

# **Revised Post Graduate Diploma in Guidance & Counselling Syllabus**

with effect from the academic session 2022-23



## **Ramakrishna Mission Sikshanamandira**

(An Autonomous Post-Graduate College under the University of Calcutta)

College of Teacher Education (CTE)

Belur Math, Howrah- 711 202

West Bengal

## Revised P.G.D.G.C. Syllabus 2022-23

<b>Semester – I</b>				
<b>Course code</b>	<b>Title of the course</b>	<b>Credits</b>	<b>Hours</b>	<b>Marks</b>
<b>511</b>	Introduction to Guidance & Counselling	4	4×15 = 60	100
<b>512</b>	Fundamentals of Human Behaviour & Positive Psychology for Counselling	4	4×15 = 60	100
<b>513</b>	Psychological Assessment in Guidance & Counselling	4	4×15 = 60	100
<b>514</b>	<b>Practicum</b>			
	(A) Fundamentals of Human Behaviour & Positive Psychology for Counselling	2	2×15 = 30	25
	(B) Psychological Assessment in Guidance & Counselling	2	2×15 = 30	25
<b>515</b>	<b>Major Project</b>			
	Major Project on Educational & Vocational Counselling	4	4×15 = 60	50
<b>Total (1<sup>st</sup> Semester)</b>		<b>20</b>	<b>300</b>	<b>400</b>

<b>Semester – II</b>				
<b>Course code</b>	<b>Title of the course</b>	<b>Credits</b>	<b>Hours</b>	<b>Marks</b>
<b>521</b>	Bio Psychology & Psychopathology	4	4×15 = 60	100
<b>522</b>	Therapeutic Approaches in Psychology	4	4×15 = 60	100
<b>523</b>	Counselling in Practice	4	4×15 = 60	100
<b>524</b>	<b>Practicum</b>			
	(A) Bio Psychology & Psychopathology	2	2×15 = 30	25
	(B) Therapeutic Approaches in Psychology & Diagnosis	2	2×15 = 30	25
<b>525</b>	<b>Major Project</b>			
	Major Project on Counselling in Practice	4	4×15 = 60	50
<b>Total (2<sup>nd</sup> Semester)</b>		<b>20</b>	<b>300</b>	<b>400</b>
<b>Grand Total Credits, Hours &amp; Marks (1<sup>st</sup> Semester &amp; 2<sup>nd</sup> Semester)</b>		<b>40</b>	<b>40×15 = 600</b>	<b>800</b>

**SEMESTER-I**  
**Paper - I: Introduction to Guidance & Counselling**  
**(Course Code: 511)**

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

**Objectives:**

At the end of this course the students will be able to:

- Develop an understanding of the concepts of guidance and counselling.
- Acquire the skills necessary for counselling.
- Know about different areas of counselling.
- Create awareness about working of Guidance Organizations.
- Know about the basic needs of guidance services.
- Develop the knowledge about different fields of Guidance & Counselling.
- Know about the necessity of Career Guidance & Counselling.

Unit	Course Content	Class Teaching Hours
<b>Unit I</b>	<b>Concept of Guidance &amp; Counselling:</b>	<b>4 hrs</b>
	<ul style="list-style-type: none"> <li>Definition, nature, functions, Importance, limitations, types and kinds of Guidance and Counselling.</li> </ul>	3 hrs
	<ul style="list-style-type: none"> <li>Difference between Guidance, Counselling &amp; Psychotherapy.</li> </ul>	1 hr
<b>Unit II</b>	<b>Skills &amp; Areas of Counselling:</b>	<b>16 hrs</b>
<b>Skills</b>	<ul style="list-style-type: none"> <li>Basic knowledge of Psychology &amp; ability to make rapport, communication skills, observational power and empathy. Probing skill; through questioning and organizing facts, Genuineness and Congruence, Concreteness, Warmth, Immediacy, Data gathering, Depth and Enhance the relationship.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Sensitivity &amp; practicing ethical issues.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Listening skills &amp; patience. Honesty &amp; confidentiality.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Crisis management, facilitating self-disclosure &amp; problem-solving, Ice breaking, monitoring and closure.</li> </ul>	1 hr

<b>Areas</b>	<ul style="list-style-type: none"> <li>Educational &amp; Vocational (School and College), and Occupational Counselling (during service).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Individual (Pre-marital &amp; Marital Counselling and Gerontological Counselling), Family and Group Counselling.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Current forms of e-Counselling and Tele- Counselling and their applications in areas of rehabilitation.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Trauma Counselling, Intra-personal &amp; Inter-personal Counselling, Crisis intervention, Counselling for the patients suffering from chronic diseases (Like Cancer and AIDS).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Psychiatry, Psychology, Psychiatric Social Work, Psychiatric Nursing, Counselling Special education.</li> </ul>	4 hrs
<b>Unit III</b>	<b>Organization and Needs of Guidance Service:</b>	<b>12 hrs</b>
	<ul style="list-style-type: none"> <li>Requirements of School Guidance Services.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Counselling Service, Remedial Service.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Follow-up Service, Research Service.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Organization of Child Guidance Clinic.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Concept of Self-help Group.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Human rights &amp; Child rights.</li> </ul>	2 hrs
<b>Unit IV</b>	<b>Fields of Guidance &amp; Counselling:</b>	<b>16 hrs</b>
	<ul style="list-style-type: none"> <li>The Youth Employment Services.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>The National Foundation for Research.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>The National Institutes in Industrial Psychology.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Child Guidance Clinics and the School Psychological Services.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>The Educational Welfare Services.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>The National Institutes of Physically and mentally challenged.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>The University Employment Information and Guidance Bureaus and Student Advisory Bureaus.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Rehabilitation Council of India (RCI).</li> </ul>	2 hrs
<b>Unit V</b>	<b>Career Guidance &amp; Counselling:</b>	<b>12 hrs</b>
	<ul style="list-style-type: none"> <li>Sources of Information, Method of Collecting Information, Filing &amp; Dissemination of Information, Guiding for Career Selection.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Career talk, Occupational Information Fair, career or vocational options.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Career stages, organizational perspective on careers, matching process, career mentoring programs.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Career Guidance activities in school: Concept &amp; Set-up of Career Hub (Career awareness Camp, Career Club formation, Club activities &amp; Career Day).</li> </ul>	2 hrs

