

**Circular:-**

Attention of the Principals of the Affiliated College in Social Work and the Faculty of Arts is invited to this office circular No.UG/83/of 2013-14, dated 23<sup>rd</sup> December,2013 relating to syllabus of Post Graduate Diploma in Therapeutic Counselling. They are hereby informed that the recommendations made by the Ad- Hoc Board of Studies in Social Work, under the Faculty of Interdisciplinary at its meeting held on 15<sup>th</sup> July, 2017 have been accepted by the Academic Council at its meeting held on 30<sup>th</sup> July, 2017 **vide** item No. 4.16 and that in accordance therewith, the revised syllabus for PG Diploma in Therapeutic Counselling, has been brought into force with effect from the academic year 2017-18, accordingly. (The same is available on the University's web site ([www.mu.ac.in](http://www.mu.ac.in))).

MUMBAI – 400 032  
8<sup>th</sup> December, 2017

  
(Dr. Dinesh Kamble)  
I/c REGISTRAR

To,

The Principals of the Affiliated College in Social Work and the Faculty of Arts.

**A.C/4.16/30.07.2017**

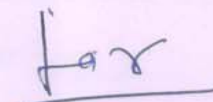
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No. UG/308 -A of 2017

MUMBAI-400 032 8<sup>th</sup> December, 2017

Copy forwarded with Compliments for information to:-

- 1.The Co-ordinator, Faculty of Interdisciplinary.
- 2.The Director, Board of Examinations and Evaluation,
- 3.The Director, Board of Students Development.,
- 4.The Co-Ordinator, University Computerization Centre,

  
(Dr. Dinesh Kamble)  
I/c REGISTRAR

P.T.O..

**P.G. DIPLOMA IN THERAPEUTIC COUNSELLING**

**(Revision of Syllabus)**

*There are six theory papers in total and one paper of field practicum. Each paper is of 100 marks.*

**PAPER I-BASIC CONCEPTS OF PSYCHOLOGY**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**Unit I- Introduction to Psychology**

**A] Definition of psychology:**

- 1-Psychology as a science
- 2- What is human behaviour?
- 3- Application of psychology in day-to-day life

**B] Brief introduction to basic concepts of psychology:**

- 1- Perception, Cognition, Emotion
- 2- Memory- Models of memory
- 3- Learning- Definition, trial and error method, Social learning theory by Bandura
- 4- Attitudes, Stereotypes, Prejudice
- 5- Motivation- Definition, Maslow's hierarchy of needs theory
- 6- Conflict, types of conflict, Decision making
- 7- Problem solving- heuristics, steps in problem solving

**C] Psychological attributes:**

- 1-Intelligence: Concept of intelligence- IQ and Mental age, and overview of important theories of intelligence (Binet, Spearman, Thurstone, Guilford, Gardner, Sternberg)

2- Brief introduction to other attributes viz. Ability, Creativity, Aptitude, Interest, Values, and Personality

3- Individual differences and normal distribution of psychological attributes among population

**D] Psychological assessment:**

1- What is Psychological testing?

2- Types of assessment (Questionnaire, verbal and non-verbal performance tests, interviews, survey, observation, case study, etc.)

3- Use of tests

**Unit II: Concept of self and personality**

**A] Self-awareness:**

1-Understanding self

2- Concepts of self-identity, self-esteem, self-efficacy, self-reliance, self-regulation

**B] Nature-nurture influence:**

1- Role of genetics and environment in developing personality

2- Changes in personality with age and experience

**C] Concept of personality:**

1- What is personality?

