

THE UNIVERSITY OF BURDWAN

DEPARTMENT OF LIFELONG LEARNING

SCHOLARSHIP & STIPEND

Post Graduate Diploma in Guidance and Counselling
Session: 2019-20

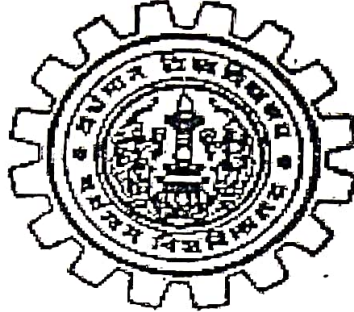
Sl. No.	Name of the student	Gender	Application ID
1	SUMANA SHAW	F	WB030207474371
2	PUJA GHOSH	F	WB040207516995

Chatterjee
Joint Director
Deptt. of Lifelong Learning
THE UNIVERSITY OF BURDWAN
RAJBATI, BURDWAN-713104



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Syllabus
OF
POST GRADUATE DIPLOMA IN GUIDANCE AND
COUNSELLING

Conducted By

The Department of Lifelong Learning

In collaboration with

The Department of Sociology

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SYLLABUS

Paper- I

Self, Society & Social Relationships

Full Marks: 100

Class Hour: 54

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.
Hour: 18
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.
Hour: 18
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.
Hour: 18

REFERENCES

1. George Herbert Mead, *Mind Self and Society from the Standpoint of a Social Behaviorist* (Edited by Charles W. Morris). Chicago: University of Chicago (1934).
2. Miller, *George Herbert Mead: Self, Language, and the World*. University of Texas Press David.
3. *Social Selves Theories of Self and Society* by Ian Burkitt *SAGE Publications Ltd* ISBN: 9781412912723
4. Francis, David and Stephen Hester, *An invitation to ethnomethodology; language, society, and social interaction*, Sage Publications.
5. 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.
6. Jean Laplanche et J.B. Pontalis, Editeur "The Language of Psycho-Analysis", W. W. Norton & Company, 1974.
7. Freud, Sigmund. "The Interpretation of Dreams", Avon Books, 1980.
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. Foucault, Michel. *The History of Sexuality, Volume 1*. Victoria: Penguin Books, 1998.
10. Schneider, David J. *The Psychology of Stereotyping*, The Guilford Press, London, 2004.
11. Mead, Margaret *Male and Female*, Harper Perennial, 2001.
12. Kalbfleisch, Pamela J & Erlbaum, Lawrence *Interpersonal Communication: Evolving Interpersonal Relationships*, 1993.
13. Antonovsky, A. *Health, Stress & Coping*, San-Francisco: Jossey-Bass.
14. Cockerham, W.C *The Blackwell Companion to Medical Sociology*(Ed.) Blackwell Publishing,
15. Lippa, Richard A. *Gender, Nature and Nurture*. Lawrence Erlbaum Associates, 2002.


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16. Featherstone, B; Rivett, M & Scourfield, J. (ed.) "Working with Men in Health and Social Care", Sage Publication, 2007.
17. Chatterjee, S.C; Patnaik, P; Chariar, V.M. "Discourses on Aging and Dying", Sage.
18. Baert, Patrick. "Social Theory in 20th Century", New York University Press, New York.
19. Holmes, Mary. "What is Gender? Sociological Approaches", Sage Publications, 2007.

Paper- II

Fundamentals of Guidance and Counselling

Full Marks: 100

Class Hour: 54

1. Definition, Objective & Scope of Counseling, Steps & Stages in Counseling, Difference between Guidance, Counseling & Psychotherapy, Dimensions & dynamics of counseling relationships, client expectations.
Hour: 18
2. Skills required in counselling & counselor's qualities. Codes of professional ethics & ethical principles, Guides for successful living, Social significance of counseling and guidance. Techniques of collecting information about the individual for guidance and counseling.
Hour: 18
3. Meaning and definition of guidance, aims and importance of guidance, basic principles of guidance, group guidance, Psychological bases of guidance: Intelligence aptitude, interest, personality. Organisation of guidance services, follow up services in guidance evaluation of guidance services.
Hour: 18

