitoring and evaluation
- (iii) Evaluation of counseling, self evaluation as effective counselor, professional skill of counselor.
- (iv) Programme evaluation – purpose, scope and problems in programme evaluation, criteria of evaluation.

12
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Paper V : Supervised Practice

Max. Marks 100

(Each practice will be selected with the consultation of supervisor and will follow a detailed report for group discussion and feedback).

- (1) Individual testing (Five measures: Elective)
- (2) Group testing (Five measures: Elective)
- (3) Individual counseling (Five-five cases in any of the two areas out of the following: general adjustment, vocational adjustment, educational adjustment, mental health, addictive behavior, career counseling, counseling in organizational setting).
- (4) Group counseling (in any two areas out of pre marital, marital, couple, employee, yoga and meditation, elderly people. People with severe ailments.
- (5) Case Studies
 - (a) Career development (5 cases)
 - (b) Human adjustment/Mental Health (5cases)

Paper VI: Practical Training

One month work experience in any counseling centre or guidance and counseling centre.

The candidate has to submit the report of the training along with the certificate from the institution where he/she took the training.

Paper VII: Viva voce examination

12
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