2- Introduction to type and trait theories of personality-Allport's trait theory, Eysenck's theory, Five-factor model of personality, Carl Jung's analytical psychology, Erik Erikson's identity crisis, Adler's individual psychology

**D] Psychoanalysis by Sigmund Freud:**

a- Development of psychoanalysis

- b- States of mind
- c- Structure of mind
- d- Defense mechanisms
- e- Psycho-sexual stages of development

**PAPER I-Books in English for reference:**

1. Feldman, R. S. (2004). *Understanding psychology*. (6<sup>th</sup> Ed). New Delhi: McGraw-Hill Publications.
2. Mangal, S.K. (2004). *An Introduction to psychology*. New Delhi: Sterling Publishers.
3. Morgan, C.T. (2004). *Introduction to psychology*. (7<sup>th</sup> Ed). New Delhi: Tata McGraw-Hill publishing company Ltd.
4. Ciccarelli, S.K. & Meyer, G.E. (2008). *Psychology (Indian sub-continent adaptation)*. New Delhi: Dorling Kindersley (India) Pvt. Ltd.
5. Smith, E.E. (2003). *Atkinson and Hilgards introduction to psychology*. (14<sup>th</sup> Ed). Australia: Thomson Wadsworth
6. Stam, H.J. (2007). *Theory and psychology*. New Delhi: Sage Publications India Pvt. Ltd.
7. Ellis, A., & Abrams, M. (2009). *Personality theories-clinical perspectives*. New Delhi: Sage Publications.
8. Jacobs, M. (2003). *Sigmund Freud*. Sage Publications.
9. Baron, R.A., & Byrne, D. (2005). *Social Psychology*. (10<sup>th</sup> Ed). New Delhi: Prentice Hall of India.
10. Mukharjee, N. (2012). *A textbook of social psychology*. New Delhi: Wisdom press.
11. Gavin, H. (1998). *The essence of cognitive psychology*. London: Prentice hall

**Books in Marathi for reference:**

**पेपर— १**

१. मुन्द्दा, नि.दि. (२०१४) प्रगतसामाजिकमानसशास्त्र. धुळे : अथर्वप्रकाशन.
२. ओक, अ., व परुळेकर, आ. (२००४). सामाजिकमानसशास्त्र मुंबई : प्राचीप्रकाशन.
३. मुन्द्दा, नि.दि. व खलाने, श.ह. (२०१३). मानसशास्त्राचीमुलतत्वे. जळगाव : अथर्वप्रकाशन.

४. परुळेकर, आ (२०११) वर्तनाचेमानसशास्त्र. (प्रथमावृत्ती) पुणे : उन्मेशप्रकाशन.  
५. ढोरमारे, अ., व रसाळपुं (२०१५). सामाजिकमानसशास्त्र (प्रथमावृत्ती) पुणे : उन्मेशप्रकाशन.  
६. पाटील, अ. (२००८). मानसशास्त्रीय चाचण्या पुणे : डायमंडप्रकाशन.

**PAPER II- HUMAN DEVELOPMENT and CHILDHOOD DISORDERS**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**Unit I- Human Development**

**A] Stages of development and their characteristics:**

- 1- Stages according to age: Infancy, Early Childhood, Late childhood, Adolescence, Young adulthood, Adulthood, Middle-age, Old-age
- 2- Characteristics of infancy, early childhood, late childhood and adolescence
- 3- Jean Piaget's theory of cognitive development
- 4- Lawrence Kohlberg's theory of moral development

**B] Challenges faced at different stages and required intervention:**

**1- Adolescence:**

- a- Major challenges- Drug abuse, Internet addiction, Identity crisis
- b- Intervention- Awareness about effects of drug use, excessive use of gadgets and internet, Sex education

**2- Youth:**

- a- Major challenges- Confusion about Interpersonal relationships, choosing partner, making career choice
- b- Intervention- Awareness about safe and unforced relationships, Pre-marital counselling, Career counselling

**3- Adulthood and Middle-age:**

a- Characteristics

b- Major challenges- Stagnation/boredom at workplace, unemployment, marital conflict, alcoholism, managing work and family life

c- Intervention- Awareness programs about importance of quality time, effects of alcoholism, marriage counselling, parenting skills (Mary Ainsworth's attachment styles, Styles of parenting and their impact on children, Skills of parenting children belonging to different age-groups, New trends in parenting)