**Suggested English Books:**

- Aggarwal, J.C. (1989). *Educational and Vocational Guidance and Counselling*, Doaba House; Delhi
- Aggarwal, J.C. (1998). *Career Information in Career Guidance: Theory and Practice*, Doaba House, Delhi.
- Bond, Tim (2010). *Standards and Ethics for Counselling in Action*, SAGE Publications.
- Burnard, Philip (2002). *Counselling Skills Training (A Sourcebook of Activities for Trainers)*, Viva Books Private Limited.
- Cochran, Larry (1997). *Career Counselling: A Narrative Approach*, SAGE Publications
- Crow, Lester D. & Crow, Alice (1962). *An Introduction to Guidance: basic principles and practices*, Eurasia publishing House (p) LTD, New Delhi.
- Dev, Kapil (2006). *Educational Counselling*, Pragun Publications, New Delhi
- Gibson, Robert L. & Mitchell, Marianne H. (2012). *Introduction to Guidance and Counselling*, Prentice Hall of India, New Delhi.
- Gupta, Manju (2003). *Effective Guidance & Counselling modern Methods and Techniques*, Mangal Deep Publications, India.
- Kinra, Asha K. (2012). *Guidance and Counselling*, Pearson Publication.
- Kochhar, S.K. (2010). *Educational and Vocational Guidance in Secondary Schools*, Sterling Publishers, New Delhi.
- Kottler, Jeffery A. & Shepard, David S. (2009). *Counselling Theories and Practices*, CENGAGE Learning.
- Lakshmi, K. S. (2006). *Encyclopaedia of Guidance and Counselling (Part – I: Strategies for Guidance and Counselling / Part – II: Educational Guidance and Counselling / Part – III: Social Guidance and Counselling / Part – IV: Personal and Vocational Counselling)*, A Mittal Publications, New Delhi.
- McLeod, John (2008). *An Introduction to Counselling*, Rawat Publications.
- McLeod, John (2013). *Person - Centered Counselling in Action*, SAGE Publications.
- Nag, Dr. Subir (2012-13). *Counselling and Guidance*, Rita Publication, Kolkata.
- Nathan, Robert & Hill, Linda (2012). *Career Counselling*, SAGE Publications.
- Nelson-Jones, Richard (2008). *Basic Counselling Skills, A Helper's Manual*, SAGE Publications India Pvt. Ltd.
- Rao, S. Narayana & Sahajpal, Prem (2013). *Counselling and Guidance*, McGraw Hill Education, New Delhi.
- Sharma, Ramnath and Sharma, Rachana (2007). *Guidance and Counselling in India*, Atlantic Publishers and Distributors, New Delhi.
- Srivastava, Sushil Kumar (2007). *Career Counselling*, ATLANTIC Publishers & Distributors (P) LTD.

**Suggested Bengali Books:**

- Choudhury, Mohamad & Islam, Mo. Aminul (2014). *Counselling Psychology*, Mostafa Prakashani, Dhaka.
- Ghosh, Dr. Sanat Kumar, *Shikshay Sangati-Apasangati Ebong Nirdeshana*,
- Nag, Dr. Subir & Datta, Dr. Gargi. *Sangati Bidhane Nirdeshana O Paramarshadan (Guidance and Counselling in Adjustment)*, Rita Book Agency.
- Nanda, Adhyapak Bishnupada & Jaman, Adhyapika Saraoyatara. *Byatikramdharmi Shishu*, Maola Brothers, Dhaka.
- Pal, Debashis (2001). *Shikshay O Brittite Nirdeshana*, Central Library.
- Pal, Debashis. *Nirdeshana O Paramarsha*, Central Library, Kolkata.

## Paper - II: Fundamentals of Human Behaviour & Positive Psychology for Counselling (Course Code: 512)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

### Objectives:

At the end of this course the students will be able to:

- Develop an understanding of the concepts of Basic Psychology.
- Know about Social basis of Behaviour.
- Know about Indian Psychology and its contribution in the field of Modern Psychology.
- Identify the different types of problems at different stages of developmental psychology.
- Understand different factors associated with Psychological Development.
- Know about different theories of personality and their implication in Guidance & Counselling.
- Recognize the needs of different contexts for Positive Psychology.

Unit	Course Content	Class Teaching Hours
<b>Unit I</b>	<b>Basic Psychology and Social basis of Behaviour Related to Counselling:</b>	<b>22 hrs</b>
	<ul style="list-style-type: none"> <li>Psychology: Definition, branches (emphasis on counselling related branches), and methods: Observation, Survey, Interview &amp; Case Study.</li> </ul>	8 hrs
	<ul style="list-style-type: none"> <li>Cognitive, Affective, and Conative basis of behavior (Definition and Factors influencing): Sensation, Perception, Emotion, Motivation, Memory, Intelligence, Learning &amp; Thinking.</li> </ul>	6 hrs
	<ul style="list-style-type: none"> <li>Schools of Psychology as related to counselling.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li><b>Social basis of Behaviour:</b> Social perception, Social learning, Social facilitation, Attitude, Prejudice, Stereo types, Social Cognition.</li> </ul>	4 hrs
<b>Unit II</b>	<b>Psychological Dimensions of Counselling:</b>	<b>5 hrs</b>
	<ul style="list-style-type: none"> <li>Indian Perspective: Therapeutic values of Indian Psychology.</li> </ul>	2 hrs

