Post Graduate Diploma in Counselling

SYLLABUS
(for the candidates admitted from the academic year 2016-2017)

Department of Social Work
Bishop Heber College (Autonomous)
(Nationally Reaccredited with A Grade by NAAC with CGPA of 3.58 out of 4)
Recognized by UGC as ‘College with Potential for Excellence’
Tiruchirappalli – 620 017

www.bhc.edu.in/ hebersocialwork@gmail.com
**POST GRADUATE DIPLOMA IN COUNSELLING**

(2016 Onwards)

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**Bishop Heber College (Autonomous)**
Objectives

1. To introduce the students to the basic concept of counselling
2. To orient the students on various issues in counselling setup
3. To highlight the importance of communication in counselling
4. To provide knowledge on Guidance and career counselling.


Unit II: Counselling: Counselling Process – Counsellor - Client Relationship, Stages of Counselling, Diagnosis, therapeutic process; empathy and congruence, decision making, skills. Assessment of Attitudes and issues such as Stress, Anxiety and Social Support – Counselling Interventions.


Unit IV: Professional Issues in Counselling: Client Issues (Culture, Gender, Disability and Sexuality), Counsellor’s Issues (Confidentiality, Burnout, Over-involvement, value-addition, record-keeping and supervision), Institutional Issues (Institutional Settings, interdisciplinary team work, liaison with other agencies) and ethical Issues.

References

3. Counselling the Culturally Different: Theory and Practice, Sue Derald Wing, 1981
4. Basic Essentials of Counselling, Indu Dave, 1984
Semester : I  
Credits : 6  
FIELDS OF COUNSELLING  
Core Paper : II  
Course Code : D16SW202

Objectives

1. To expose the students to Grief counselling
2. To cover a wide area of disability counselling
3. To highlight the importance of counselling during disaster
4. To elaborate the significance of substance abuse and life span counselling.

Unit I : Grief Counselling: Counselling people with terminal illness, those facing bereavement and the depressed and suicidal. Stages of dying (Kubler Ross)

Unit II : Disability Counselling: Counselling persons with disabilities, Psychosocial and sexual problems of people (Orthopeadic, aural, visual and speech impairment) with disability and mentally challenged. Working with care givers of Children with Mental Retardation, Autism and Cerebral Palsy.

Unit III: Substance Abuse & HIV Counselling: Counselling people with STD’s: HIV/AIDS- Pre and post test counselling, issues in substance abuse counselling: causes and consequences of substance abuse, motivation enhancement and dealing with denial. Counselling Children and Spouses of Substance abusers.

Unit IV : Disaster Counselling: Types of disasters, emotional characteristics of people affected by disasters, short term and long term issues in counselling, Victims of disasters. Debriefing – concept and techniques.

Unit V : Life Span Counselling: Counselling children, adolescents and the elderly-typical problems and psychosocial issues, counselling victims of child sexual abuse, pre-retirement counselling.
References:

1. Rando, Therese A: Grief, Dying and Death: Clinical Interventions for Caregivers, Champaign, IL, Research Press, 1984
Objectives

1. To equip on counselling theories
2. To orient on therapeutic intervention based on Counselling Theories
3. To expose on various models of counselling
4. To train on applying counselling theories in various practice settings.

Unit I: Theories of Counselling: Psychoanalytic Theory, Adlerian Theory, Humanistic Theories (Person Centered, Existential and Gestalt) and Experiential (Neo-Humanistic) Theory


Unit III: Models of Counselling: Integrative Perspective, Eclectic Model, Eagan’s Model, Carkhuff’s Model of Counselling, Multicultural Counselling Theory.

Unit IV: Counselling Practice: Counselling Practice in Schools & Colleges, Industries, Correctional Setting, Medical Setting, Psychiatric Setting and De-addiction Centres. Application of Research in Counselling.

Unit V: Role of Counsellors in Different Settings: Old Age Homes, Cancer Hospitals, Child Guidance Clinics, Family Counselling Centres and Orphanages.
References:

5. Gupta S.P., Elementary Statistical Methods, Sultan Chand & Sons, New Delhi, 9th Ed., 1992
6. Anugraha – John Antony Books
Semester : I  DEVELOPMENTAL COUNSELLING  Core Paper : IV  
Credits    : 6  Course Code : D16SW204  

Objectives  
1. To understand the scope of counselling practice on various developmental settings  
2. To equip on the theoretical aspect of Life Skills  
3. To examine the application of Life Skills to deal with adolescent issues  
4. To train on skills needed to work with different groups.


Unit IV : Life Skills Development – Concept, Scope – Decision making, problem solving, creative thinking, critical thinking, communication, interpersonal relationship, empathy, self awareness, coping with stress coping with emotions – Training programmes for life skills.

References:

4. UNESCO (1991) Adolescence Education 4 volumes, Bangkok, Principal Regional Office for Asia and Pacific
Semester : I
Credits : 6

CONCURRENT FIELD WORK

Field Work : I
Course Code : D16SW2F1

The component of Field Work requires the PGDC aspirants to undergo Concurrent Field Work for a duration of one month. The field work practicum comprises of observation and practice of three counselling Case Studies in the field.