

11. Lowe, Gordon R. (1969). *Personal Relationships in Psychological Disorders* (Penguin science of behaviour), Penguin Books.
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14. Mangal, S. K. (2012), *Abnormal Psychology*, Sterling Publications.
15. Pinel, John P. J. (2007). *Biopsychology*, Pearson.
16. Plimley, Lynn & Bowen, Maggie (2006). *Autistic Spectrum Disorders in the Secondary School*, Paul Chapman Publishing (P.C.P.).
17. Plimley, Lynn & Bowen, Maggie (2007), *Social Skills and Autistic Spectrum Disorders*, Paul Chapman Publishing (P.C.P.).
18. Reddy, G. Lokanadha; Santhakumari, P.; Kusuma, A. & Shyamala, V. (2004). *Behaviour Disorders in Children (Identification, Assessment and Intervention Strategies)*, Discovery Publishing Houde, New Delhi.
19. Riddick, Barbara (2010). *Living with Dyslexia (The social and emotional consequences of difficulties/ disabilities)*, Routledge / Nasen.
20. 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.
21. Sailo, Saichampuil & Ralte, Rinpari. *Suicide (A Multiple Approach)*, Mittal Publications, New Delhi (India).
22. Sarason, Irwin G. & Sarason, Barbara R. (2000). *Abnormal Psychology (The Problem of Maladaptive Behaviour)*, PHI (Prentice, Hall of India) Pvt. Ltd, New Delhi.
23. Sen, Arun K. & Anis, Ahmad (1999). *Drug Abuse and Youth (A Psychological Study)*, Gyan Publishing House, New Delhi.
24. Sethi, Sujata (2011). *Text Book of Psychiatry*, Elsevier, New Delhi.
25. Sharma, Rachana (2006). *Abnormal Psychology*, Atlantic Publishers.
26. Simpson, Richard L. (2008). *Autism Spectrum Disorders (Interventions and Treatments for Children and Youth)*, SAGE Publications.
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28. Sue, David; Sue, Derald & Sue, Stanley (1994). *Understanding Abnormal Behaviour*, Houghton Mifflin Company.
29. Wright, Samson (with the collaboration of Montague Maozels & John B. Jepson). (1952). *Applied Psychology*, Oxford University Press.
30. Abhedananda Swami (1954). *True Psychology*, Ramakrishna Vedanta Math, Calcutta.
31. Aggarwal, J. C. (2009) *Essentials of Educational Psychology*, Vikas Publishing House Ltd.
32. Berk, Laura E. (2001), *Child Development*, PHI Learning Private Limited. New Delhi.
33. Butterworth, George (2014). *Principles of Developmental Psychology: An Introduction*, Psychology Press, New York
34. Colman, Andrew M. (2015). *Oxford Dictionary of Psychology*, Oxford Reference.

PGDGC 103

## THEORIES OF GUIDANCE AND COUNSELLING

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1. Importance of theories--- Issues faced by therapists in the beginning.
2. Psychodynamic approach, Freud's Psychoanalysis, Freud Revisited: Lacanian Psychoanalysis, Adlerian, Person-centered, Existential & Gestalt therapies & techniques, Analysis of these techniques from a multicultural perspective; Action Oriented Techniques: Behaviour therapy, Cognitive-behaviour therapy, Reality therapies—Key concepts, Processes & Applications.
3. Case work/individual & Group counselling approaches, Integrative, Spiritual Approaches of counselling. Humanistic approach, Existential approach
4. Personality Theories and their implications in Guidance and Counselling, Freudian viewpoint; Neo-Freudian viewpoint (Erikson's, Adlerian, Meyer's and C. G. Jung's Viewpoint) Moralistic viewpoint (Kohlberg), Classical Conditioning (Pavlov), Behaviouristic viewpoint (Skinner), Humanistic viewpoint (Maslow's and Roger's viewpoint), Eysenck's viewpoint, Social Cognitive Learning viewpoint (Bandura)
5. Stages & Factors of Psychological Development, Developmental task of different stages of development – Prenatal development, Birth and Infancy, Early childhood, Middle childhood, Adolescence, Adulthood & Old age
6. Adjustments fulfillment and frustration of motives, conflict, anxiety and defence mechanisms at different stages of life; Psychodynamics of Adjustment – Adjustment problems, Cause of Maladjustment, Problems of Maladjustment; Family and Parenting, Peers, Media, Schooling, Socio-cultural context, Religious context and morality.

