

Netaji Subhas Open University
Advanced Diploma in Psychological Counselling (ADPC)
Syllabus

Name of the Paper:

Paper-1: Basic Psychological Processes and Developmental Psychology (Theory)

Paper-2: Psychological Disorders and Basic Physiology as related to Psychology (Theory)

Paper-3: Counselling and Psychotherapies- Basic (Theory)

Paper-4: Psychology, Psychological Approaches to Counselling and Psychotherapies (Theory)

Paper-5: Practical

Paper - 6: Project/ Internship

Full marks: 600 (48credits); Duration: 12months;

Detailed Syllabus

Paper-1: Basic Psychological Processes and Developmental Psychology (Theory)

A. Basic Psychology as Related to counseling

- Psychology: Definitions. Branches (emphasis on counselling related branches); Methods (observation, Interview, case study)
- Sensation, Perception, Emotion, Motivation, Memory, Intelligence.
- Schools of Psychology as related to Counselling.

B. Developmental and psychology

Developmental Psychology

- Child Psychology – Physical, Psychological, Social and Moral Development in Child.
- Adolescent Psychology – Sexual maturity in boys and girls. Social maturity. Adolescent problems.
- Personality – Definitions, Development, Structure, Measurement.

Psychology

- Theories of Personality and Psychopathology of
 - Sigmund Freud : Founder of Psychoanalysis and
 - Erik Erikson
- Schools derived from psychoanalysis and psychology as related to counseling. A.Adler, F. Alexander, E. Berne, J. Bowlby, E. Fromm, A. Freud, K. Horney, M. Klein, C.G. Jung, H.S. Sullivan, E.L. Thorndike, B.F. Skinner, Carl. Rogers, A. Maslow, A. Meyer, K.Z. Lorenz
- Fulfillment and Frustration of motives; Conflict anxiety and defense Mechanisms.

Paper-2: Psychological Disorders and Basic Physiology as related to Psychology (Theory)

Psychological disorders

- Classification of disorders.
- Neurotic disorders.
 - Anxiety disorders
 - Phobic disorders.
 - C D
 - P T S D
 - Somatoform disorders
 - Dissociative disorders
- Schizophrenic disorders and paranoid disorders
- Mood disorders.
- Organic mental disorders.
 - Acute organic syndromes
 - Chronic organic syndromes.
- Personality disorders.
- Drug and alcohol dependence
- Psychiatry and other specialities.
- Sexual disorders.
- Childhood and adolescent mental disorders.
- Geriatric disorders.

Paper-3: Counselling and Psychotherapies- Basic (Theory)

Counselling basics

- Counselling-Introduction. Definitions purpose.
- Counselling in Medicine and Psychiatry.
- Counselling Methods and Techniques – Information giving, Client – centred counseling. Problem solving counseling. Cognitive-behavioural approaches. Interpersonal counseling. Psychodynamic counseling. Crisis counseling.
- Application of counselling to specific conditions – Stress-induced disorders. Counselling for adjustment disorders. Grief counselling. Counselling for recent and past trauma. Prevention of psychiatric disorders. Treatment of post-traumatic disorders. Post-natal depression.
- Counselling settings – Counselling in primary care. Student health, Counselling in general hospital settings. Counselling in voluntary organizations. Counselling in the work places.
- Counselling persons with communication disorders.
- Counselling persons with vision impairment and hearing problem.
- Counselling gay men and lesbians and their families.
- Ethical issues.
- Legal issues.
- Treatment planning in Counselling.
- Why psychological testing?

COUNSELLING – Specific

- Teaching children self-control through counseling.
- Counselling victims of child abuse and their families.
- Counselling adolescents.
- Counselling persons with eating disorders.
- Counselling college students.
- Marriage and marital counseling
- Pregnancy and child birth, rearing of infant and children.
- Addiction Counselling
- Health Counselling.
- Counselling for Obsessive Compulsive Disorder.
- Counselling for phobics and other panic victims.
- Counselling of HIV + AIDS patients.
- Counselling for personality disorders.
- Counselling for the paraphilics.
- Geriatric counselling.
- Counselling about behaviour problems in Alzheimer's and other organic mental Disorders.
- Counselling for the problems related to death and dying.

Paper-4: Psychology, psychological approaches to counselling and psychotherapies (theory)

BEHAVIOUR THERAPIES

- A brief history
- Learning – Definition, theories.
- Basic Principle: Social cognitive learning theories (Bandura), Therapeutic procedures, Flooding, Systematic Desensitization, Exposure Therapy, Cognitive Therapy, Reinforcement, Extinction, Punishment, Aversion Therapy, Relaxation Training, Meditation, Modeling and Social Skills Training.
- Operant conditioning.
- Behavior therapies in specific conditions – Anxiety disorders, Panic disorders, Phobias, OCD, depression, eating disorders, obesity, headache, Insomnia, Stress Disorders, and Cancer.
- Behaviour Therapy – in childhood disorders – Autism Conduct Disorders and ADHD.

PSYCHOTHERAPIES

- Psychoanalysis
- Gestalt Therapy
- CBT (Cognitive Behaviour therapy)
- IPT (Interpersonal therapy)

- Brief Psychotherapies.
- Group psychotherapies.
- Supportive psychotherapy
- Relationship psychotherapy
- Psychotherapy of couples.
- Family therapy

Therapeutic communities

Paper-5: PRACTICAL (Psychological Testing)

PSYCHOLOGICAL MEASUREMENT

- Quantifying individual differences through
 - Frequency distribution
 - Measures of Central tendency
 - Measures of dispersion
- Concepts of percentile score
- Correlation
- Errors of Measurement: Reliability and validity
- Sampling
 - Sampling – Definition, types

NON-CONVENTIONAL COUNSELLING

- Evaluation of E.Q. + I.Q.
- Ability and aptitude
- Counselling a child before going to school for the first time
- Counselling a mother before her child's going to school for the first time.
- Counselling a student before going to changing his/her school.
- Counselling a student while selecting his/her subjects at the Higher Secondary level.
- Counselling a student before entering technical school or college.
- Counselling a student while in school/college
- Counselling a student before seeking a job.
- Occupational counseling for selection a job.
- Marital counselling – premarital (selection of partner)
- Counselling before becoming pregnant, abortion, child birth and child rearing.
- Counselling before adoption of and acceptance of test tube baby.
- Counselling before acceptance joint family/single family.
- Counselling before changing residence.
- Counselling before preparation for retirement.
- Counselling before starting a business.
- Counselling before choosing professional practice or selecting a job
- Counselling before selecting the profession of artists for drama, music and dance etc.

Paper 6: Project (Viva)/ Internship