“উদ্ধারের দ্বারা আনন্দ আনন্দময়।

আত্মবিশ্বাসের দ্বারা আনন্দময়।” ॥ (শ্রীমদ্ভগবদ্গীতা ৬-৪ অধ্যায়, ৫-ম শ্লোক)

	<ul style="list-style-type: none"> <li>How to overcome anxiety, frustration, aggression etc.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Yogic Prescriptions.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Contribution of Girindrasekhar Basu &amp; Jadhunath Sinha in developing Philosophy of Indian Psychology.</li> </ul>	1 hr
<b>Unit III</b>	<b>Stages &amp; Factors of Psychological Development:</b>	<b>10 hrs</b>
	<ul style="list-style-type: none"> <li>Developmental task of different stages of development: Prenatal development, Birth and Infancy, Early childhood, Middle childhood, Adolescence, Adulthood &amp; Old age.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Fulfilment and frustration of motives, conflict, anxiety and defense mechanisms at different stages of life.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Family and Parenting, Peers, Media, Schooling, Socio-cultural context, Religious context and morality.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Personality and Adjustment: Meaning, Definition, Types and theories.</li> <li>Stress, Health and Coping.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Psychodynamics of Adjustment – Adjustment problems, Cause of Maladjustment, Problems of Maladjustment.</li> </ul>	1 hr
<b>Unit IV</b>	<b>Personality Theories and their Implications in Guidance and Counselling:</b>	<b>13 hrs</b>
	<ul style="list-style-type: none"> <li>Freudian viewpoint.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Neo-Freudian viewpoint (Erikson's, Adlerian, Meyer's and C. G.Jung's viewpoint).</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Moralistic viewpoint (Kohlberg).</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Classical Conditioning (Pavlov).</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Behaviouristic viewpoint (Skinner).</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Humanistic viewpoint (Maslow's and Roger's viewpoint).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Eysenck's viewpoint.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Social Cognitive Learning viewpoint (Bandura).</li> </ul>	1 hr
<b>Unit V</b>	<b>Positive Psychology:</b>	<b>10 hrs</b>
	<ul style="list-style-type: none"> <li>An introduction to meaning, objectives and theoretical perspectives of positive psychology (Seligman).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Life skills.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Practical strategies to enhance happiness: Enhancing pleasure, engagement and meaning-making.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Spirituality and well-being.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Subjective well-being: Characteristics and determinants, Life satisfaction and happiness.</li> </ul>	1 hr





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- Slater, Alan & Bremner, J. Gavin (2011). *An Introduction to Developmental Psychology*, British Psychological Society; John Wiley & Sons.
- Sylwester, Robert (2007). *The Adolescent Brain Reaching for Autonomy*, Crown Press.

#### **Suggested Bengali Books:**

- Basu, Amit Ranjan. *Bhnuiforer Manobidya Charcha*, Anustup.
- Basu, Sri Girindrashekhar (Falgun, 1357). *Swapna, Bangiya - Sahitya - Parishad*, Kolkata.
- Chattopadhyay, Debiprasad. *Fraud Prasange*, Anustup.
- Chattopadhyay, Debiprasad. *Shono Bali Maner Katha*, Anustup.
- Das, Ramesh (1972). *Man (Mind)*, Bholanath Prakashani, Kolkata.
- Dutta, Choudhury (1982). *Bayasandhi*, Pashcimbanga Rajya Pustak Parishad.
- Freud, Sigmund (Vashantar - Arupratan Basu) (2002). *Swapna Samikshan*, Dipayan, Kolkata.
- Freud, Sigmund (Vashantar – Arupratan Basu) (2004). *Swapna Bishleshan*, Dipayan, Kolkata.
- Mishra, Puspa & Mushayera (2007). *Sigmund Fraud*, Kolkata.
- Sarkar, Sunil Kumar (1980). *Fraud*, Pashcimbanga Rajya Pustak Parishad.

## Paper - III: Psychological Assessment in Guidance & Counselling (Course Code: 513)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

### Objectives:

At the end of this course the students will be able to:

- Know about the nature, needs and types of Psychological Assessment.
- Develop an understanding about the concept of tools & techniques.
- Know about the different types of Tests in Guidance & Counselling.
- Administer and interpret different types of Observational Instruments.
- Develop the knowledge about basic statistics for Guidance & Counselling.

Unit	Course Content	Class Teaching Hours
<b>Unit I</b>	<b>Introduction to Psychological Assessment:</b>	<b>6 hrs</b>
	<ul style="list-style-type: none"> <li>• Concept, Nature and goals of Psychological Assessment.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Difference between Assessment and Evaluation.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Logistics of Psychological Assessment.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Approaches and Methods of Assessment of children, adolescents and elderly.</li> </ul>	2 hrs
<b>Unit II</b>	<b>Basic Ideas of Tools &amp; Techniques:</b>	<b>4 hrs</b>
	<ul style="list-style-type: none"> <li>• Concept, Tools and Techniques for student appraisal. Types &amp; characteristics of Psychological Tests and their limitations.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Psychological test - administration, scoring, analyzing and interpretation. Recording and reporting test results.</li> </ul>	2 hrs
<b>Unit III</b>	<b>Different Tests in Guidance &amp; Counselling:</b>	<b>14 hrs</b>
	<ul style="list-style-type: none"> <li>• Assessment of intellectual and cognitive abilities: Attention, memory, intelligence, Anger, Attitude &amp; Aptitude.</li> </ul>	4 hrs