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**Suggested Reading:**

1. Sharma, R and Sharma, R. Guidance and Counseling In India, Atlantic Publisher, New Delhi.
2. Guidance and Counselling By R C Mishra APH Publishing Corporation
3. Jones, A.J.: Principles of Guidance, sixth ed., McGraw Hill, New York, 1970
4. Asch, M. Principles of Guidance and Counseling. ND: Sarup & Sons, 2000.
5. Kottler, J.A and Brown, R.W. Introduction to Therapeutic Counseling, U.S: Brooks/Cole, 2000.
6. Woolfe, R and Dryden, W. Handbook of Counseling Psychology, New Delhi, sage Publication.
7. May, R. The Art of Counseling, Nashville, Abingdon, 1977.
8. Leigh, A. Referral and Termination Issues for Counselors, New Delhi: Sage Publications, 1998.
9. Wallace, S.A and Lewis, M.D Becoming a Professional Counselor, New Delhi, Sage.
10. Osipow, S.H. Theories of Career Development, NJ: Prentice Hall Inc, 1983.
11. Gabriel, L & Casemore, R (ed.) Relational Ethics in Practice--- Narratives from Counseling and Psychotherapy, Routledge, 2007.
12. Cottone, R. R & Tarvydas, V M. Counseling Ethics and Decision- Making, Prentice Hall.
13. Geldard, K & Geldard, D. Practical Counselling Skills: An Integrative Approach, Palgrave.
14. Langs, R. Fundamentals of Adaptive Psychotherapy and Counselling, Palgrave

  
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15. Career Guidance and Counselling: Principles and Techniques By S. P. Sharma, Kanishka
16. Mayers, G.E.: Principles and Techniques of vocational Guidance, McGraw Hill,
17. Gerow, Josh R. (1993). *Essentials of Psychology (Concepts and Applications)*, Harper Collins College Publishers.
18. Hurlock, Elizabeth B. (2003). *Developmental Psychology (A Life – Span Approach)*, Tata McGraw-Hill.
19. Lomas, Heffron & Ivztan (2014). *Applied Positive Psychology*, Sage Publication.
20. Rathus, Spencer A. & Nevid, Jeffrey S. (1999). *Adjustment and Growth (The Challenges of Life)*, Harcourt Basic College Publishers.
21. Reber, Arthur S. & Allen, Rhianon (2009). *Penguin Dictionary of Psychology*, Penguin Reference Library.
22. Shaffer, David, Kipp, Belmont, Katherine CA (2013). *Developmental Psychology: Childhood and Adolescence*, USA Wadsworth Cengage Learning.
23. Sharma, Neeraja. (1999). *Understanding Adolescence*, National Book Trust, India.
24. Sharma, Ram Nath & Sharma, Rachana (2006). *Child Psychology*, Atlantic Publishers.
25. Sharma, S.R. (2000). *Nature of Child Study*, Omsons Publications, New Delhi.
26. Sinha, Jadunath (1996). *Indian Psychology, Vol. – I (Cognition), II (Emotion & Will), and III (Epistemology of Perception).....*, Motilal Banarsidass Publishers.
27. Skinner, Charles E. (2009). *Educational Psychology*, PHI Learning Private Limited. New Delhi.
28. Slater, Alan & Bremner, J. Gavin (2011). *An Introduction to Developmental Psychology*, British Psychological Society.; John Wiley & Sons.

**PGDGC 104**

### **PRACTICUM AND PROJECT REPORT PREPARATION**

Project Report to be prepared by each student identifying problems of a single client/group and service delivery by student. The Project to be prepared under the supervision of a teacher/agency.

**SECOND SEMESTER**

**PGDGC 201**

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## SELF, SOCIETY, SOCIAL RELATIONSHIP

1. Concepts of Self: Meaning & Development of Self, Determinants & Dimensions of Self, Self as a product of social learning & cognition, Self in Conflict: Freud's theory of human personality, Challenges of the Self: Stress, Health & Coping.
2. Society & Social Behaviour: Social constructions of normal & abnormal behaviour through discourses & discursive practices, Social stereotyping—Gender, Sexual & Age Stereotypes, Illness as a Stereotype, Power-Knowledge interplays in stereotyping, Role of culture, mass media, public opinion in shaping social behaviour, Effect of environment on behaviour & vice-versa, Mental Health and Mental Illness.
3. Relationship issues: Basis of Interpersonal Relationships, Factors, Interpersonal attraction, Social perception, Communication & symbolic meaning in relationship, Gender Relationships: Society & Gender Roles – Limitations & Influences, Sex Relationships: Sexuality – Constructions & Deconstructions, Sexual myths—its historicity, Sexual responsibility, Sexually Transmitted Diseases – social implications, Homosexuality, Sexual values & Choices.

