

P.G. DIPLOMA IN CLINICAL & COUNSELLING PSYCHOLOGY (PGDCC)



Effective from Academic Year (2020-2021)

Shri Govind Guru University
Godhra

❖ **Course Title:** P.G. Diploma Clinical and Counselling Psychology (PGDCCP)

❖ **Eligibility For Admission:**

Any candidate who has cleared his/her any discipline of equivalent programmer with minimum 40% of marks. Performance will be given to a candidate having passed his/her examination at first attempt.

❖ **Duration of the programme:**

The duration of the D.C.C. programme shall be one year divided into two semesters.

❖ **Tenure:** June to November (Sem-I) and November to May (Sem-II)

❖ **Intake Capacity: 30**

❖ **Medium of Instruction: English/Gujarati**

❖ **P.G.D.C.C. - 3:-Programme structure:**

Semester	Paper No.	Paper Name	Marks	Passing Standard
1	101	Counseling psychologies - I	100	40
	102	Clinical Psychology - I	100	40
	103	Psychological Testing - I	100	40
	104	Psychotherapeutics	100	40
2	201	Counseling psychologies - II	100	40
	202	Clinical Psychology - II	100	40
	203	Psychology of Personality	100	40
	204	Dissertation	100	40

Structure & Detail Syllabus.

Se me ster	Paper No.	Paper Name	Marks	Passing Standard	Credits	Total Teaching Hours
Semester - 1						
1	101	Counselling psychologies - I	100	40	03	15 Weeks X 3 hours = 45
	102	Clinical Psychology - I	100	40	03	15 Weeks X 3 hours = 45
	103	Psychological Testing - I	100	40	03	15 Weeks X 3 hours = 45
	104	Psychotherapeutics	100	40	03	15 Weeks X 3 hours = 45
Total					12	
Semester - 2						
2	201	Counselling psychologies - II	100	40	03	15 Weeks X 3 hours = 45
	202	Clinical Psychology - II	100	40	03	15 Weeks X 3 hours = 45
	203	Psychology of Personality	100	40	03	15 Weeks X 3 hours = 45
	204	Dissertation	100	40	03	15 Weeks X 3 hours = 45
Total					12	
Grand Total					24	

101 Counselling Psychology - I

Unit-1. Introduction Of Counselling

Nature and Scope of Counselling
Historical Development of Counselling
Counselling & Psychotherapy
Goals & Objectives of Counselling
Functions of Counselor
Modern in Counselling

Unit-2. Approach to Counselling

Psychoanalytic Approach
Behaviouristic Approach
Cognitive Approach
Person Centered Approach
Elective Approach

Unit-3. Process Of Counselling

Preparation for Counselling
Phases of Counselling
Skills of Counselling
Evaluation of Counselling
Steps in the Counselling Process

Unit-4. Types Of Counselling

Group Counselling
 Consideration in Group Counselling
Family Counselling
adolescent Counselling
Counselling Women
Counselling in Indian context: Nature & Needs

❖ Reference Book:-

1. Felthum C. and Morton (2000): Hand Book of Counselling and Psychotherapy. New Delhi, Sage Publications.
2. Wolfs R. & Dryden W. (1998) Hand Book of Counselling Psychology. Sage Publications.
3. Brown S.D. & Lent, R.W. (2000): Hand Book of Counselling Psychology. New York: John Wiley & Sons.
4. Rao, S.N. (2000): Counselling & Guidance. Tata Mc Graw Hill.
5. Bhatiya, K.K. (2000) Principles Of Guidance and Counselling. Kalyani Publications.
6. रायअमरनाथएवंअस्थाना, मधु (2003): ननदेशनएवंपरामशशन, मोतीलालबनारसीदास।
7. Counselling Psychology - Somabhai Patel
8. GranthNirman Board - Ahmadabad
9. Counselling Psychology - Kusumben Bhatt
10. Counselling Psychology - Prof. C.B. Dave, Prof. K.K. Mehta, Dr. B.M. Contractor, - GranthNirman Board, Ahmadabad.
11. Counselling Psychology - T. Narayan Rao.
12. John C. Masters, Thomas G. Burish, Steven D. Hollon and David C. Rionm (1987). Behavior, Therapy, Edition, New York, Harcourt Brace Jovanovic college publishers.