	<ul style="list-style-type: none"> <li>• Career related Assessment: Aptitude and vocational interest; Career search self- efficacy; MBTI and Holand's Vocational Preference Inventory.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>• Mental health and Personality Assessment: Psychosocial adjustment; Anxiety, Stress, Depression and Somatic Complaints. General Health Questionnaire (GHQ).</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>• Personality assessment: Projective and Non-Projective tests.</li> </ul>	2 hrs
<b>Unit IV</b>	<b>Observation instruments:</b>	<b>14 hrs</b>
	<ul style="list-style-type: none"> <li>• Sociometric Appraisal of Students and Sociometric Techniques.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Kuder Occupational Interest Survey.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Interview – types, procedure and limitations. Case Study - Chronological and Cross-sectional.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Cumulative Record Card (CRC).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Anecdotal Record Card (ARC).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Diary &amp; Questionnaire, Rating Scale, Projective and Semi-Projective type of tests; Paper-Pencil test, Speed and Power test.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Self-reporting techniques: Self-expression, Essays, Self-description, Self-awareness exercises.</li> </ul>	2 hrs
<b>Unit V</b>	<b>Basic Statistics for Guidance &amp; Counselling:</b>	<b>22 hrs</b>
	<ul style="list-style-type: none"> <li>• Frequency distribution.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Measures of central tendency.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Measures of dispersion.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Concepts of percentile score.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Errors of Measurement: Reliability &amp; Validity.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>• Correlation &amp; Probability.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>• Sampling techniques.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Normal Probability Curve (NPC).</li> </ul>	4 hrs

### Suggested English Books:

- Chauhan, S. S. (2009). *Principles and Techniques of Guidance*, UP: Vikas Publishing House Pvt. Ltd.
- James, C.H. (1992). *Counselling process and procedures*, New York: McMillan Co.
- Warters, Jane (2006). *Techniques of counselling*, McGraw-Hill Education
- Traxler, Arthur E. (1957). *Techniques of Guidance*, New York, Harper & brothers.
- Mangal, S. K. (2002). *Statistics in Psychology and Education*, PHI Learning Pvt. Ltd.
- Anastasi, Anne & Urbina, Susana (2007). *Psychological Testing*, PHI Learning Private Limited. New Delhi.
- Williamson, Edmund G. and Schneider, Gwendolen G. (2006). *Students Guidance Techniques*, Donald G. Paterson, Cosmo Publications, New Delhi.
- Gregory, Robert J. (2014). *Psychological Testing (History, Principles and Applications)*, Pearson Education.
- Freeman, Frank S. (1962). *Theory and Practice of Psychological Testing*, Oxford and IBH Publishing.

## **Paper - IV: Practicum**

### **(Course Code: 514)**

Total Credits : 4	Full Marks : 50
(Each Credit : 15 hours)	Practicum: 50 Marks

#### **(A) Fundamentals of Human Behaviour and Positive Psychology for Counselling**

Total Credits : 2	Full Marks : 25
(Each Credit : 15 hours)	Practicum: 25 Marks

- Hands and Eyes coordination (Mirror Drawing Apparatus).
- Determination of Attention Span.
- Determination of Memory Span.
- Familiarity with objects (for kids) and concept formation.
- Concepts of psycho-physics and colour perception.
- Assessment of happiness, religiousness, spirituality by using suitable psychometric tools.

#### **(B) Psychological Assessment in Guidance & Counselling**

Total Credits : 2	Full Marks : 25
(Each Credit : 15 hours)	Practicum: 25 Marks

- Testing of Intelligence (Verbal and Non-Verbal), Aptitude, and Interest.
- Test of Emotional Maturity, Social Maturity and Personality (extroversion, neuroticism etc.).
- Testing Anxiety (STAI) and Depression (BDI - II).
- Test of Aggression (STAXI).
- Sociometry.
- ARC & CRC.
- Psychometric tests for children: VSMS & SFB.

## **Paper - V: Major Project**

### **(Course Code: 515)**

Total Credits : 4	Full Marks : 50
(Each Credit : 15 hours)	Practicum: 50 Marks

### **Major Project on Educational & Vocational Counselling**

(NB: Major Project will be decided on the basis of discussion between teacher & student)

- Career Counselling on Secondary, Higher-Secondary & College Students.
- Alternative suggestion: It may relate with developmental issues namely language, physical, social, moral, cognitive covering specific age group client namely infants, babies, adolescents etc.

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## SEMESTER-II

### Paper - VI: Bio Psychology & Psychopathology (Course Code: 521)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

#### Objectives:

At the end of this course the students will be able to:

- Explain the history and theories behind Bio Psychology & Psychopathology.
- Recall the anatomy of Human Nervous and Endocrine systems and their functions.
- Know about the importance of Vitamins.
- Develop the understanding about causes, symptoms, types & treatments of Personality Disorders.
- Know about different types of Schizophrenia Spectrum Disorder & Psychotic disorders.
- Develop the ideas about Affective, Anxiety & Related disorders.
- Identify different disorders according to their symptoms.

Unit	Course Content	Class Teaching Hours
Unit I	<b>Outlook of Psychopathology &amp; Bio Psychology:</b>	<b>24 hrs</b>
A) Concept of Abnormal Behaviour	<ul style="list-style-type: none"> <li>Meaning and concept of normality and abnormality. Recent concept of Abnormal Behaviour.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Classification of Abnormal Behaviour (DSM-V &amp; ICD-10 and Assessment).</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Causal factors and viewpoints in Abnormal Psychology (Biological, Psychological, Social-Behavioural, Cognitive and Psychodynamic).</li> </ul>	2 hrs