**4- Old-age:**

a- Characteristics

b- Challenges faced- Financial insecurity, Physical illness, Dementia, Abuse of elderly people by their children or others

c- Intervention- Support groups, networking, old-age homes, Government schemes, Rights and Legal provisions for elderly people in India

**C] Erik Erikson's theory of psycho-social development**

**Unit II- Childhood Disorders**

**A] Mental disorders with early onset** (Causes, symptoms, diagnosis and treatment approaches):

a- Mental retardation

b- Autism

c- Epilepsy

d- Down's syndrome

e- Attention deficit hyperactivity disorder

**B] Learning difficulties in children** (Causes, symptoms and diagnosis):

- a- Learning disabilities- Dyslexia, Dysgraphia, Dyscalculia
- b- Slow learners

**C] Treatment approaches for working with children with special needs:**

- a- Inclusive education vs special schools
- b- Remedial education
- c- Shadow teaching
- d- Government provisions for children with special needs
- e- Vocational training and Employment opportunities

**PAPER II-Books in English for reference:**

1. Lines, D. (2006). *Brief counselling in schools*. Sage Publications.
2. Parameswaran, E.G. (2005). *Psychology at school*. New Delhi: Neelkamal publications.
3. Geldard, K., & Geldard D. (2009). *Relationship counselling for children, young people and families*. Sage Publications.
4. Berk, L.E. (2008). *Life span development*. (7<sup>th</sup> Ed). Allyn & Bacon, New York
5. Papalia, D.E., Olds, S.W. & Feldman, R. (2008). *Human Development*. (9<sup>th</sup> Ed). McGraw Hill.
6. Dinkar, S.S. (2010). *Child development and psychology*. New Delhi: Axis publications.
7. Kaur, R. (2006). *Child psychology: New trends and innovations*. New Delhi: Deep and Deep publications.
8. Daniels, D. & Jenkins, P. (2000). *Therapy with children*. Sage Publications.
9. Shaffer, D.R. (1999). *Development psychology: Childhood and adolescence*. Singapore: Brooks Cole publishing company.
10. Papalia, D.E., Olds, S.W. & Feldman, R. (2012). *Adult Development and Aging*. McGraw Hill.

11. Hariharan, M., & Rath, R. (2012). *Health status & economic security of the aged population*. Global research publications.
12. Goldstein, R. (2003). *The parenting bible: The first five years*. Mumbai: Magna Publishing company
13. Goldstein, R. (2003). *The parenting bible: The six to nine years old*. Mumbai: Magna Publishing company
14. Goldstein, R. (2003). *The parenting bible: The ten to thirteen years old*. Mumbai: Magna Publishing company
15. Sears, W. (2001). *The attachment parenting book*. Boston: Little brown and company
16. Hunter, T.L. (2010). *Single parenting: insight to help parents endure to the teaching and the tears*. USA: Xlibris corporation
17. Joshi, A.R., & Choudhary P. (2013). *Gerontology (Glimpses of gerontology, Geriatrics and Counselling)*. Mumbai: students of Gerontology batch
18. Rajendran, T. (2016). *Plight of senior citizens: families and old age homes*. New Delhi: Classical publishing company

**Books in Marathi for reference:**

**पेपर— २**

१. जोशी, अं. (२०१५). विवेकीपालकत्व (४थी आवृत्ती) मुंबई : शब्दप्रकाशन
२. बर्वे, रा. (२०१२). कथापालकांच्या, व्यथामुलांच्या. पुणे : मनोविकासप्रकाशन.
३. पोतदार, शं. (१९९७) वृद्धत्व : समस्याआणिउपाय. मुंबई : पॉप्युलरप्रकाशन.
४. लेले, सु.(२०१३) ऑटिझम — एक बिकटवाटतेवहिवाट. (द्वितीय आवृत्ती) 'पथपुणे' प्रकाशन.
५. जाधव, के. एम.(२०१२). वैकसिकमानसशास्त्र (द्वितीय आवृत्ती) पुणे : डायमंडप्रकाशन.

