

**JIWAJI UNIVERSITY**  
**GWALIOR**



*Syllabus*

**SUBJECT**  
**P.G. DIPLOMA IN**  
**PSYCHOLOGICAL COUNSELING**

**SCHOOL OF STUDIES IN**  
**DISTANCE EDUCATION**

**SCHOOL OF STUDIES IN DISTANCE EDUCATION  
JIWAJI UNIVERSITY, GWALIOR**



*Syllabus*

**P.G. Diploma in Psychological Counseling**

Scheme of Maximum and Minimum Marks in  
Theory (TH), Assignment (AS)

**Theory Paper**

PGDPC 101	:	Personality Development
PGDPC102	:	Psychology of Adjustment
PGDPC103	:	Techniques and Methods of Counseling
PGDPC 104	:	Assessment and Treatment of Abnormal Behavior

**Scheme of Examination**

Each theory paper marks are divided into two parts:

- Theory paper will be of 70 marks for which minimum pass marks are 21.
- Assignment will be of 30 marks for which minimum pass marks will be 12.
- In aggregate passing marks should not be less than 40%.

Paper Code	Paper Name	Max.		Min.		Total Min in Theo. & Assignment
		Theo	Ass.	Theo	Assign	
PGD PC 101	Personality Development	70	30	21	12	40
PGD PC 102	Psychology of Adjustment	70	30	21	12	40
PGD PC 103	Techniques and Methods of Counseling	70	30	21	12	40
PGD PC 104	Assessment and Treatment of Abnormal Behavior	70	30	21	12	40

40 % and above but less than 50 %	:	Third Division
50 % and above but less than 60 %	:	Second Division
60 % and above	:	First Division

**Note:** - A candidate failing in one subject shall be allowed to appear in (Distance mode) supplementary examination held with next year examination.

**P.G. Diploma in Psychological Counseling  
Paper – I: Personality Development**

**Max Marks 70**

**Min Pass Marks 21**

**Unit I: The Concept of Personality**

Meaning and definition of personality- Determinants of Personality – Role of Heredity and Environment in personality development- Individual differences – Agents of socialization child's self- concept.

**Unit II: The Nature of Development**

The Nature of Development – Meaning and definition of development – significant facts about development – The orderly process of growth – parental development – process of birth – postnatal care.

**Infancy Period:** Characteristics of Infancy-Adjustment of infancy- Psychosocial issue – trust Vs Mistrust – parental attitudes and Social attachments – Sensori- motor capacities of infant- Beginning of Personality.

**Unit III : Babyhood Characteristics**

Development Tasks of babyhood – Psychosocial crisis, Autonomy Vs Shame and doubt – Physical Emotional and Language developments – Social behavior – family Relationship and Personality development in Babyhood.

**Childhood Characteristics:** Characteristics and development Task childhood- psychosocial crisis, Autonomy Vs Shame and doubt- Physical, Emotional and Language development – Social behavior – Family Relationship and Personality development in Babyhood.

**Unit IV : Adolescence**

Definition- Psychology of the Adolescence development Task of an Adolescence- Psychosocial Crisis – group Identity Vs Alienation, Individual Identity Vs Role diffusion – Physical Maturation- Emotional and social changes during Adolescence – Adolescent Interests- Internalized morality – Sex interest and sex role identity – Family Relations and personality.

**Adulthood :** Characteristics and developments tasks in adulthood – psychosocial crisis – Intimacy Vs Isolation – Changes in interests – sex Role adjustments – Vocational and Martial adjustments – Life styles and personality developments – Understanding and counseling youth.

**Unit V : Middle Age**

Characteristics of Middle age – Development Tasks - Psychosocial Crisis Integrity Vs Despair – Adjustment to physical and Mental changes – adjustment to changed Family patterns – Importance of Family counseling – Achievements – Emotional state and its effects on personality.

