

Master of Arts
Syllabus for MA Counselling Psychology Semester IV

Old Syllabus	Proposed Syllabus
Title of the Paper: Orientation to Special Areas in Counselling	Title of the Paper: Orientation to Special Areas in Counselling
Subject Code: 410131	Subject Code: 40131

PAPER TITLE	L	Cr	P/T	D (EE)	EE	IE	T
Orientation to Special Areas in Counselling	4	4	--	2 hours	50	50	100

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration,
 EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
<p>Objective:</p> <p>After the completion of the course the learner will be able to</p> <ul style="list-style-type: none"> ● explain the application of psychology in modern everyday life ● discuss various issues faced by special population, including children, women and the LGBT community ● work with workplace issues and career development ● explain the concept of trauma and bereavement 	<p>Objective:</p> <ul style="list-style-type: none"> ● To understand the various issues faced by children, families and the marginalized ● To apply the various types of counselling skills for specific circumstances and populations. <p>Learning Outcomes:</p> <p>On completion of the course the learner will be able to:</p> <ul style="list-style-type: none"> ● Explain the application of psychology in modern everyday life ● Discuss various issues faced by special population, including children, women and the LGBTQIA community ● Work with workplace issues and career development ● Deal effectively with cases of trauma and bereavement

Old Syllabus		Proposed Syllabus							
Unit	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weightage	Instruction Time	Credits	Evaluation	
								IE Weightage	EE Weightage

1	<p>1.1. Childhood Abuse – Physical, sexual, emotional.</p> <p>1.2. Family Issues – Divorce/separation of parents, custody battles, death of parent</p> <p>1.3. Adjustment in school- Bullying and peer pressure, addictions</p> <p>1.4. Sexual safety, personal safety, child mental health and parent counseling</p>	Child and Adolescent Related Areas	<p>On completion of this module the learner will be able to:</p> <ul style="list-style-type: none"> describe the various types of abuse faced by children. detect the issues related to bullying and ragging identify issues pertaining to family and safety. 	<p>1.1 Childhood Abuse – Physical, sexual, emotional.</p> <p>1.2 Family Issues – Divorce/separation of parents, custody battles, death of parent</p> <p>1.3 Adjustment in school- Bullying and peer pressure, addictions, Cyber Bullying across age groups</p> <p>1.4 Sexual safety, personal safety, child mental health and parent counseling</p>	25	15	1	50	50
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2	<p>2.1 Sexual Abuse and violence</p> <p>2.2. Domestic Abuse and violence</p> <p>2.3 Development and expression of alternate sexualities and sexual preferences</p> <p>2.4 Marriage and Intimate Relationships, IVF counseling</p>	Gender Related Issues	<p>On Completion of this module, the learner will be to:</p> <ul style="list-style-type: none"> describe the various types of abuse faced by women outline the issues and threats faced by the LGBT community deal with various types of families, and issues in marital relationships 	<p>2.1 Sexual Abuse and violence</p> <p>2.2. Domestic Abuse and violence</p> <p>2.3 Development and expression of alternate sexualities and sexual preferences- Issues faced by LGBTQIA</p> <p>2.4 Pre Marital Counselling, Marriage and Intimate Relationships, IVF counseling</p> <p>2.5 Queer Affirmative Therapy</p>	25	15	1	50	50
3	<p>3.1 Models of Career choice and development</p> <p>3.2 Changing World of Work-workplace trends, changing workforce</p> <p>3.3 Coping with Occupational Hazards-Job Stress, Sexual Harassment, Un/Underemployment</p> <p>3.4 Balancing Work and Other Spheres-Workaholism, Work and Family Roles, Work-life balance</p>	Work and Career Related Issues	<p>On completion of this module the learner will be able to :</p> <ul style="list-style-type: none"> describe the theories of career development decode changing nature of workplace trends identify various workplace related issues 	<p>3.1 Models of Career choice and development</p> <p>3.2 Changing World of Work-workplace trends, changing workforce</p> <p>3.3 Coping with Occupational Hazards-Job Stress, Sexual Harassment, Un/Underemployment</p> <p>3.4 Balancing Work and Other Spheres-Workaholism, Work and Family Roles, Work-life Balance</p>	25	15	1	50	50

4	<p>4.1 Trauma Related Conditions - Acute stress and Post traumatic stress Disorder</p> <p>4.2. Bereavement –The Mourning Process, Abnormal Grief Reactions</p> <p>4.3 Grieving Special Type of losses-Sudden death, miscarriage, suicide.</p> <p>4.4 Preparing for long term illness eg. HIV, Cancer, Palliative counseling.</p>	Trauma and Grief Counseling	<p>On completion of this module the learner will be able to:</p> <ul style="list-style-type: none"> ● deal with and understand the process of Bereavement and Grief ● Apply counselling techniques to specialized populations 	<p>4.1 Trauma Related Conditions - Acute stress and Post traumatic stress Disorder</p> <p>4.2. Bereavement –The Mourning Process, Abnormal Grief Reactions</p> <p>4.3 Grieving Special Type of losses-Sudden death, miscarriage, suicide.</p> <p>4.4 Preparing for long term illness eg. HIV, Cancer, Palliative counseling</p>	25	15	1	50	50