### Suggested Reading:

1. Antonovsky, A. *Health, Stress & Coping*, San-Francisco: Jossey-Bass.
2. Baert, Patrick. "Social Theory in 20<sup>th</sup> Century", New York University Press, New York.
3. Chatterjee, S.C; Patnaik, P; Chariar, V.M. "Discourses on Aging and Dying", Sage.
4. Cockerham, W.C The Blackwell Companion to Medical Sociology (Ed.) Blackwell Publishing,
5. Featherstone, B; Rivett, M & Scourfield, J. (ed.) "Working with Men in Health and Social Care", Sage Publication, 2007.
6. Foucault, Michel. *The History of Sexuality, Volume 1*. Victoria: Penguin Books, 1998.
7. Francis, David and Stephen Hester, *An invitation to ethnomethodology; language, society, and social interaction*, Sage Publications.
8. Freud, Sigmund. "The Ego and the Id (The Standard Edition of the Complete Psychological Works of Sigmund Freud" W. Norton & Company; The Standard Edition edition, 1990.
9. Freud, Sigmund. "The Interpretation of Dreams", Avon Books, 1980.
10. George Herbert Mead, *Mind Self and Society from the Standpoint of a Social Behaviorist* (Edited by Charles W. Morris). Chicago: University of Chicago (1934).
11. Holmes, Mary. "What is Gender? Sociological Approaches", Sage Publications, 2007.
12. Jean Laplanche et J.B. Pontalis, Editeur "The Language of Psycho-Analysis", W. W. Norton & Company, 1974.
13. Kalbfleisch, Pamela J & Erlbaum, Lawrence *Interpersonal Communication: Evolving Interpersonal Relationships*, 1993.
14. Linley, P.A; & Joseph, S. (Eds.) (2004) *Positive psychology in practice*. New York: Wiley.
15. Lippa, Richard A. *Gender, Nature and Nurture*, Lawrence Erlbaum Associates, 2002.

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16. Marinelli, Lydia and Andreas Mayer A. *Dreaming by the Book: A History of Freud's 'The Interpretation of Dreams' and the Psychoanalytic Movement*, New York: Other Press, 2003.
17. Mead, Margaret *Male and Female*, Harper Perennial, 2001.
18. Miller, George Herbert Mead: *Self, Language, and the World*. University of Texas Press David.
19. Patel, V. (2003) *Meeting the mental health needs of developing countries*. New Delhi: sage India
20. Peterson, C; & Seligman, M.E.P. (2004) *Character strengths and virtues: A handbook & classification*. New York: Oxford University Press.
21. Schneider, David J. *The Psychology of Stereotyping*, The Guilford Press, London, 2004.
22. Seligman, MEP (2002) *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free press
23. Snyder, C.R. & Lopez, S. J. (Eds.) (2002) *Handbook of positive psychology*. Oxford : Oxford University Press.
24. *Social Selves Theories of Self and Society by Ian Burkitt SAGE Publications Ltd ISBN: 9781412912723*

#### PGDGC 202

#### GUIDANCE AND COUNSELLING AREAS

1. Educational guidance and counselling, The Purpose of Educational Guidance ,Factors Contributing to Educational Problems ,Self, Home, School, Neighbourhood, Community, The Educational Guidance Programme, Guidance at Primary School Level, Guidance at Secondary School Level , Guidance at College Level, Complementary Roles of the Teacher Counsellor and Professional Counsellor , Promoting Parental Collaboration in Educational Guidance.
2. Career Counselling for career planning & skill development,
3. Family Counselling and Guidance: Family, Marriage & Sex, adolescent,
4. Addiction,
5. Gerontological, Mother & Child health, women & gender issues,
6. Stress and Trauma,
7. Health & Hospital Counselling HIV/AIDS/COVID-19
8. Industrial & Organizational counselling, correctional counseling, Counseling for handicapped & mentally challenged,
9. Sports counselling
10. Correctional counseling