Unit-1. Introduction and Clinical Psychology

1.1 Definition Nature of Clinical Psychology

- Clinical Psychologists at work
- The roots of Clinical Psychology
- The Value of Models
- Solutions about Models
- The Phenomenological Models

Unit-2 Assessment & Testing in Clinical Psychology

- The Goals of clinical assessment
- collecting Processing assessment data
- The Behavioural approach to assessment
- What is a Test
- What Construction Procedures
- Test Construction Procedures

Unit-3 Interviewing in Clinical Psychology

- What is an Interview ?
- Clinical interview situations
- Stage in the interview
- Communication in the interview
- Research on the interview

Unit-4 Observation Clinical Psychology

- Some Historical Notes
- Approaches to Clinical Psychology
- Controlled Observation
- Reliability and Validity (Evaluation of Observational assessment)

❖ References Book:-

1. Michael T. Nietzel, Douglas A. Bernstein, Richard Milich (1994) 'Introduction to Clinical Psychology 4th ED. Prentice Hall Englewood Cliffs, New Jersey.
2. Sheldon J. Korchin (1986) "Modern Clinical Psychology" 4th ED. CBS Publishers & Dist.
3. Korchin, S.J. (1976). Modern Clinical Psychology CBS Publication, Delhi.
4. Weiner, I.B. (1974), Clinical Methods in Psychology.
5. Goldenberg, H. (1983). Contemporary Clinical Methods in Psychology (2nd ED) New York.
6. Wolsman, B.B. (1978) Clinical Diagnosis of Mental Disorders: A Handbook. N, Y Plenum.
7. Nietzel, M.T. Bernstein, D.A. & Milich, R (1998). Introduction of Clinical Psychology (5th ED.) New Jersey: Prentice Hall.
8. नसंहए.के. (2008): आधुनिक नैदानिक मनोवज्ञान मोतीलाल बनारसीदास, नदल्ली।
9. सुलेमान, मुहम्मद एवं कुमर नदनेश (2006): आधुनिक नैदानिक मनोवज्ञान, जनरल बुक एजेन्सी, पटना।
10. कनपल एचके (2006) नैदानिक मनोवज्ञान, भास्विक बुक हाउस, आर्रा।

103 Psychological Testing - I

Function & Origins Of Psychological Of Testing

Unit-1. Nature and use of Psychological Test

- Uses and varieties of Psychological Tests
- What is a Psychological Tests?
- Why controls the use of Psychological Tests?
- Test Administration
- Examiner and situational variables
- Effects of Training of Test Performance

Unit-2 Historical Antecedents of Modern Testing.

- Early Interest in classification and training of mentally retarded persons
- The first experimental psychologists
- Contributions of Francis Galeton.
- Cattell and the early "Mental Tests"
- Group Testing

Unit-3 Historical Antecedents of Modern Testing.

- Ethical issues in psychological testing and assessment
- User qualifications and professional competence
- Responsibilities of test publishers
- Protection of Privacy
- Confidentiality
- Communicating test results.

Unit-4 Norms & Concept of Reliability, Validity and Item Analysis

- Concept of Norms
- Developmental Norms
- Within - Group Norms
- The correlation coefficient
- Types of Reliability
- Evolving concepts of test validity

❖ References Book:-

1. Michael T. Nietzel, Douglas A. Bernstein, Richard Milich (1994) 'Introduction to Clinical Psychology 4th ED. Prentice Hall Englewood Cliffs, New Jersey.
2. Sheldon J. Korchin (1986) "Modern Clinical Psychology" 4th ED. CBS Publishers & Dist.
3. Korchin, S.J. (1976). Modern Clinical Psychology CBS Publication, Delhi.
4. Weiner, I.B. (1974), Clinical Methods in Psychology.
5. Goldenberg, H. (1983). Contemporary Clinical Methods in Psychology (2nd ED) New York.
6. Wolsman, B.B. (1978) Clinical Diagnosis of Mental Disorders: A Handbook. N, Y Plenum.
7. Nietzel, M.T. Bernstein, D.A. & Milich, R. (1998). Introduction of Clinical Psychology (5th ED.) New Jersey: Prentice Hall.

