

Ph.D in Guidance and Counselling Coursework

Counselling Theories

Unit 1

Concept and Process -meaning and definition –goals of counselling-process of counselling-fundamental percepts of effective helping and counselling

Unit2

Psycho dynamic counselling –Sigmund Freud –Alfred Adler-Carl Jung-Melanie Klein

Unit3

Humanistic Counselling –Carl Rogers –Gestalt –Eric Berne – William Glasser-Maslow

Unit 4

Existential Counselling –Theoretical assumption of existential counselling –Victor Frankl-Cognitive therapy - Aaron Beck-Pavlov , Watson Eysenk

Unit 5

Behavioural Counselling – practice- Albert Bandura –Social Cognitive Theory -Social Cognitive theory-Rational Emotive Behavioural Counselling-Albert Ellis-George Kelly-Multimodal counselling –Arnold Lazarus –Eclectic counselling

References:

1. Indu Dave The Basic Essentials' of Counselling, Sterling \Publishers Pvt Lts, New Delhi 1981
2. Patterson and Welfare : The Counselling Process Wadsworth Thompson Learning Australia 2001
3. Ray Colledge Mastering Counselling Theory Palgrave Macmillan 2002

Geriatric Counselling

Objectives:

- To provide the students adequate knowledge about the elderly people
- To train the students in Guidance and Counselling

Unit I:

Human Ageing – Biological Theories of Ageing –Physiological illnesses – Digestion, Circulation, Respiration, Hormones, Body Metabolism –physical ageing

Unit II:

Psychological Functions – Changes in Attention – Perception – Psychomotor Functions

Unit III:

Social Aspects of Ageing- social theories of ageing – Ages in the Family, Family Dynamics – Inter-generational Differences and Generation Gap- spiritual aspects of ageing

Unit IV:

Coping with Ageing Changes – Personal and Social Adjustment in Old age – Coping with Physical Changes – Changed Roles and Interests – Welfare schemes for Senior Citizen – Psychological Well – Being of the Elderly – Need for Counselling – Retirement – Pre and Post – Retirement Counselling

Unit V:

Women and Aging –Psychological Well being –Physical Well being –Menopause- sexuality-cardio vascular health-osteoporosis –health counselling for women.

Reference:

1. Birren. J.E. (1982), Hand Book of Psychology of Aging. C.A: Van Nostrand Reinhold Co.
2. Desai. K.G. (1982), Aging in India, Bombay: Tata Institute of Social Sciences
3. Gubrium J.F. & Sankar. A (1996), Qualitative Methods in Ageing Research. Thousand Oaks: Sage Pubs.
4. Monroe. R.T. (1971), Diseases in Old Age, Cambridge: Harward University Press.

Counselling Therapies

Unit 1

Types of Therapies – Cognitive and Behavioural Therapies, Psychoanalytical -Psychodynamics therapies –Interpersonal- humanistic –effectiveness of counselling and psychotherapy

Unit 2

Role of Therapist as a communication expert, an inhibitor a facilitator a coach and trainer-relationship between therapist and client- The talking therapies –Psycho analysis analysis client centred therapy –behaviour therapy operant therapy Somatic therapy De sensitization –role playing the Ethics of therapy Electro shock

Unit 3

Different therapeutic techniques psychoanalytic therapy, Alderain Therapy existential therapy gestalt therapy Person centred therapy transactional analysis behaviour therapy Relational and Emotional therapy and cognitive behavioural therapy

Unit 4

Family therapy and Behavioural therapy- theoretical constructs strategic approaches Structural approaches techniques of family therapy joining enactment tracking restructuring techniques circular questioning techniques of behavioural therapy relaxation training systematic desensitization modelling charting relapse prevention

Unit 5

The role of therapies goal role of therapist Client suitability for therapy Contra indications for therapy possibility of parental involvement therapeutic techniques adaptable to the treatment benefits of therapies

References:

1. Sharma A.S. (2005). Counselling Psychology. New Delhi. Common Wealth Publishers
2. Vasantha R Patri.(2003). Counselling Psychology. New Delhi. Authors Press
3. Bhatnagar, Seema Rani (2005). Guidance and Counselling in Education and Psychology. Meerut. R.Lall Bool Depot Booksellers and Publishers

Developmental Psychology

Unit 1

The psychology as science –Theory –concept-Developmental theories-meaning and concept- branches of psychology – behavioural, psychoanalytic, cognitive, humanistic perspectives on human thought and behaviour–Socio-cultural theories Llev Vygotsky – Information Processing Theory- Social Learning Theory-

Unit 2 Ground theories - Piaget's theory -Erickson's theory of psychosocial development- Kholberg's theory of Moral Development- Freud's Theory of Psychosexual development – Ecological Theory –Gibbon's Theory of perceptual development.

Study of development –prenatal -development - Birth- Infant and Toddler hood- Physical Cognitive Social and Personality Development –sex and gender differences – individual differences.

Unit 3- Early childhood –development of Language and Communication Skills – physical, cognitive, social –personality development in early childhood-Middle childhood - physical, cognitive, social –personality development in middle childhood

Unit 4

Adolescent-physical, cognitive, social –personality development in adolescence –The search for a personality identity –Gender-Psychological Perceptive

Unit 5

Young Adulthood - Middle Adulthood -Late Adulthood Adolescent-physical, cognitive, social –personality development –social and emotional development through the life span—modification of behaviour

References:

Patricia H.Miller Worth Punblisher, NewYork 2002Theories of Devleopmental Psychology.

Jaas Valsiner and Kevin J.Connolly.Handbook od development Psychology Sage Publication.London

Saffer David Developmental Psychology :Childhood and Adolescence Nelson Education Ltd.Toronto2013

Rehabilitation Counselling

Objectives:

- To understand the history and philosophy of rehabilitation
- To understand the laws and legislation for individuals with disabilities
- To acquire knowledge about the principles and practices in the rehabilitation process

Unit I:

Rehabilitation-meaning, nature, needs-history and philosophy of rehabilitation-historical and legislative aspects of the rehabilitation counselling profession-values of rehabilitation-legislation for persons with disabilities

Unit II:

Vocational rehabilitation-organisational structure of the vocational rehabilitation-vocational development theories- career counselling – job placement – career development of people with disabilities

Unit III:

Community rehabilitation programmes – current challenges and issues – people with disabilities in the work place- counselling theories in rehabilitation-mental and behavioural health

Unit IV:

Disability-meaning –types and causes-genesis-magnitude-futuristic trends-preventive disabilities strategies and approaches-participatory development- the persons with disabilities- family dynamics and the community main streaming of persons with disabilities-access, services, special schemes-public facilities-concessions

Unit V:

Rehabilitation counselling code of ethics-principles and obligations- technology and accommodative issues in rehabilitation practices- alcoholism and programs- psychological impact of disability- prerequisite skills for employment- role of multipurpose rehabilitation-linkage between education and rehabilitation profession

Reference:

1. Rubin, S.E & Roessler, R.T (2001), Foundations of the vocational rehabilitation process (5th edition)
2. Parker, R.M, Szymanski, E.Patternson, J (2000) Rehabilitation Counselling

3. Crimando, W.& Riggan T.E (eds), 2005 community resources: a guide for human services workers (2nd edition) wave land press