<b>B) Anatomy of Nervous System</b>	<ul style="list-style-type: none"> <li>Structure and function of the Neuron.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Types of Nervous Systems: Central NS or CNS &amp; Peripheral NS or PNS; Somatic Nervous System or SNS (Sensory and Motor systems) &amp; Autonomic NS or ANS (Sympathetic NS &amp; Parasympathetic NS).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Brain, its different parts and functions.</li> <li>Cerebrum, Cerebellum, Brain-stem and Spinal Cord.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Limbic system – its components and function.</li> <li>Neural basis of different psychological functions.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Synapse and Neurotransmitters.</li> <li>Mode of action of the nervous system.</li> </ul>	2 hrs
<b>C) Endocrinology &amp; Vitamins:</b>	<ul style="list-style-type: none"> <li>Endocrine glands and their functions - Pituitary, Thyroid, Thymus, Adrenals, Pancreas, Gonads (Testes and Ovary) etc.</li> <li>Mental and behavioural abnormalities due to disorder of functions of endocrine glands.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Personality and Hormones: Individual variations.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Vitamins (Functions and deficiency disorders).</li> </ul>	2 hrs
<b>Unit II</b>	<b>Personality Disorders:</b>	<b>4 hrs</b>
	<ul style="list-style-type: none"> <li>Types (Paranoid Personality Disorder, Histrionic Personality Disorder, Anti-Social Personality Disorder, Border Line Personality Disorder, Schizoid Personality Disorder and others).</li> <li>Symptoms.</li> <li>Causes / Etiology.</li> <li>Treatment.</li> </ul>	4 hrs
<b>Unit III</b>	<b>Schizophrenia Spectrum Disorder &amp; Other Psychotic Disorders:</b>	<b>6 hrs</b>
	<ul style="list-style-type: none"> <li>Types (Schizophrenia, Schizoaffective disorder, Schizophreniform disorder, Delusional disorder, Paraphrenia, Catatonia, Brief psychotic disorder, Substance - induced psychotic disorder).</li> <li>Symptoms.</li> <li>Causes.</li> <li>Treatment.</li> </ul>	6 hrs
<b>Unit IV</b>	<b>Mood Disorders, Anxiety &amp; Related Disorders:</b>	<b>13 hrs</b>
	<b>Mood Disorders:</b> <ul style="list-style-type: none"> <li>Types of Bipolar and Related Disorders: Bipolar I, Bipolar II, Cyclothymic, others (substance induced) and related disorders.</li> <li>Symptoms, Causes &amp; Treatment.</li> </ul>	4 hrs

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আত্মৈবহ্যাঅনোবন্ধুরাত্মৈবরিপুরাত্মনঃ” ॥ (শ্রীমদ্ভগবদ্গীতা ৬-৪ অধ্যায়, ৫-ম শ্লোক)

	<ul style="list-style-type: none"> <li>Stress, Anxiety and Related Disorders: PTSD, Panic disorder, GAD, Phobias, OCD &amp; Other related disorders.</li> </ul>	4 hrs
	<ul style="list-style-type: none"> <li>Cognitive Disorder: Dementia, Epilepsy, Alzheimer's disease and Parkinson's disease.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Somatoform Disorders: Somatization disorder, Conversion disorder, Hypochondriasis, Psychosomatic disorders.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Dissociative Disorders: Dissociative fugue, Dissociative amnesia, Dissociative identity disorder.</li> </ul>	1 hr
<b>Unit V</b>	<b>Other Disorders:</b>	<b>13 hrs</b>
	<ul style="list-style-type: none"> <li>Disruptive impulse control and conduct disorder: Delinquency and crime.</li> </ul>	2 hrs
	<b>Neurodevelopmental Disorders:</b> <ul style="list-style-type: none"> <li>Mental Retardation (MR): Types, Symptoms, Causes &amp; Remedial Measures.</li> <li>Pervasive Developmental Disorder: Autism, ADHD, ASPD, Oppositional Defiant Disorder (ODD).</li> <li>Specific Learning Disorder (SLD): Reading, Writing Disorders &amp; Others.</li> </ul>	6 hrs
	<ul style="list-style-type: none"> <li>Sexual Dysfunctions: Paraphilias &amp; Gender dysphoria.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Substance Related and Addiction Disorders: Alcohol, Tobacco &amp; others Drugs etc.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Eating &amp; Sleeping Disorders.</li> <li>Nocturnal Enuresis.</li> </ul>	1 hr

#### Suggested English Books:

- Agrawal, Rashmi & Rao, BVLN (2010). *Learning Disabilities (Teaching Learning Strategies)*, Shipra Publications.
- Butcher, James N., Mineka, Susan & Hooley, Jill M. (2015). *Abnormal Psychology*, Pearson.
- Pinel, John P. J. (2007). *Biopsychology*, Pearson.
- Carson, Robert C.; Butcher, James N. & Mineka, Susan (2003), *Abnormal Psychology and Modern Life*, Pearson Education.
- Chatterjee, C.C. (1958). *Human Physiology*, Medical Allied Agency.
- Chaudhuri, Sujit K. (2006). *Concise Medical Physiology*, New Central Book Agency, Kolkata.
- Cowen, Philip; Harrison, Paul & Burns, Tom (2012), *Shorter Oxford Textbook of Psychiatry*, Oxford University Press.
- Das, J. P. (2009). *Reading Difficulties and Dyslexia (An Interpretation for Teachers)*, SAGE Publications, New Delhi.
- DSM-V - American Psychiatric Association (Indian Edition).