Unit-1 Introduction to Psychotherapy

1.1 Definition, Objectives and Ethical issues in Psychotherapy

- Types of Psychotherapy
- Training of Psychotherapist
- Effectiveness of Psychotherapy

Unit-2 Psychoanalytic Therapy

- Freudian Psychoanalytic Therapy: Objectives, Steps & Clinical Utility
- Client - Centered Therapy: Objective, Steps & clinical utility
- Existential, steps & clinical utility
- Group Therapy: Objectives, Techniques & Clinical Utility

Unit-3 Behaviour Therapy

- Concept, Difference between psychotherapy and Behaviour therapy
- Aversion Therapy: Objectives, Procedure & Clinical Utility
- Medaling Therapy: Objectives, Process, Types & Clinical Utility
- Gestalt Therapy: Objectives, Steps Clinical Utility

Unit-4 Cognitive Therapy

- Nature, Characteristics and Assumptions.
- Rational Emotive Therapy: Objectives, Steps & Clinical Utility
- Stress Inoculation therapy: Objectives, Steps & Clinical Utility
- Yoga & mediation

❖ **Reference Books**

- 1) Wolman, B.B. (1976) "Treatment Method of Mental Disorders", New York: Van Nostrand Reinhold Company.
- 2) Garfield S.L. (1980): "Psycho Therapy: An Electric Approach." John Wiley and Sons.
- 3) Wolberg, L.R. (1997) "The Techniques of Psycho therapy (3rd Ed.) New York, Grune and Stratton.
- 4) Peterson, M.L. (1999) A complete Adult Psycho Therapy Treatment planner" John Wiley
- 5) Kumar, Kiran (2001) "The psychology of Mediation." Delhi: Concept publication.
- 6) Brice, Avery (2000) "Principle of Psycho Therapy." Harper Collins publishers, India.
- 7) ચિચિત્સામનોચિજ્ઞાનભાગ-1 ડૉ. િુ સુમબેનિ. ભટ્ટ, યુનિવર્સિટી ગ્રંથયનમા િણબોડિ, ગુજરાતરાજ્યઅમદા િાદ: 6
- 8) ચિચિત્સામનોચિજ્ઞાનભાગ-2 ડૉ. િુ સુમબેનિ. ભટ્ટ, યુનિવર્સિટી ગ્રંથયનમા િણબોડિ, ગુજરાતરાજ્યઅમદા િાદ: 6

201 Counselling Psychology - II

Unit-1 Educational Counselling

- The purpose of Educational Guidance
- Factors Contributing to Education Problems
 - Self
 - Home (Counselling & Home)
 - School - Elementary - High School & College
 - Neighborhood & Community
- The role of teachers Professional Counselling
- Educational Guidance Programme
 - Guidance at primary school level
 - Guidance at secondary school level
 - Guidance at college school level

Unit-2 Vocational Counselling

- The nature of vocational guidance
- The need for vocational guidance
 - The socio - economic & cultural context
- The concept of vocational Development and factors contributing to vocational development
- Counselling with families concern children as well as parents
- Counselling with delinquent

Unit-3 Training for Counselling

- Counselor preparation & Professional issues
- Academic Preparation
- Practical Skills
- Ethical Standards
- Selection & Training of counselors
- Modern trends in Counselling:
 - Counselling Movement in India & Modern time
 - Present status of Counselling & psycho Therapy
 - Trends in Counselling

Unit-4 Counselling in Special Areas

- Counselling in Industrial settings
- Medical & Health Counselling
- Counselling in Community Contrasts (NGOS)

❖ Reference Book:-

1. Felthum C. and Morton (2000): Hand Book of Counselling and Psychotherapy. New Delhi, Sage Publications.
2. Wolfs R. & Dryden W. (1998) Hand Book of Counselling Psychology. Sage Publications.
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11. Counselling Psychology - T. Narayan Rao.
12. John C. Masters, Thomas G. Burish, Steven D. Hollon and David C. Rionm (1987). Behavior, Therapy, Edition, New York, Harcourt Brace Jovanovic college publishers.

Unit-1 Clinical Intervention: Overview & Psychodynamic Models.

1.1 What is Psychotherapy

- Models of Therapy
- Evaluation of Therapeutic Intervention
- Practical Problems in Psychotherapy
- Community Psychology
- Psychodynamic Models

Unit-2 Clinical Intervention: Behavioral and Phenomenological Models.