REFERENCES

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 & Taryvdas, 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
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,

Paper -III

Guidance and Counseling: Theoretical Approaches & Techniques

Full Marks : 100

Class Hour: 54

1. Importance of theories--- Issues faced by beginning therapists. **Hour: 18**
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. **Hour: 18**
3. Case work/individual & Group counseling approaches, Integrative, Spiritual Approaches of counseling. Humanistic approach, Existential approach, Integrative **Hour: 18**

REFERENCES

1. Gladding, S. T. Counseling Theories: Essential Concepts and Applications, Prentice Hall, 2004.
2. Corey, G. Theory and Practice of Counseling and Psychotherapy, Cengage Learning, 2008.
3. Lacan, J. The Ethics of Psychoanalysis: The Seminar of Jacques Lacan, Routledge, 2007.
4. Ginsburg, H. P. & Opper, S. Piaget's Theory of Intellectual Development, Prentice- Hall, 1987.
5. Walsh, W.B and Betz, N.E Tests and Assessments, NJ: Prentice- Hall, 1985.
6. Pareek, U and Rao, T.V. First Handbook of Psychological and Social Instruments, New Delhi, Concept Publishing Co., 1992.
7. Carroll, M R. and Kraus K L. Elements of Group Counseling, Love Publishing, Denver, USA.
8. Theory and practice of group counseling By Gerald Corey
9. Basic Counseling Techniques: A Beginning Therapist's Toolkit by C. Wayne Perry ISBN-10: 1403383278
10. Counseling and psychotherapy theories in context and practice: skills, Strategies and Techniques. By John Sommers-Flanagan, Rita Sommers-Flanagan, John Wiley & Sons.
11. Guidance and Counselling: A Manual: By B. G. Barki, B. Mukhopadhyay Sterling Publishers. New Delhi.
12. Encyclopaedia Of Guidance And Counselling (4 Vols.) Author : K.S. Lakshmi ISBN : 81-7099-757: New Delhi:- 2003

Paper-IV

Guidance and Counseling Areas

Full Marks : 100

Class Hour: 54

1. Educational Counseling and Guidance: School, College and University, Career Counseling for career planning & skill development, **Hour: 18**
2. Family and Health Counseling and Guidance: Family, Marriage & Sex, adolescent, Addiction, Gerontological, Mother & Child health, women & gender issues, stress and Trauma, Health & Hospital Counseling HIV/AIDS **Hour: 18**
3. Industrial & Organizational counseling, correctional counseling, Counseling for handicapped & mentally challenged, Sports counselling **Hour: 18**

REFERENCES

1. Schellenberg, R. "The New School Counselor: Strategies for Universal Academic Achievement", Rowman & Littlefield Education, 2009.



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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.
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. Baradon, Tessa(ed.) "Relational Trauma in Infancy--- Psychoanalytic, Attachment and Neuropsychological Contributions to Parent-Infant Psychotherapy", Routledge
12. Stern, M.M and Stern, L.B. "Repetition and Trauma Toward A Teleonomic Theory of Psychoanalysis", Routledge Publications, 1988.
13. Palmo, A.J; William, J.W; Borsos, D.P (ed.) "Foundations of Mental Health Counseling" (3rd edition), Charles C Thomas Pub Ltd, 2006.
14. Hershenson, D.B and Power, P.W. "Mental Health Counseling: Theory and Practice", Allyn & Bacon Publications, 1987.
15. Hoffman, "Counselling Clients With HIV Disease Assessment Intervention and Prevention", Guilford Press, 1996.
16. Nathan, Joel "What to do when they say 'It's Cancer'", Prism Books Pvt. Ltd, Bangalore, 2000.
17. Babcock, Elise. "When Life Becomes Precious: The Essential Guide for Patients, Loved Ones, and Friends of Those Facing Serious Illnesses", Bantam Publications, 1997.
18. Sun, Key. "Correctional Counseling: A Cognitive Growth Perspective", Jones & Bartlett.
19. Kumar, D. "Disease and Medicine in India---A Historical Overview", Tulika Publications, 2001.
20. Landy, F.J and Conte, J.M. "Work in the 21st Century: An Introduction to Industrial and Organizational Psychology", Wiley-Blackwell Publications, 2009.
21. Aneshensel, Carol S. and Phelan, Jo C. "Handbook of the Sociology of Mental Health", Springer Publishing Company, 2006.
22. Peterson, David. "Psychological Aspects of Functioning, Disability, and Health", Springer Publishing Company, 2010.
23. Fremouw, William J., De Perczel, Maria, & Ellis, Thomas E. (1990). Suicide Risk: Assessment and Response Guidelines. London: Allyn and Bacon.
24. Greenspan, Miriam: A New Approach to Women and Therapy. New York: Mc.Graw-Hill.
25. Ramirez. Manuel (1994). Psychotherapy and Counseling with Minorities: A Cognitive Approach to Individual and Cultural Differences. London: Allyn and Bacon.
26. Sommers-Flanagan, John (1993). Foundation of Therapeutic Interviewing. London: Allyn and Bacon.