**PAPER III- BASIC SKILLS IN COUNSELLING**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**Unit I - Concept and Process of Counselling**

**A] Concept of counselling:**



1. Understanding the term ‘counselling’, various definitions, meaning of ‘counselling as a profession’
2. Aim & goals of counselling
3. Negative motivators and personal qualities of counsellor
4. Need of counselling, Types of counselling
5. Scope of counselling, Limitations of Counselling
6. Counselling room set up- physical setting

**B] Essential qualities/ skills of a counsellor:**

1. Empathy (Vs Sympathy), Active listening, Acceptance, Unconditional positive regard, Non-judgmental attitude, Attending
2. Trust, Genuineness, Emotional intelligence, Respect,
3. Self-awareness, Personal effectiveness, Concreteness, Flexibility, Patience

**C] Importance of non-verbal communication:**

1. Gestures and posture of counsellor during counselling session
2. Observation of non-verbal cues of clients
3. Participant and non-participant observation

**D] Techniques of counselling:**

- 1- Techniques to be used during counselling process: Structuring, Active listening, Clarification, Reflection of feeling, Probing, Paraphrasing, Confrontation, Summarization
- 2- Other techniques: Analysing, Insight development, Use of silence, Support and encouragement, Assertiveness
- 3- Factors to be cautious about: Self-disclosure, Transference and counter transference, Immediacy

**E] Methods used during counselling:**

- Individual sessions with clients, Personal interviews with care givers/ family members/friends, Home-visits, Group interactions/sessions, Role-plays, Use of written expression/ diary writing, Questionnaires, etc.

**F] Stages of counselling:**

1. Rapport building (establishing counsellor-client relationship)
2. Identification of problem/s (Assessment and diagnosis)
3. Ventilation of emotions and coping
4. Identifying possible solutions
5. Formulation of goals
6. Implementation of plan (Intervention and problem solving)
7. Termination, Follow-up and Evaluation

**G] Introduction to Carkhuff's model of helping relationship in counselling**

**Unit II- History Taking and Ethical Aspects of Counselling**

**A] History taking:**

- a- Case study writing
- b- What is mental status examination?
- c- Report writing of counselling sessions

**B] Principles and Ethics in counselling:**

- a- Principles of counselling- Confidentiality, Individuality, Acceptance, Trust, Active participation of client, Counsellor's controlled emotional involvement, Maintaining professional relationship with client
- b- Ethical Principles of Counselling-

1. Ethics regarding counsellor- Educational qualification, work experience, supervision in counselling
2. Ethics regarding counsellor-client relationship- Ethics in specific counselling situations
3. Ethics governing counselling profession- Referral of clients, training to become professional counsellors

**PAPER III- Books in English for reference:**

1. Corey, G. (2009). *Theory and Practice of Counselling and Psychotherapy* (8<sup>th</sup> Ed). CA: Thomson Brooks
2. Seligman, L., &Reichenberg, L. W. (2010). *Theories of counselling and psychotherapy systems, strategies and skills*. (3<sup>rd</sup> Ed). Pearson education.
3. McLeod, J. (2008). *An Introduction to Counselling*. (3<sup>rd</sup> Ed). Mumbai: Rawat publications.
4. Nelson-Jones, R. (2009). *Introduction to counselling skills: Text and Activities*. (3<sup>rd</sup> Ed). London: Sage publications
5. Rao, N.S. (2004). *Counselling and guidance*. (2<sup>nd</sup> Ed). New Delhi: Tata McGraw-Hill.
6. Welfel, E., & Patterson, L.E. (2009). *The counselling process: A multi-theoretical Integrative Approach*. (6<sup>th</sup> Ed). New Delhi: Cengage learning India Pvt. Ltd.
7. Patri, V. R. (2001). *Counselling psychology*. New Delhi: Authors press.
8. Kaila, H.L. (2006) *Counselling psychology*. Ambala: Associated publishers.
9. Woolfe, R. (2003). *Handbook of counselling psychology*. New Delhi: Sage publications India pvt. Ltd.
10. Narayana, S. (1992). *Counselling and Guidance*. (2<sup>nd</sup> Ed). New Delhi: Tata Mc.Graw Hill.
11. Knapp, H. (2007). *Therapeutic communication- Developing professional skills*. Sage Publications.
12. Fuster, J. M. (2000). *Personal counselling- An integration of Carkhuff's models*. Mumbai: Better yourself books.
13. Bond, T. (2000). *Standards and ethics for counselling in action*. Sage Publications.