- Behavioral Models
- Foundation of Behavioral Modification
- Contemporary Behavior Therapy Techniques
- Phenomenological Models
- The Client Centered Therapy of Carl

Unity-3 Clinical Child Psychology

- Issues Unique to Child Psychology
- Classification of Childhood Disorders
- Clinical Assessment of Childhood Disorders
- Treatment of Childhood Disorders
- The Future of Clinical Child Psychology

Unit-4 Professional Issues in Clinical Psychology

- Professional Training
- Professional Regulations
- Professional Ethics
- Professional Independence
- Perils of Professionalism
- The Future of Clinical Psychology

❖ References Book:-

1. Michal T. Nietzel, Douglas A. Bernstein, Richard Milich (1994) 'Introduction to Clinical Psychology 4th ED. Prentice Hall Englewood Cliffs, New Jersey.
2. Sheldon J. Korchin (1986) "Modern Clinical Psychology" 4th ED. CBS Publishers & Distributors.
3. Korchin, S.J. (1976). Modern Clinical Psychology CBS Publication, Delhi.
4. Weiner, I.B. (1974), Clinical Methods in Psychology.
5. Goldenberg, H. (1983). Contemporary Clinical Methods in Psychology (2nd ED) New York.
6. Wolsman, B.B. (1978) Clinical Diagnosis of Mental Disorders: A Handbook. N, Y Plenum.
7. Nietzel, M.T. Bernstein, D.A. & Milich, R. (1998). Introduction of Clinical Psychology (5th ED.) New Jersey: Prentice Hall.
8. नसंह ए.के. (2008): आधुनिक नैदानिक मनोवैज्ञान मोतीलाल बनारसीदास, नदल्ली।
9. सुलेमान, मुहम्मद एवं कुमर नरेश (2006): आधुनिक नैदानिक मनोवैज्ञान, जनरल बुक एजेंसी, पटना।
10. कनपल एचके (2006) नैदानिक मनोवैज्ञान, भार्गव बुक हाउस, आर्रा।

Unit-1 The Dispositional Approach

- 1.1 Allport's Trait Approach
 - Cattell's trait Approach
 - Eysenck's Type Approach
 - Big Five - Factor Model

Of Personality Unit-2

Humanistic Approaches:

- Murray's Need theory
- Need for achievement
- Maclelland - Atkinson Approach
- Maslow's Hierarchical Theory of

Human Motivation. Unit-3

Phenomenological and Cognitive Theory

- Kelly's Personal Construct Theory
- Roger's Self Theory
- Lewin's field theory
- Festinger's Cognitive Dissonance Theory

Mischel's Cognitive

Behavioral Theory Unit-4

Radical Behaviorism Of

Skinner

- Social Learning Theories
- Miller & Dollard Theory
- Rotter's Theory
- Bandura's Theory

❖ References Book:-

1. Liebert, R.M. & Spiegler, M.D. Personality : Strategies and Issues. Pacific Grove. California: Brooks/Cole Publishing Company.
2. Biscoff, L.J. (1970). Interpreting Personality. New York: Harper & Roe.
3. Hall, C.S. & Lindzey, G. (1978) Theories of Personality, 3rd Ed. New York J. Wiley & Sons.
4. Hjelle, L.A., & Zeigler, D.J. (1991) Personality Theories: Basic Assumptions, Research and Applications, 2nd Ed. International Student Edition. McGraw Hill, International Book Co.
5. Pervin, L.A. (1975) Personality: Theory, assessment and research, 2nd Ed. New York, Wiley International Ed.
6. Magnusson, D. Endler, N.S. (1977) Personality at crossroads. New Jersey, Hillsdale: Lawrence Erlbaum Associates.
7. Calvin S. Hall Gardner Lindzey John B. Campbell (2007) Theories of Personality 4th Edition, Publisher: Wiley India Pvt. Ltd.
8. Barbara Engler (2008) Personality Theories/Edition 8.
9. व्यक्तित्वमनोनवज्ञान (2004), अरुणकु मारनसंह, मोतीलालबनारसीदास।
10. व्यक्तित्वमनोनवज्ञान (2002), मधुअस्थाना, नकरणबाला, मोतीलालबनारसीदास।

11. व्यक्तित्वमनोनवज्ञान (2004), डी.एन. श्रीवास्तव, भार्शवपक्तिके शनहाउस, आर्रा।
12. व्ययित्नांयसद्ांतो (2014), डॉ. िु सुमपेनि . लट्ट, युयनियसिटीयनमािषाब्ोडि , अमदािाद - द.