

Department of Psychology, Gujarat University
Revised Syllabus for
Post-Graduate Diploma in Counselling and Psychotherapy
(PGDCP)
Higher Payment Program (HPP)
(Effective from 15th June 2019)

Paper no.	Paper Name
I	Counselling
II	Psychotherapy
III	Psychological Testing (Practicals)
IV	Dissertation
V	Educational Activities and Field Work

Evaluation system:

- Total Marks for each paper (Theory and Practical) – 100 Marks
- Total Marks for Dissertation and Field Work – 100 Marks
 - 60 Marks for Dissertation: (50 Marks for Dissertation + 10 Marks for Viva – Voce)
 - 40 Marks for Field Work: (30 Marks for Report + 10 Marks for Viva Voce)

Department of Psychology, Gujarat University

Post-Graduate Diploma in Counselling and Psychotherapy (PGDCP)

PAPER – I: COUNSELLING PSYCHOLOGY

Value based education:

Counselling is the much-needed area in the present time. The process of counselling helps to bring change in the counsellor/psychologist/psychotherapist themselves and in their perceptions. It also develops in them positive characteristics like empathy, genuineness, patience, and understanding towards other people and their problems and enhances their problem-solving skills.

UNIT	SYLLABUS
Unit – I	Chapter – 1: Historic Perspectives Chapter – 2: What do counsellors do?
Unit – II	Chapter – 3: Where counsellors work? Chapter – 4: Individual Counselling
Unit – III	Chapter – 5: Group techniques for counsellors Chapter – 6: Counselling for career planning and decision-making
Unit – IV	Chapter – 7: The counsellor as developmental and educational consultant Chapter – 8: Prevention and wellness
Unit – V	Chapter – 9: Counselling program development and management Chapter – 10: Counselling and technology Chapter – 11: Ethical and legal guidelines

PAPER – II: PSYCHOTHERAPY

Value based education:

Learning different types of psychotherapies and their techniques is a very important part of a therapist's life which requires a lot of training and skills and it in turn helps them to gain self-awareness about their own thoughts, emotions, and perceptions. It attempt to create self-acceptance and transforms them for better. It also helps to enhance their mental health.

UNIT	SYLLABUS
Unit – I	<ol style="list-style-type: none"> 1. What is psychotherapy? 2. Essential Ingredients for Successful Psychotherapy: Effect of Common Factors 3. Promoting self-awareness in therapists 4. Self-assessment of burnout, distress, and daily hassles in therapists 5. Ethics, impairment, personal problems, and burnout among therapists
Unit – II	<p>Developing a Case Conceptualization</p> <ol style="list-style-type: none"> 1. What Is Case Conceptualization? 2. Functional Purpose of a Case Conceptualization 3. Conceptual Approaches 4. The Conceptualization Process <p>Developing a Treatment Plan: Therapeutic Alliance and Collaborative Goals</p> <ol style="list-style-type: none"> 1. Roles of Patient and Therapist 2. Goals and Tasks of Treatment 3. Building and Maintaining the Therapeutic Relationship
Unit – III	<p>Understanding, Facilitating, and Evaluating Change</p> <ol style="list-style-type: none"> 1. Understanding Change 2. Facilitating Change 3. Evaluating Change <p>Effective Termination</p> <ol style="list-style-type: none"> 1. Rationale for a Termination Strategy 2. Effective Termination Strategy 3. Competence and Professional Standards of Care 4. Applied Skills for a Sound Strategy
Unit – IV	<p>Psychotherapies and its Specific Applications</p> <ol style="list-style-type: none"> 1. Modes of Therapy <ol style="list-style-type: none"> a) Individual Therapy b) Group Therapy <ol style="list-style-type: none"> o Family and Marital Therapy 2. Psychodynamic Psychotherapy <ol style="list-style-type: none"> a) Freudian Psychoanalysis 3. Play therapy (Therapy for children) 4. Logotherapy – Viktor Frankl (Therapy for older adults)

Unit - V	Psychotherapies and its Specific Applications <ol style="list-style-type: none">1. Client – Centered Therapy (Carl Rogers)2. Rational Emotive Behavior Therapy (Albert Ellis)3. Behavior Therapy Techniques (All Behaviorists)4. Cognitive Therapy (Aaron T. Beck)
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PAPER – III: PSYCHOLOGICAL TESTS (Practicals)