14. Bond, T., & Mitchels, B. (2008). *Confidentiality and record keeping in counselling and psychotherapy*. Sage Publications.
15. Bor, R., & Palmer, S. (2002). *A beginner's guide to training in counselling and psychotherapy*. Sage Publications.
16. Leigh, A. (1998). *Referral and termination issues for counsellors*. Sage Publications.
17. Jenkins, P. (2002). *Legal issues in counselling and psychotherapy*. Sage Publications.
18. Turner, D. (1999). *Role plays*. Viva books Pvt. Ltd.

**Books in Marathi for reference:**

पेपर— ३

१. देशपांडे, चं. (२०१४). सुक्ष्मकौशल्ये—मानसशास्त्रीय समुपदेशनप्रक्रियेचा गाभा. पुणे: उन्मेश प्रकाशन.

**PAPER IV- PSYCHOLOGICAL DISORDERS**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**Unit I- Concept of Mental Health**

**A] Concept of mental health-**Definition of mental health and characteristics of mentally healthy adult

**B] Concept of normality and abnormality-** What is abnormal behaviour, myths and social stigma regarding mental illness, creating awareness to reduce stigma

**C] Introduction to Diagnostic and Statistical Manual of mental disorders**

**D] Difference between Psychosis and Neurosis**

**E] Impact of psychological disorders on the individual, family, community and society**

**F] Legal aspects related to mental health in India**

a- Mental health act, 1987

b- Mental health care bill, 2016

c- National Mental Health policy of India

**Unit II- Psychological Disorders in Adults** (Causes, symptoms & diagnosis, treatment approaches)

**A] Anxiety disorders:**

- a. Nature of anxiety disorders- Bio-psychological perspective- sympathetic and parasympathetic nervous system, physiological symptoms
- b. Specific Phobias
- c. Generalized anxiety disorder
- d. Panic disorder
- e. Separation anxiety disorder
- f. Obsessive-compulsive disorder
- g. Post-traumatic stress disorder

**B] Mood disorders:**

- a- Depression
- b- Bipolar disorder

**C] Schizophrenia:**

- a- Schizophrenia
- b- Schizoaffective disorder
- c- Delusional disorder

**D] Personality disorders:**

- a- Dependent personality disorder
- b- Antisocial personality disorder
- c- Borderline personality disorder

**E] Sexual disorders:**

a- What is abnormal sexual behaviour?

b- Paraphilia

c- Gender identity disorder

d- Sexual dysfunctions

**PAPER IV- Books in English for reference:**

1. Nolen-Hoekseman, S. (2007). *Abnormal psychology*. New Delhi: Tata McGraw hill publishing company.
2. Carson, R.C., & Butcher, J. N. (2000). *Abnormal psychology and modern life*. Boston: Allyn&Bacon
3. Mangal, S.K. (2004). *Abnormal psychology*. New Delhi: Sterling Publishers.
4. Pomerantz, A.M. (2008). *Clinical psychology science, practice and culture*. New Delhi: Sage publications India Pvt Ltd.
5. Rukadikar, A., & Rukadikar, P. (2007). *Mental disorders and you*. Miraj: Miraj psychiatric centre.
6. Addlakha, R. (2008). *Deconstructing mental illness: An ethnography of psychiatry*. New Delhi: Zubaan publications.
7. Gilbert, P. (1992). *Psychotherapy and counselling for depression*. Sage Publications.
8. O' Donohee, W. (2007). *Personality disorders toward the DSM-V*. New Delhi: Sage publications.
9. Veeraraghavan, V., & Singh, S. (2002). *Anxiety disorders: Psychological assessment and treatment*. New Delhi: Sage publications.