- Gelder, Michael; Gath, Dennis & Mayo, Richard (1996). *Oxford Textbook of Psychiatry, ELBS (English Language Book Society)*, Oxford University Press.
- ICD-10.
- Lougy, Richard, De Ruvo, Silvia & Rosenthal, David MD. (2007), *Teaching Young Children with ADHD (Successful Strategies and Practical Interventions)*, SAGE Publications, New Delhi.
- Louttit, C. M.; Harper & Brothers (1957). *Clinical Psychology of Exceptional Children*, Publishers New York.
- Lowe, Gordon R. (1969). *Personal Relationships in Psychological Disorders (Penguin science of behaviour)*, Penguin Books.
- Maggie, Lynn Plimley & Morgan, Bowen Huge (2007). *Autistic Spectrum Disorders in the Early Years*, Paul Chapman Publishing (P.C.P.).
- Mahmud, Jafar (2013), *Abnormal Psychology*, A.P.H. Publishing Corporation, New Delhi.
- Mangal, S. K. (2012), *Abnormal Psychology*, Sterling Publications.
- Plimley, Lynn & Bowen, Maggie (2006). *Autistic Spectrum Disorders in the Secondary School*, Paul Chapman Publishing (P.C.P.).
- Plimley, Lynn & Bowen, Maggie (2007), *Social Skills and Autistic Spectrum Disorders*, Paul Chapman Publishing (P.C.P.).
- Reddy, G. Lokanadha; Santhakumari, P.; Kusuma, A. & Shyamala, V. (2004). *Behaviour Disorders in Children (Identification, Assessment and Intervention Strategies)*, Discovery Publishing House, New Delhi.
- Riddick, Barbara (2010). *Living with Dyslexia (The social and emotional consequences of difficulties / disabilities)*, Routledge / Nasen.
- Sadock, Benjamin James & Sadock, Virginia Alcott, Williams, Lippicott & Wilkins (2008). *Kaplan & Sadock's Concise Text Book of Clinical Psychiatry (Derived from Kaplan & Sadock's Synopsis of Psychiatry)*, South Asian Edition.
- Sailo, Saichampuil & Ralte, Rinpari. *Suicide (A Multiple Approach)*, Mittal Publications, New Delhi (India).
- Sarason, Irwin G. & Sarason, Barbara R. (2000). *Abnormal Psychology (The Problem of Maladaptive Behaviour)*, PHI (Prentice, Hall of India) Pvt. Ltd., New Delhi.
- Sen, Arun K. & Anis, Ahmad (1999). *Drug Abuse and Youth (A Psychological Study)*, Gyan Publishing House, New Delhi.
- Sethi, Sujata (2011). *Text Book of Psychiatry*, Elsevier, New Delhi.
- Sharma, Rachana (2006). *Abnormal Psychology*, Atlantic Publishers.
- Simpson, Richard L. (2008). *Autism Spectrum Disorders (Interventions and Treatments for Children and Youth)*, SAGE Publications.
- Singh, Vimala Veeraraghavan Shalini (2002). *Anxiety Disorders (Psychological Assessment and Treatment)*, SAGE Publications, New Delhi.

**Suggested Bengali Books:**

- Ahamad, Manjur. *Aswabhabik Manobingam*, Gyankosh Prakashane, Dhaka.
- Basu, Amarendranath (1999). *Manobingam O Amra*, Shribhumi Publishing Company, Kolkata.
- Debnath, Dr. Debabrata & Debnath, Sri Ashish Kumar. *Byatikramdharmi Shishu O Tar Shiksha*.
- Debnath, Jogen (2001). *Sharir Bigyan*, Sri Dhar Prakasani, Kolkata.
- Nanda, Dr. Bishnupada Ghosh, Adhyapak Sanat Kumar (2012). *Bishesh Shikshar Etihas*, Paramarshdan O Akshamata Charcha Kendra, Rabindravarti Viswabidyalaya.
- Nandi, Dr. Dhirendranath (2014). *Maner Bikar O Pratikar*, Ananda Publication.
- Sarkar, Adhyapak Niharranjan & Sarkar, Dr. Tanuja (2013). *Aswabhabik Manobingam Manasik Byadhir Lakshan Karan O Adhunik Chikitsa Padhyati*, Gyankosh Prakashane, Dhaka.

## Paper - VII: Therapeutic Approaches in Psychology (Course Code: 522)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

### Objectives:

At the end of this course the students will be able to:

- Know about the Biological Based Therapy.
- Differentiate among different types of Psychotherapy.
- Understand the needs and stages of Cognitive and Behavioural Therapy.
- Describe how each therapy conceptualizes human nature and the therapeutic change process.
- Know how to apply Psychotherapy at different developmental stages.

Unit	Course Content	Class Teaching Hours
<b>Unit I</b>	<b>Biological Based Therapy:</b>	<b>2 hrs</b>
	<ul style="list-style-type: none"> <li>• Drug Therapy, Coma &amp; Electroconvulsive Therapy, Neurosurgery and Bio Feedback. Sleep Therapy, Shock Therapy, Light Therapy, DBS: Clinical Applications, Procedures, Treatment and Effectiveness.</li> </ul>	
<b>Unit II</b>	<b>Types of Psychotherapy:</b>	<b>13 hrs</b>
	<ul style="list-style-type: none"> <li>• Psychoanalytic Therapy (Sigmund Freud).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Insight Psychotherapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Interpersonal Psychotherapy.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Indian Psychotherapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Gestalt Therapy (Fredric Pearls).</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Brief Psychotherapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Supportive Psychotherapy and Crisis Intervention.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Psychodrama.</li> </ul>	1 hr

