

School of Studies in Psychology
Pt. Ravishankar Shukla University, Raipur (C.G.)

**POST GRADUATE DIPLOMA IN
PSYCHOLOGICAL GUIDANCE AND COUNSELLING
(PGC)**

1. SCOPE :

The P.G. Diploma in Psychological Guidance and Counselling is meant for those students. Who intend to take up position of Director of Guidance Bureau, School Counsellor, Career Master, Rehabilitation Officer, Marriage Counsellor and such other positions in private and public settings. It is also meant for those persons who intend to start their own guidance and counseling centers or consultancy services. The main purpose of this job-oriented course is to enable the student to understand the psychodynamics involved in the problems of human adjustment and their effective management.

2. Examination System

Title		Min. Marks	Max. Marks
A.	Theory Papers		
	PAPER I – Psychological Guidance	40	100
	PAPER II – Counselling Theories and Techniques	40	100
B.	PAPER III – Field Exploration		
	1. Field Internship – 30 2. Case Study Report – 70	40	100
C.	PAPER IV – Laboratory Practical		
	1. Construction of Guidance tool – 30 2. Psychological testing – 70	40	100
GRAND TOTAL		160	400

NOTE : Candidate securing at least 40% marks of the aggregate in (a) Theory paper in (b) Field exploration and (c) Lab practical separately shall be declared Successful at the examination. Candidates obtaining 60% marks or more in total shall be declared to have passed with merit and these obtaining 40% or more but less than 60% marks shall be declared as passed.

Course content of P.G. Diploma in P.G.C.

PAPER – I
PSYCHOLOGICAL GUIDANCE

100 Marks

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

- Unit – I** Introduction to guidance – Meaning objective principles and assumptions of guidance, Need for guidance.
- Unit – II** Guidance services, emergence's of professional guidance services, Major guidance functions; – Assessment, & evaluation Psychological testing concept, theory use and interpretation of psychometric tools and projective tests.
- Unit – III** Essential guidance services – Guidance activities – Appraisal, counseling, career information, student support services group guidance – meaning, characteristics technique and organizing group guidance community resources and guidance.
- Unit – IV** Guidance for human development and adjustment – life span perspective, Perspectives of Development of personality, adoptive and non adoptive patterns of behaviour, facilitating development and adjustment.
- Unit – V** Guidance in action – guidance for formatting self concept, Anger control, self management, self disclosure, career development concept of work and human motive, concept of career development theory of career development, super's career development Theory, Social learning theory of career decision making, Career maturity, career pattern.
- Activity :** Identification/assessment, report of two cases with management planning.

Reference :

1. Bhatnagar, A. and Gupta, N. (Eds.) 1999, *Guidance and counselling; A theoretical approach (Vol. 1) Vikas Publishing House, New Delhi.*
2. Srivastava, A.K.2003. *Principles of guidance and counselling. Kaniksha Publisher and Distributors, New Delhi.*
3. Barik, B.G. and Mukhopadhyay, B.1998 *Guidance and Counselling :A Manual Sterling, New Delhi.*
4. Cronbach, Lee. J.1990. *Essentials of Psychological Testing (5th Ed.) Harper Collins Publishers., New York.*
5. Brown D. and Brooks, I.,(Eds.) 1990 *Career Choice and Developments (2nd ed.) Jossey bass Publications, San Francisco.*
6. Holland, J.L. 1973 *Making vocational Choices. Prentice-Hall, Englewood Cliffs, New Jersey.*
7. Traxler. F., Arthur and North D. Robert(1996). *Technique of Guidance IIIrd Edition Halper & Row, Publishers New York an London.*
8. Crow, L. and Crow, A. (1962), *An Introduction to Guidance IInd Ed. Eurasia Publishing House (p) .Ltd.*
9. Asch. M. (2000) *Principals of Guidance and Counselling 1st Ed. Sarun & Sons New Delhi.*
10. Jones. J.Arthur, eta (1952), *Principal of Guidance 6th Ed. Tata McGraw Hill Publishing company.*
11. Gupta S.k.(1985), *Guidance and counselling in India education 1st Ed. Mittal Publishers Trinagar Delhi*