**Books in Marathi for reference:**

१. गोडबोले, अ. व जोशी, नी(२०१६) मनकल्लोळ (भाग १).पुणे : मनोविकासप्रकाशन
२. गोडबोले, अ. व जोशी, नी(२०१६) मनकल्लोळ (भाग २).पुणे : मनोविकासप्रकाशन
३. राजहंस, मा., पाटील, अ. व सुर्वे, सु.(२०१२)अपसामान्यांचेमानसशास्त्रपुणे: उन्मेशप्रकाशन.

**PAPER V- PSYCHOSOCIAL INTERVENTION**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**Unit I- Intervention for People in Difficult Situations**

**A] Suicide & deliberate self-harm:**

- 1- Understanding suicide
- 2- Difference between suicide and Deliberate Self Harm
- 3- Identifying person with suicidal tendencies and role of counsellor
- 4- Do's & don'ts and risks involved while dealing with such people

**B] Drug and alcohol addiction:**

- 1- Meaning & different kinds of addictions
- 2- Types of drinkers and Stages of addiction
- 3- Misconceptions associated with alcohol & drug usage
- 4- Effects on body & mind and impact on family
- 5- Treatment approaches and role of counsellor

**C] Child sexual abuse:**

- 1- Definition of CSA
- 2- Myths pertaining to CSA
- 3- Identifying victims of CSA
- 4- Impact on CSA victims
- 5- Role of counsellor and creating awareness in society

**D] Women & violence:**

- 1- Understanding nature of violence and abuse and its causes
- 2- Different forms and kinds of abuse- physical, emotional, mental, financial, social, etc.
- 3- Personality of abuser and victim, Cycle of abuse
- 4- Impact on family
- 5- Role of counsellor in management of abuse
- 6- Legal provisions for female victims of violence, D.V. Act in India

**UNIT II- Intervention for patients of HIV/AIDS and Cancer and Trauma Care**

**A] Mental health of HIV-AIDS patients:**

- 1- Meaning of and difference between HIV and AIDS
- 2- Causes, myths and misconceptions
- 3- Symptoms and stages
- 4- Impact on patient and family
- 5- Pre- and post-test counselling
- 6- Treatment approaches and role of counsellor
- 7- Rights of HIV positive people, government schemes and concessions

**B] Mental health of cancer patients:**

- 1- Causes and types of cancer
- 2- Symptoms and stages
- 3- Impact on patient and family



- 4- Children with cancer and their parents
- 6- Treatment approaches and role of counsellor
- 7- Government schemes and concessions

**C] Trauma care and crisis intervention:**

- 1- Understanding trauma in victims of natural disasters, accidents, riots, terrorism
- 2-10 steps in breaking the bad news to family members
- 3- Meaning of crisis, Robert's 7 stage model of crisis intervention
- 4- Phases of grief- Impact of death of closed ones
- 5- Kubler Ross's model of stages of grief, counsellor's intervention at each stage
- 6- Formation of support groups and role of counsellor
- 7- Concept of 'burn out', dealing with burn out amongst care givers

**PAPER V- Books in English for reference:**

1. Draucher, C. B., & Martsolf, D. S. (2006). *Counselling survivors of childhood sexual abuse*. Sage publications.
2. Dale, P. (1999). *Adults abused as children*. Sage publications.
3. AnandJyoti. (2011). *Healing narratives of women: psychological perspective*. Jaipur: Rawat publications.
4. Jung J. (2010). *Alcohol, other drugs and behavior*. Sage publications.
5. Perkinson, R.R. (2008). *Chemical dependency counselling*. Sage publications.
6. Kumar, U., & Mandal, M.K. (2010). *Suicidal behavior: Assessment of people at risk*. New Delhi: Sage publications.
7. Soloman S., Thyagarajan, S.P., & Walker, E. (2000). *HIV disease in India- A colour guide*. Madras: East west books Pvt. Ltd.