<b>Unit III</b>	<b>Cognitive and Behavioural Therapy:</b>	<b>29 hrs</b>
	<ul style="list-style-type: none"> <li>Behaviour Modification Techniques - Transactional Analysis, Systematic Desensitization, Flooding, Relaxation Training (Progressive muscle relaxation, Meditation and Yoga), Social Skill Training, Exposure Therapy, Cognitive Therapy, Reinforcement, Extinction, Punishment, Aversion Therapy, Modeling.</li> </ul>	14 hrs
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapies.</li> </ul>	6 hrs
	<ul style="list-style-type: none"> <li>Solution Focused Therapies.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Integrative and Multimodal Therapies.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Dialectical Behaviour Therapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Cognitive Models viz. RET, CBT, ACT, CAT etc.</li> </ul>	3 hrs
<b>Unit IV</b>	<b>Other Therapies:</b>	<b>8 hrs</b>
	<ul style="list-style-type: none"> <li>Humanistic Therapy / Roger's Client Centered Therapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Family and Group Psychotherapy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Couple Therapy (John Gottman).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Existential Therapy.</li> </ul>	2 hrs
<b>Unit V</b>	<b>Psychotherapy Across Different Developmental Stages:</b>	<b>8 hrs</b>
	<ul style="list-style-type: none"> <li>Psychotherapy with children and adolescents.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Psychotherapy with adults and middle-aged persons.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Psychotherapy with older adults.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Psychotherapy in terminal illnesses (Hospice care): AIDS, Cancer etc.</li> </ul>	2 hrs

<b>Suggested English Books:</b>
<ul style="list-style-type: none"> <li>Corey, Gerald. <i>Theory and Practice of Counselling and Psychotherapy</i>, CENGAGE Learning.</li> <li>McLeod, John (2011). <i>An Introduction to Counselling</i>, McGraw Hill Open University Press.</li> <li>N, Dr. Andal (2010). <i>Counselling and Psychotherapy, Helping and Happiness through Meetings</i>, Shipra Publications.</li> <li>Seligman, Linda &amp; Reichenberg, Lourie W. (2014). <i>Theories of Counselling and Psychotherapy Systems, Strategies, and Skills</i>, PHI Learning Private Limited. New Delhi.</li> </ul>

## Paper - VIII: Counselling in Practice (Course Code: 523)

Total Credits : 4	Full Marks : 100
(Each Credit : 15 hours)	Internal Assessment : Weightage 20
Examination Duration : 3 hours	Theory : Weightage 80

### Objectives:

At the end of this course the students will be able to:

- Critically examine each stages of history taking Process in Counselling.
- Acquire skills to counsel different types of common problems.
- Know about the roles of School Counsellor.
- Acquire a practical knowledge on counseling process.
- Understand the link between theories and practices of Counselling.
- Understand the ideas about Non-Conventional Counselling.

Unit	Course Content	Class Teaching Hours
<b>Unit I</b>	<b>History Taking Process in Counselling:</b>	<b>4 hrs</b>
	<ul style="list-style-type: none"> <li>Preliminary requirements, Structure of the Interview, Interview Techniques, Mental-State Examination (MSE), General physical examination, Neurological examination, Diagnostic formulation &amp; Treatment planning in Counselling.</li> </ul>	4 hrs
<b>Unit II</b>	<b>Counselling with the following groups:</b>	<b>16 hrs</b>
	<ul style="list-style-type: none"> <li>Different forms of Anxiety disorders.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Obsessive – Compulsive and related disorders.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Somatic symptom and related disorders.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Bipolar and related disorders.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>Depressive disorders.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Schizophrenia.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Gender dysphoria.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Substance dependence.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>Counselling with Students, Teachers, Parents and Consulting with school administrators.</li> </ul>	1 hr

	<ul style="list-style-type: none"> <li>• Counselling for some Health problems (Diabetics, Major Sugary, Amputation, Burning case etc.).</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• HIV + AIDS.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Epilepsy.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Geriatric Disorder.</li> </ul>	1 hr
<b>Unit III</b>	<b>Counselling with the childhood problems:</b>	<b>10 hrs</b>
	<ul style="list-style-type: none"> <li>• Visually Impaired, Hearing Impaired.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Head injury and Cerebral palsy.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Different form of Learning Disabled.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Physically Challenged and Traumatized Child.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• School refusal, scholastic backwardness.</li> </ul>	2 hrs
<b>Unit IV</b>	<b>Roles of School Counsellor:</b>	<b>8 hrs</b>
	<ul style="list-style-type: none"> <li>• Students with Autism Spectrum Disorder (ASD).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Students with Attention Deficit Hyperactivity Disorder (ADHD).</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Life-threatening illness.</li> <li>• Students with moderate to low cognitive ability.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Gifted and Slow learners, parents of gifted children and slow learners.</li> </ul>	2 hrs
<b>Unit V</b>	<b>Non-Conventional Counselling:</b>	<b>22 hrs</b>
	<ul style="list-style-type: none"> <li>• Counselling a child before joining school for the first time.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Counselling a mother prior to her child's joining school for the first time.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Counselling a student before going to change his/her school.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Counselling a student while selecting his/her subjects at the Higher Secondary level.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Counselling a student before entering technical school or college.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Counselling a student while in school/college.</li> </ul>	1 hr
	<ul style="list-style-type: none"> <li>• Counselling a student before seeking a job.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Occupational counselling for selecting a job.</li> </ul>	2 hrs
	<ul style="list-style-type: none"> <li>• Counselling before acceptance in joint family/single family, changing residence, preparation for retirement, starting a business, choosing professional practice of selecting a job and selecting the profession of artists for drama, music and dance etc.</li> </ul>	6 hrs
	<ul style="list-style-type: none"> <li>• Counselling for would be parents.</li> </ul>	2 hrs