**Old Age :** Characteristics of old age-major adjustments in old age – common problems of old age & personal attitudes-changing social system – welfare of the aged –home for the aged counseling for the aged to except realities of life

**P.G. Diploma in Psychological Counseling  
Paper II: Psychology of Adjustment**

**Max Marks 70**

**Min Pass Marks 21**

**Unit I : Adjustment and Growth**

adjustment, concept of adjustment & growth, personal growth variations, conditions for growth phenomenology of growth as a self actualization fulfilling our potential, growth & risk

**Unit II : Stress**

The significance of stress ,what is stress effect of stress prolonged stress, social & individual factors, types of psychological stress, pressure, frustration, conflicts , anxiety , symptoms reducing to stress , defense mechanism copying devices, problem solving approaches to stress

**Unit III : Motivation**

Concept of Motivation pushes & pulls motives, classification – psychological motives & behaviors, awareness & changes of motives

**Emotions :** What are emotions, awareness of our emotions, expressions in control of our emotions, handling troublesome emotions?

**Unit IV : Self I**

Concept , what is self ,concept the subjective self , the ideal self, characteristics of the self, concept, self social influence, changes in the self concept; Interpersonal Relationship, understanding relationships, beginning relationships , role relationships , intimate personal relationships , intimacy & growth,

**Unit V : Self II**

Freedom and decision making, the importance of personal freedom, freedom & decision making, decision & personal growth, Self Directed Change, achieving self control, setting a goal, recording your behavior.

**P.G. Diploma in Psychological Counseling**  
**Paper III: Techniques and Methods of Counseling**

**Max Marks 70**

**Min Pass Marks 21**

**Unit I : Introduction**

What is counseling, conceptual classification of related terms, scope, levels of counseling, types of counseling, directive, non directive, individual, group counseling, counselors work setting, personality characteristics.

**Communication** : elements of interpersonal communication ,listening responding , types of responses , verbal & nonverbal communication , effective communication, barriers .

**Unit II : Counseling**

Exception & goals, achievement of positive mental health, resolution of problems, improving personal effectiveness, change decision making, modification of behavior.

**Unit III : The Counseling Relationship**

Good relationship, the interview – types, structuring the relationship, setting & room arrangement, general tips on the initial interview, counseling process, techniques for building & enhancing the working relationships

**Model of Counseling** : counseling-different models, Egan's model skills in counseling , termination & referral counseling .

**Unit IV : Crisis and Developmental Counseling**

Dynamics of crisis, distractive & constructive ways of dealing with crisis, intervention, development counseling, achievement, motivation.

**Marriage Counseling** : issue - interventions – family counseling – corrective Educational experience model – role of family counseling – stages of family development .

**Unit V : Educational Counseling:**

Vocational development & career counseling vocational choice-vocational development-vocational adjustment–vocational maturity –evolution of ideas about work – human development & careers – career counseling –career education.

**P.G. Diploma in Psychological Counseling**  
**Paper –IV Assessment and Treatment of Abnormal Behavior**

**Max Marks 70**

**Min Pass Marks 21**

**Unit I : Introduction**

Assessment Techniques –psychological assessment – observation –interview - psychological testing – limitation of psychological assessment .

**Psychotherapy** : definition-counseling & Psychotherapy – major schools of Psychotherapy –types supportive symptomatic & reconstructive Psychotherapies –approaches to Psychotherapy.

**Unit II : Transactional Analysis definition of T. A.**

Structural analysis – types of ego status –types – Transaction – stroking – positive / negative /conditional /unconditional strokes /script writing .

**Group and Family Therapies** : basic features of group therapy – factors influencing change of behavior – major approaches to family therapy – objectives of family therapy & its effectiveness.

**Unit III : Medical Treatment-drug therapy**

Major & minor tranquilizer – depressants anticonvulsants – sleep therapy – shock therapy & psychosurgery. Special Therapies-gestalt therapy- client centered therapy – play &recreational therapy –psycho dramas –reality therapy.

**Unit IV : Behavior Therapy**

Recent developments in behavior therapies – systematic desensitization – method of systematic desensitization – procedure –effectiveness of systematic desensitization.

**Unit V : Group Counseling**

Social psychology of counseling – counselors in group counseling process –growth factors –group cohesiveness – behavioral feedback –characteristics of group – stages of group development- types of group counseling. Evaluation of Counseling. problems of evaluation –approaches to evaluation –survey, case study, experimental problem of measuring changes-usefulness of counseling –criteria of evaluation.