8. Panda, S., Chatterjee, A., & Abu S. A. Q. (2002). *Living with AIDS virus*. Sage publications.
9. Milner, P., & Palmer, S. (1998). *Integrative stress counselling*. Sage publications.
10. Hariharan, M., & Rath, R. (2008). *Coping with life stress: The Indian Experience*. New Delhi: Sage publications India Pvt. Ltd.
11. Ellis A., Gordon, J., Neenan, M., & Palmer S. (1997). *Stress counselling- A rational emotive behavioural approach*. Continuum Publications.
12. Joshi, V. (2005). *Stress from burnout to balance*. New Delhi: Response books.
13. Briere, J., & Scott, C. (2006). *Principles of Trauma Therapy*. Sage publications.
14. Dass-Brailsford P. (2007). *A practical approach to Trauma*. Sage publications.
15. Humphrey, G. M., & Zimpfer, D.G. (2008). *Counselling for grief and bereavement*. Sage publications.
16. Machin, L. (2009). *Working with loss and grief*. Sage publications.
17. Maslach, C., & Leiter, M.P. (2005). *Banishing burnout*. Jossey Bass- A Wiley company.
18. Maslach, C., & Leiter, M.P. (2000). *Preventing burnout and building engagement*. Jossey Bass- A Wiley company.
19. Taylor, S.E. (2006). *Health psychology*. (6<sup>th</sup> Ed). New Delhi: Tata McGraw hill publishing company.
20. Biswas, U. N (2014). *Social psychology of health: the issues and concerns in India*. New Delhi: Concept publishing company.

**Books in Marathi for reference:**

**पेपर— ५**

१. पाटकर, प्र.(२००७). चिंता : स्वरूपआणिउपाय. पुणे : मनोविकासप्रकाशन.
२. राजहंस, मा.,(२०१७). आरोग्य मानसशास्त्र (प्रथमावृत्ती). विश्लेषाप्रकाशन.
३. विंग, कला, चौधरी, शं. (१९८८) एच्.आय.व्हीआणि एड्समुंबई : पॉप्युलरप्रकाशन

**PAPER VI- THERAPEUTIC INTERVENTION**

**Total Marks: 100 (Internal assessment: 40 marks, External: 60 marks)**

**UNIT I- DIFFERENT PSYCHOTHERAPIES (Development of therapy, concepts and principles, techniques, process, and role of therapist)**

**A] Development of different psychotherapies- chronologically**

**B] Gestalt Therapy**

**C] Behaviour Therapy**

**D] Person-centred therapy**

**E] Transactional Analysis**

**F] Rational Emotive Behaviour Therapy**

**G] Play Therapy**

**H] Family Systems Therapy**

**I] Emotionally Focussed Therapy for Couples**

**Unit II- Introduction to Emerging Therapies and other intervention techniques**

**A] Art based therapies-** Dance movement therapy, Music therapy, Art therapy, Drama therapy and their applications

**B] Neuro-linguistic programming-** Meaning, scope and application

**C] Career guidance/ counselling-** Need, scope and application

**D] Industrial psychology-** Organizational behaviour, scope and application

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**PAPER VI- Books in English for reference:**