#### Suggested Reading:

1. Schellenberg, R. "The New School Counselor: Strategies for Universal Academic Achievement", Rowman & Littlefield Education, 2009.
2. Metcalf, L. "Counseling Toward Solutions: A Practical Solution-Focused Program for Working with Students, Teachers, and Parents", Jossey-Bass Publication, 2008.
3. Zunker, Vernon G. "Career Counseling: A Holistic Approach", Brooks Cole Publication, 2006.
4. Davis, D.C and Humphrey, K.M. "College Counseling: Issues and Strategies for a New Millennium", American Counseling Association Publications, 2000.
5. Lewis, J.A; Dana, R.Q and Blevins, G.A. "Substance Abuse Counseling", Brooks Cole.

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6. Carnes, P.J. "Out of the Shadows: Understanding Sexual Addiction", Hazelden Publications.
7. Golden, G.H "In the Grip of Desire---A Therapist at Work with Sexual Secrets", Routledge.
8. Phillips, J; Phillips, J, Stonebridge, L. (ed.) "Reading Melanie Klein", Routledge.
9. Ingersoll, B. and Dvortcsak, A. "Teaching Social Communication to Children with Autism--- A Manual for Parents", Guilford Press, 2010.
10. Garson, Mary Joan. "The Embedded Self---An Integrative Psychodynamic and Systemic Perspective on Couples and Family Therapy", 2nd Edition, Routledge.
11. Greenspan, Miriam: A New Approach to Women and Therapy. New York: Mc.Graw-Hill.
12. Ramirez. Manuel (1994). Psychotherapy and Counseling with Minorities: A Cognitive Approach to Individual and Cultural Differences. London: Allyn and Bacon.
13. Sommers-Flanagan, John (1993). Foundation of Therapeutic Interviewing. London: Allyn and Bacon.
14. Aneshensel, Carol S. and Phelan, Jo C. "Handbook of the Sociology of Mental Health", Springer Publishing Company, 2006.
15. Approach to Individual and Cultural Differences. London: Allyn and Bacon.
16. Babcock, Elise. "When Life Becomes Precious: The Essential Guide for Patients, Loved Ones, and Friends of Those Facing Serious Illnesses", Bantam Publications, 1997.
17. Baradon, Tessa(ed.) "Relational Trauma in Infancy--- Psychoanalytic, Attachment and Neuropsychological Contributions to Parent-Infant Psychotherapy", Routledge
18. Fremouw, William J., De Perczel, Maria, & Ellis, Thomas E. (1990). Suicide Risk:Assessment and Response Guidelines. London: Allyn and Bacon.
19. Greenspan, Miriam: A New Approach to Women and Therapy. New York: Mc.Graw-Hill.
20. Hershenson, D.B and Power, P.W. "Mental Health Counseling: Theory and Practice", Allyn & Bacon Publications, 1987.
21. Hoffman, "Counselling Clients With HIV Disease Assessment Intervention and Prevention", Guilford Press, 1996.
22. Kumar, D. "Disease and Medicine in India---A Historical Overview", Tulika Publications, 2001.
23. Landy, F.J and Conte, J.M. "Work in the 21st Century: An Introduction to Industrial and Organizational Psychology", Wiley-Blackwell Publications, 2009.
24. Nathan, Joel "What to do when they say 'It's Cancer'", Prism Books Pvt. Ltd, Bangalore, 2000.
25. Palmo, A.J; William, J.W; Borsos, D.P (ed.) "Foundations of Mental Health Counseling" (3rd edition), Charles C Thomas Pub Ltd, 2006.
26. Peterson, David. "Psychological Aspects of Functioning, Disability, and Health", Springer Publishing Company, 2010.
27. Ramirez. Manuel (1994). Psychotherapy and Counseling with Minorities: A Cognitive
28. Sommers-Flanagan, John (1993). Foundation of Therapeutic Interviewing. London: Allyn and Bacon.