Paper-V

Testing and Assessment in Guidance and Counselling

Full Marks : 100

Class Hour: 54

1. Testing in counselling. Need and importance of testing. Types of testing, Utilization of test result in counselling and referral service. **Hour: 18**

2. 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. **Hour: 18**
3. Assessment of Interest, Aptitude, Achievement- Measures of achievement and Aspiration, vocational and career interest. Observational assessment- Interview, Case Study, rating scale. **Hour: 18**

REFERENCES

1. Walsh, W. B., and Betz, N E. Tests and Assessment. NJ: Prentice Hall,1985.
2. Pareek, U and Rao, T.V., First Handbook of Psychological and social instruments. New Delhi: Concept Publishing Co. 1992.
3. Corey, G. 1985. Theory and Practice of Group Counselling, Monterey, CA, Brooks/Cole.
4. Patterson, L. E. and Welfel, E. R. 2000. The Counselling Process, Brooks/Cole (Eastern Press, Bangalore).

Paper-VI

Research Methods in Guidance and Counselling

Full Marks : 100

Class Hour: 54

1. Importance of research, Scope of Research in the Counseling and Guidance Opportunities, Difficulties, Scope, Steps **Hour: 18**
2. Research methods
Qualitative, Quantitative, Single-case designs/group research, Action research, Outcome-based research, Using research results to improve counseling effectiveness **Hour: 18**
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. **Hour: 18**

REFERENCES

- Counseling Research: Quantitative, Qualitative, and Mixed Methods, Carl J. Sheperis, M. Harry Daniels, J. Scott Young, ISBN-10: 0131757288, ISBN-13: 9780131757288, Publisher: Merrill
- Handbook of counselling psychology By Ray Woolfe, Windy Dryden, Sheelagh Strawbridge, Sage Publication, London.
- Social Work Research Methods Four Alternative Paradigms by Teresa & Morris, *SAGE Publications, Inc* ISBN:9781412916745
- Qualitative research in counselling and psychotherapy By John McLeod Sage Publications, New Delhi.
- Heppner, P. P., Wampold, B. E., & Kivlighan, D. M., Jr. (2007). *Research Design in Counseling* (3rd ed.). Belmont, CA: Brooks Cole.
- Houser, R. A. "Counseling and Educational Research: Evaluation and Application", Sage Publications.
- Kanfer, F. H. & Goldstein, A. P. (1980). *Helping People Change: A Textbook of Methods*, NY, Pargamon.



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Paper-VII

(100 marks)

- There would be agency programme for 1 (one) month(training at some counselling center/ organization where counselling services are in practice)
{to be evaluated on the basis of activity report prepared by each student and signed by the supervising staff / head of that institution} 50 marks

- 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. 50 marks
 - a) Introduction to the problem/issue
 - b) Review of the relevant literature
 - c) Statement of the problem
 - d) Hypothesis, where applicable
 - e) Methodology
 - f) Data and its treatment/analysis
 - g) Therapy/intervention strategies
 - h) Findings, Conclusions, applications, etc.
 - i) Limitations/Suggestions for future research
 - j) Bibliography

Viva Voce at the end of the final examination
100 marks