PAPER – II
COUNSELLING THEORIES AND TECHNIQUES

100 Marks

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

- Unit – I** Introduction to counseling : Meaning, Need, Goals, Principles and Assumptions.
- Unit – II** Micro Skills of Counseling – Effective helper, process, Problem assessment and goal setting in counseling.
- Unit – III** Counseling approaches : Psychoanalytic, Gestalt, Phenomenological, Behavioral, & cognitive approach , T.A., counseling.\
- Unit – IV** Special concerns in counseling- group counseling, career counseling, peer counseling, alternative therapies, crisis counseling. Promoting mental health and well being, developing coping skills, Alcohol and drug abuse.Two case identification and intervention plan.
- Unit – V** **Counselling application – II**

Management of

- a. Shyness.
- b. Smoking.
- c. Depression.
- d. Stress.
- e. Marital Maladjustment
- f. Old age problems
- g. Eurenensis
- h. Phobias
- i. Fear of interview
- j. Feas of Stage performance.
- k. Problem in decision making.

Activity : Two Case study , diagnosis and intervention plan.

Reference :

1. Gibson, R.L. and Mitchell, M.H.2007. *Introduction to counselling and Guidance*(7th ed.) Englewood Cliffs, New Jersey.
2. Stanley. J.C. and Hopkins, K.D. 1990.*Educational and Psychological measurement and evaluation. Prentice-Hall, Engleweed Chiffs, New Jersey.*
3. Lock, D.C., Myers, J.E. and Herr. E.L.(Eds.)2001. *The handbook of counselling* (pp343-354). Sage Publications, Thousand Oaks, C.A.
4. Ellis, A. 1962. *Reason and Emotion in Psychotherapy.* Lyle Stuart Press, New Yourk.
Meichenbaum, D. 1977. *Cognitive behaviour Modification : An Integrative Approach* Plenum, New York.
5. Baron, R.A. 1999, *Essentials of Psychology* Allyn and Bacon, USA
Coon, D.2001. *Introduction in Psychology,; Gateways to mind and behaviour.* Wadsworth, USA.
6. Hurlock, E.B. 1997. *Child Development* (6th ed.) Tata McGraw-Hill, New Delhi, India.
7. Brooks, L. 1984 *counselling special groups*, In D, Brown, I,, Brooks & Associates, *Career choice and development.* Jossey-Bass, San Francisco.
8. Windy.D. (1988) (Ed.) *Counselling in Action* New York; Sage Publication.
9. Nelson, J.(1982), *The theory and practice of counselling Psychology*, New York
Renehart and Winston.
10. Belkin. G.S. (1988) *Introduction to couseelling.* W.G. Brown Publishers.

UNIT – V COUNSELLING APPLICATION - II

Management of

- a. Shyness.
- b. Smoking.
- c. Depression.
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1. Gibson, R.L. and Mitchell, M.H.2007. *Introduction to counselling and Guidance*(7th ed.) Englewood Cliffs, New Jersey.
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10. Belkin. G.S. (1988) *Introduction to couselling*. W.G. Brown Publishers.

PAPER – III

FIELD EXPLORATION (INTERNSHIP PROGRAMME) :

100 Marks

A. Internship Programme : 70 Marks

The Internship Programme consists of two phases, about 30 days each. The students would be attached to the institute organization for a period of about two months. During this period they have to explore and identify the problem for investigation, and prepare Study-report (case) under the guidance of the Supervisor (faculty Member). This report would Carry 70 marks and would be evaluated by both internal and external examiner, each examiner awarding marks out of 35 as per university rules.

B. Internship Evaluation : 30 Marks

- i Presentation of the report in the departmental Seminar. – 10 Marks
- ii. Attendance for the programme certified by the supervisor – 20 Marks

PAPER – IV

Lab Practical

100 Marks

1. Construction of guidance tools related to the area of specialization – 30 Marks
 2. Psychological Testing – Candidates would be required to administer, score and interpret at least 10 Psychological test – 50 Marks
 3. Practical record book – 10 Marks
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1. Viva-Voce – 10 Marks