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## RESEARCH AND TESTING IN GUIDANCE AND COUNSELLING

1. Importance of research, Scope of Research in the Counselling and Guidance, Opportunities, Difficulties, Scope, Steps
2. Research methods: Qualitative, Quantitative, Single-case designs/group research, Action research, Outcome-based research, Using research results to improve counselling effectiveness
3. Programme modification, Needs assessment, Programme Evaluation, Using research results to effect programme modifications, Ethical and legal considerations related to research and programme evaluation. Writing of research report.
4. Testing in counselling. Need and importance of testing. Types of testing, Utilization of test result in counselling and referral service.
5. Assessment of cognitive function : Weschler Adult Intelligence Scale, Bender Gestalt Test, Raven's Progressive Matrices. Assessment of personality, Stress and Adjustment : Standard measures of Personality: State-Trait Anxiety (STAI), Depression, Adjustment and Stress.
6. Assessment of Interest, Aptitude, Achievement – Measures of achievement and Aspiration, vocational and career interest. Observational assessment – Interview, Case Study, rating scale.
7. Basic statistics for Guidance & Counselling: Frequency distribution, Measures of central tendency, Measures of dispersion, Concepts of percentile score; Errors of Measurement; Reliability & Validity; Correlation & Probability; Sampling techniques; Normal Probability Curve (NPC)

### Suggested Reading:

1. Blalock, H.M. Jr. 1979. *Social Statistics*. McGraw-Hill Book Company.
2. Corey, G. 1985. *Theory and Practice of Group Counselling*, Monterey, CA, Brooks/Cole.
3. Elifson, K.W. 1990. *Fundamentals of Social Statistics*. McGraw-Hill Book Company: New York.
4. Levin, Jack and James Alan Fox. 2006. *Elementary Statistics in Social Research*. Pearson Education.
5. Mangal, S.K. 2010. *Statistics in Psychology and Education*. PHI Learning Private Limited: New Delhi.
6. New Delhi: Concept Publishing Co. 1992.
7. Pareek, U and Rao, T.V., *First Handbook of Psychological and social instruments*.
8. Patterson, L. E. and Welfel, E. R. 2000. *The Counselling Process*, Brooks/Cole ( Eastern Press, Bangalore).
9. Sirkin, R.M. 1999. *Statistics for the Social Sciences*. Sage Publications.
10. Walsh, W. B., and Betz, N E. *Tests and Assessment*. NJ: Prentice Hall, 1985.

PGDGC 204

INTERNSHIP AND REPORT PREPARATION

Anand Mohan  
17/05/22

## Internship

There would be agency programme for 1 (one) month (training at some counselling center/ organization where counselling services are in practice). Performance of a student to be evaluated on the basis of activity report prepared by each student and signed by the supervisor / head of that institution.

### Distribution of marks:

#### First semester

Each of the 3 theory papers will be of 100 marks.  $3 \times 100 = 300$

100 marks for each theory paper in all the semesters would be distributed as:

80 marks for written examination (time duration 3 hours)

The question pattern for the 80 marks examination:

- i) there will be 15 questions of 2 marks from which 10 questions are to be answered by the candidates.  $(2 \times 10 = 20)$
- ii) there will be 8 questions of 5 marks from which 6 questions are to be answered by the candidates.  $(6 \times 5 = 30)$
- iii) there will be 5 questions of 10 marks from which 3 questions are to be answered by the candidates.  $(3 \times 10 = 30)$

20 marks for continuous assessments etc. which will be distributed as follows:

10 marks — Attendance

10 marks - Class Tests/Assignments/Seminar/ Case Presentation

Practicum and project report preparation (100 marks):

Report: 50 marks

Viva: 50 marks

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Total: 100

**Grand Total 400**

  
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**Second Semester**

Each of the 3 theory papers will be of 100 marks. 3x100 = 300

100 marks for each theory paper in all the semesters would be distributed as:

80 marks for written examination (Time duration 3 hours)

The question pattern for the 80 marks examination:

- i) there will be 15 questions of 2 marks from which 10 questions are to be answered by the candidates. (2x10=20)
- ii) there will be 8 questions of 5 marks from which 6 questions are to be answered by the candidates. (6x5=30)
- iii) there will be 5 questions of 10 marks from which 3 questions are to be answered by the candidates. (3x10=30)

20 marks for continuous assessments etc. which will be distributed as follows:

10 marks — Attendance

10 marks - Class Tests/Assignments/Seminar/ Case Presentation

Internship and report preparation: Total : 100 marks

Report (To be evaluated by expert): 50 marks

Comprehensive Viva-Voce: 50 marks

(To be evaluated by expert)

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Total 100

Grand Total 400

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*17/05/22*