1. Jena, SPK. (2008). *Behaviour therapy*. Sage Publications.
2. Houston, G. (2003). *Brief Gestalt Therapy*. Sage Publications.
3. Samuel, T. G. (2007). *Family therapy history, theory and practice*. USA: Mac Millan publishing.
4. Dryden, W., & Neenan, M. (2004). *Rational emotive behavioural counselling in action*. Sage Publications.
5. Neenan, M., & Dryden, W. (2006). *REBT in a nutshell*. Sage Publications.
6. McMillan, M. (2004). *Person-centered approach to therapeutic change*. Sage Publications.
7. Mearns, D., & Thorne, B. (2007). *Person-centered counselling in action*. Sage Publications.
8. Nelson-Jones, R. (2006). *Theory and practice of counselling and therapy*. Sage Publications.
9. Feltham, C. (1999). *Understanding the counselling relationship*. Sage Publications.
10. Langley, D. (2006). *An introduction to Drama therapy*. Sage Publications.
11. Dorneley-Smith, R., & Patey, H.M. (2003). *Music therapy*. Sage Publications.
12. Edwards, D. (2004). *Art therapy*. Sage Publications.
13. Zunker, V. (2008). *Career, work and mental health*. Sage Publications
14. Muchinsky, P. M. (2000). *Psychology applied to work*. Australia: Wadsworth publications.
15. McDermott, I. & Jago, W. (2001). *Brief NLP therapy*. Sage Publications.
16. Lines, D. (2006). *Spirituality in counselling and psychotherapy*. Sage Publications.

**Paper VII – Field Practicum**

**Total Marks: 100**

**Objectives:**

- 1. To integrate the theoretical inputs to practice**
- 2. To provide an opportunity to students to use and sharpen their intervention skills**

**3. To help students develop appropriate attitudes and values of counselling profession**

**4. Help students to gain an understating of the role of the professional counsellor**

**Criteria for field practicum:**

**Total 40 hours of field practicum**

**Division of marks- Field work- 30 Marks, Report writing- 40 Marks, Viva- 30 Marks**

**Tasks:**

- 1. Observation of counselling sessions held by professional counsellor**
- 2. Taking case history of clients**
3. Understanding client's profile, problem and situation
4. Observation of counselling skills, techniques and therapies used by professional counsellor
5. Conducting counselling sessions, if permitted by organisation
6. Keeping written records of counselling sessions attended
7. Discussion with course coordinator regarding cases and sessions
8. Submission of report to course coordinator

**Programme Outline**

<b>Sr. No.</b>	<b>Paper</b>	<b>Marks</b>
<b>1.</b>	Paper I – Basic Concepts of psychology (36 Hours= 4 Credits)	100 (Internal: 40, External 60)
<b>1.</b>	Paper II - Human Development and Childhood Disorders (45 Hours= 5 Credits)	100 (Internal: 40, External 60)
<b>2.</b>	Paper III – Basic Skills in Counseling (33 Hours= 3 Credits)	100 (Internal: 40, External 60)
<b>3.</b>	Paper IV - Psychological Disorders (40 Hours= 4 Credits)	100 (Internal: 40, External 60)
<b>4.</b>	Paper V - Psychological Intervention (40 Hours= 4 Credits)	100 (Internal: 40, External 60)
<b>5.</b>	Paper VI - Therapeutic Intervention (45 Hours= 5 Credits)	100 (Internal: 40, External 60)
<b>6.</b>	Paper VII - Field Practicum (50 Hours= 5 Credits)	100 (Internal: 40, External 60)
Total Marks		700
Total Credits		30
Minimum Passing		45% in each paper all together (Internal and External)

**AC – 30/07/2017**

**Item No. – 4.16**

<b>Marks</b>	<b>Grade Points</b>	<b>Grade</b>	<b>Performance</b>
80 & Above	10	O	Outstanding
70 – 79.99	9	A+	Excellent
60 – 69.99	8	A	Very Good
55 – 59.99	7	B+	Good
50 – 54.99	6	B	Above Average
45 – 49.99	5	C	Average
40 – 44.99	4	D	Pass
Less than 40	0	F	Fail