### Suggested English Books:

- Ahuja, Niraj (2011). *A Short Textbook Psychiatry*, Jaypee Brothers Medical Publishers (P) LTD.
- Benjamin, Zoe (1951). *The Young Child and His Parents*, University of London Press Ltd.
- Dubey, Mohan Nath (2005). *Gifted and Talented Education*, a Mittal Publications, New Delhi.
- Kapur, Malavika (2011). *Counselling Children with Psychological Problems*, Pearson Publications.
- Kid, Jennifer M. (2010). *Understanding Career Counselling (Theory, Research and Practice)*, SAGE Publications.
- Munger, Richard L. (2007). *Changing Children's Behaviour by Changing the People, Places and Activities in their lives*, Prentice Hall of India Private Limited.
- Panda, Pro. K. C. (2009). *Education of Exceptional Children (A basic text on the Rights of the Handicapped and the Gifted)*, Vikas Publishing House Pvt. Ltd.
- Prasad, Janardan & Prakash, Ravi (2007). *Education of Handicapped Children (Problems and Solutions)*, Kanishka Publishers, Distributors, New Delhi.
- Reynolds, Elizabeth; Lewis, WElef & Patterson, E. (2011). *The Counselling Process A Multi theoretical Interrogative Approach*, CENGAGE Learning.
- Satpathy, Dr. G.C. (2002). *AIDS Transmission Challenges in the New Millennium*, Kalpaz Publications, Delhi.
- Sharma, Meenu (2012). *AIDS Awareness Through Community Participation*, Kalpaz Publications, Delhi.
- Sharma, Sunita (2007). *Education of the Gifted*, Shipra Publications.
- Wright, Robert J. (2012). *Introduction to School Counselling*, SAGE Publications.

### Suggested Bengali Books:

- *Chhatra-Chhatrider Manasik Swasthyasamasya*, Shikshak-Shikshikader Jany Ekti Nirdeshika, Mon Foundation (2006), Kolkata – 52.
- *Kemankare counselling Karben*, Deep Prakashani.
- Mallik, Dr. Amarnath. *Shaishab O Kaisharer Counselling*, Deep Prakashani.
- Mukhyopadhyay, Dr. Sujata. *Manomejajer Counselling (1st / 2<sup>nd</sup> / 3<sup>rd</sup>)*, Deep Prakashani.
- Roy, Parthapratim. *Manostattik Counsellinger A- A- K- Kh*, Priya Shilpa Prakashan.
- *Shishu Bandhyab Bidyalay*, Chaild Rights and You (CRY), Mon Foundation (2013), Kolkata – 52.

## **Paper - IX: Practicum**

### **(Course Code: 524)**

[NB: Practicum will be decided on the basis of discussion between teacher & student]

Total Credits : 4	Full Marks : 50
(Each Credit : 15 hours)	Practicum: 50 Marks

### **(A) Bio Psychology & Psychopathology**

Total Credits : 2	Full Marks : 25
(Each Credit : 15 hours)	Practicum: 25 Marks

[NB: History taking of minimum three cases for mentally ill clients & Group of School Students (Minimum 30) to be submitted before examination.]

- **REPORTING** on behavioural problems of mentally ill clients covering the following Information:
  - **Basic Information:** Name, age, educational qualification, address, no of family members, place of birth etc.
  - **Information about demo graphical and socio-economic status (SES):** Nature of house, locality, monthly family income etc.
  - **Chief complaint:** 1. Client's view 2. View of the other informers.
  - **Inheriting condition:** Brief summary related to others family members or relatives; if suffering from same kind of problems.
  - **Resources and Vulnerability:** strength and weakness of the client.
  - **Mental status examination:** Attention, STM and LTM Memory, Orientation and insight level. Report on neurological and physical condition (if any).
  - **Present clinical features during interview:** Orientation, attire, eye contact, response level, communication and willingness.
  - **Significant clinical findings.**
  - **Provisional diagnosis and suggestion for psychometric evaluation.**

- REPORTING on school students by –

[Application of GHQ, State-Trait Anxiety Inventory and Examination Anxiety Questionnaire on a Group of Secondary or Higher Secondary School Students and prepare a report on the basis of above findings]

- Observing various age-group children (early childhood, later childhood, adolescent) in various situations (in classroom, playground, at home, with parents, with friends, with siblings) and reporting on physical, social, emotional and intellectual domains.
- Identifying different maladjustment behaviour of childhood and adolescents from inside and outside the class room by interviewing and finding out factors that influence their behaviour.
- REPORTING on measures taken in school for healthy mental health of students by interviewing school teachers.
- Development of PROBLEM-BOX activities -
  - To provide authentic information on physical, physiological and psychological changes during adolescence and interpersonal relationship issues pertaining to adolescence.
  - To list down the instances of peer pressure which may have harmful consequences for the students and the ways adopted by them to face or cope with these unfavourable situations (smoking, injecting drugs etc.).
- REPORTING on observation of -
  - Impressive behavioural characteristics of successful students.
  - Ways of learning of low achiever and high achiever students.

### (B) Therapeutic Approaches & Diagnosis

Total Credits : 2	Full Marks : 25
(Each Credit : 15 hours)	Practicum: 25 Marks

[NB: Must submit minimum two completed histories on mentally ill client / school students (case-finding assessment based on history and MSE, medical related and clinical examination report etc. and minimum 2/3 Counselling sessions)] *[Without previous history taking report of practicum on Bio psychology and Psychopathology]*

- Report of therapeutic alliance based on the major Psychotherapy.
- Administration and report of clinical tests for diagnosis: Beck Depression Inventory, Memory function (PGI memory), Personality (Trait and Type), Anxiety (State and Trait), Projective test etc.
- Evaluation of case findings based on the selected therapeutic strategies.

“উদ্ধারের দাওয়া আনন্দের আনন্দের মনোবাস্যে।

আইনবহা আনন্দের দ্বারা বৈবরণিত পুরা আনন্দের” ॥ (শ্রীমদ্ভগবদ্গীতা ৬-৪ অধ্যায়, ৫-ম শ্লোক)

**Paper - X: Major Project**  
**(Course Code: 525)**

Total Credits : 4	Full Marks : 50
(Each Credit : 15 hours)	Major Project : 50 Marks

**Major Project on Counselling in Practice**

(NB: Topic should be decided on the basis of discussion with the concerned teacher)

- Should cover a specific target group suffering from significant Psychopathology.

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