1. Stress, Anxiety, and Depression Test
2. Intelligence test – Binet – Kamat Test
3. Projective test – Rorschach Ink Blot Test (Indian Cards)
4. Children’s Apperception Test
5. Personality test – 16 PF
6. Developmental Screening Test / Vineland Social Maturity Scale / Seguin Form Board Test
7. Draw-a-man Test
8. Spiritual Intelligence
9. Psychological Well-being
10. Bender-Gestalt Visual Motor Perception Test
11. Multiple Intelligence Test
12. Emotional Intelligence Test
13. Autism and ADHD
 - Childhood Autism Rating Scale
 - ADHD Test

PAPER – IV: GENERAL GUIDELINES FOR DISSERTATION

1. Area and topic to be selected in consultation with the Head and concerned faculty which should be related to Counseling or Clinical area only.
2. Orientation program regarding the entire process of research work and writing dissertation.
3. Every student must read at least 5 dissertations from the library.
4. Training to the students in data collection and application of statistics.
5. Dissertation should be based on primary data collection.
6. The given outline should be followed by each student for dissertation: (refer table)

CHAPTER NO.	TITLE
1	Introduction
2	Review of literature
3	Research Methodology Statement of the problem Objectives Hypotheses Variables Research Design Selection of sample Research tools Data Collection and Procedure Statistical Analysis of data
4	Discussion and interpretations of results
5	Research findings and suggestions
	References (<i>APA Style</i>)
	Appendices

7. The assessment of Dissertation:
3 spiral copies must be submitted for examination as per rules of GU.
Dissertation (Total 60 marks): [50 marks for Dissertation, 10 marks for Viva – Voce]

PAPER – V: EDUCATIONAL ACTIVITIES AND FIELD VISITS

1. Workshops
2. Conferences
3. Seminars
4. Guest lectures
5. One-month internship at Hospital for Mental Health
6. Internship in two schools
7. Old age home
8. Sabarmati Jail
9. Juvenile home
10. AWAG – Ahmedabad Women’s Action Group (Ambawadi)
11. Orphanage
12. Centre for learning disabilities
13. At least one NGO
14. Centre for Domestic Violence
15. Gender Resource Centre
16. Child Protection Unit
17. SAATH Suicide Prevention Centre
18. Mahipat Anaath Ashram (New Cloth Market)
19. Blind People’s Association
20. GAP – Gujarat AIDS Awareness & Prevention Unit (Madalpur)
21. Sardar Patel Deaddiction & Rehabilitation Centre (New Wadaj)

The assessment of Field Work:

Field work (Total 40 marks): [30 marks for Report writing, 10 marks for Viva – Voce]

RECOMMENDED BOOKS

1. Freeman, A., Felgoise, S. H., & Davis, D. D. (2008). *Clinical Psychology: Integrating Science and Practice*. New Jersey: John Wiley & Sons, Inc.
2. Gibson Robert, L. & Mitchell Marianne, H. (2015). *Introduction to Counselling and Guidance (7th Edition)*. Pearson India Education Services Pvt Ltd: New Delhi.
3. Gladding Samuel, T. & Kishore Renu. (2018). *Counseling: A Comprehensive Profession (7th Edition)*. Pearson India Education Services Pvt Ltd: New Delhi.
4. Hecker J. E. & Thorpe G. L. (2005). *Introduction to Clinical Psychology: Science, practice and Ethics*. Pearson Education Inc. (Indian Edition): New Delhi.
5. Kapur Malavika. (2011). *Counselling Children with Psychological Problems*. Dorling Kindersley (India) Pvt Ltd: New Delhi.
6. Morrison, J. (2014). *DSM-5 Made Easy: The Clinician's Guide to Diagnosis*. New York: The Guilford Press.
7. Nietzel M. T., Bernstein D. A., & Milich R. (2003). *Introduction to Clinical Psychology 4th Edition*. Prentice Hall Publications: USA.
8. Pare David, A. (2013). *The Practice of Collaborative Counseling and Psychotherapy: Developing skills in culturally mindful helping*. Sage Publications India Pvt Ltd: New Delhi.
9. Sharf Richard, S. (2012). *Theories of Psychotherapy and Counseling: Concepts and Cases (5th edition)*. Cengage Learning: USA.
10. Reeves, A. (2013). *An Introduction to Counselling and Psychotherapy*. Sage Publications: New Delhi.
11. Dewan, Mantosh, J., Steenbarger, Brett, N., & Greenberg, Roger, P. (2004). *The Art and Science of Brief Psychotherapies: A Practitioner's Guide*. American Psychiatric Publishing, Inc: USA.