Evaluation Scheme:

A. Internal Exams: Total Marks: 50

Assignments on various types of specialized counselling

Discussions on various Acts introduced for Mental Health and Prevention against Sexual Harassment- Reports

Film/ Documentary viewing followed by discussion and reports

Workshops on specialized counselling and reports

Module Making

Facilitating workshops for community

B. External Exams: Total Marks: 50

Student has to answer any 2 questions from Q1 to Q4. Q5 is compulsory

Question No.	Question Type	Marks
Q1	Essay type Question from Module I	14
Q2	Essay type Question from Module II	14
Q3	Essay type Question from Module III	14
Q4	Essay type Question from Module IV	14
Q5	Essay type Question from Module I	22

References:

A. Essential Reading

Hurlock. (2001). *Child development*. Tata McGraw-Hill Education.

Ranade, K., & Chaturvedi, S. (2013). *Gay-Affirmative Counselling Practice Resource and Training Manual*. Saksham, TISS, Mumbai

Sanderson, C. (2013). *Counselling skills for working with trauma: Healing from child sexual abuse, sexual violence and domestic abuse*. Jessica Kingsley Publishers.

Sarason, B. R. (2005). *Abnormal psychology: The problem of maladaptive behavior 11th ed.*

Weiten, W., Dunn, D. S., & Hammer, E. Y. (2016). *Psychology applied to modern life: Adjustment in the 21st century*. Cengage Learning.

Worden, J. W. (2018). *Grief counseling and grief therapy: A handbook for the mental health practitioner*.

Ritter, K., & Terndrup, A. I. (2002). *Handbook of affirmative psychotherapy with lesbians and gay men*. Guilford Press.

Masters of Arts
Syllabus for MA Counselling Psychology Semester IV

Old Syllabus	Proposed Syllabus
Title of the Paper: Counselling Approaches	Title of the Paper: Counselling Approaches
Subject Code: 410135	Subject Code: 40231

PAPER TITLE	L	Cr	P/T	D (EE)	EE	IE	T
Counselling Approaches	4	4	--	2 hours	50	50	100

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration, EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
<p>Objectives:</p> <p>After the completion of the course the learner will be able to</p> <ul style="list-style-type: none"> ○ critically evaluate various therapeutic approaches ○ explain the process, techniques and application of various therapeutic approaches 	<p>Objectives:</p> <ul style="list-style-type: none"> ● To understand the various perspectives to therapy ● To apply the therapeutic techniques and <p>Learning Outcomes:</p> <p>On completion of the course the learner will be able to</p> <ul style="list-style-type: none"> ● Critically evaluate various therapeutic approaches ● Plan application of techniques for therapeutic sessions ● Evaluate alternative therapeutic techniques

Old Syllabus		Proposed Syllabus							
Module	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weightage	Instruction Time	Credits	Evaluation	
								IE Weightage	EE Weightage
1	1.1 Psychodynamic Therapy : Concepts, Process, Techniques, Applications & Evaluation 1.2 Transactional Analysis : Concepts, Process, Techniques, Applications & Evaluation 1.3 Eclectic & Integrated Approach : Concepts, Process, Techniques, Applications & Evaluation	Classical Approaches to Counseling	After the completion of this module the student will be able to <ul style="list-style-type: none"> explain psychodynamic, eclectic approaches to counseling, Transactional Analysis as a therapy. apply the techniques and applications of these classical approaches 	No Change	25	15	1	50	50

2	<p>2.1 Person Centered Therapy: Concepts, Process, Techniques, Applications & Evaluation</p> <p>2.2 Gestalt Therapy : Concepts, Process, Techniques, Applications & Evaluation</p> <p>2.3 Existential Therapy: Concepts, Process, Techniques, Applications & Evaluation</p> <p>2.4 Psychodrama: Concepts, Process, Applications & Evaluation</p>	Humanistic & Experiential Approaches	<p>After the completion of this module the learner will be able to</p> <ul style="list-style-type: none"> Identify the techniques, processes and applications of Person Centered Therapy Identify the techniques, processes and applications of Gestalt <p>Identify the techniques, processes and applications of Existential approaches</p>	No Change	25	15	1	50	50
3	<p>3.1. Family Therapy: Concepts, Approaches, Techniques & Applications</p> <p>3.2 Couple Therapy : Approaches, Techniques & Applications</p> <p>3.3 Group Psychotherapy: Techniques & Application</p>	Family , Couple & Group Therapy	<p>On completion of this module the learner will be able to:</p> <ul style="list-style-type: none"> Evaluate the various family therapies Apply techniques of Group Psychotherapy 	No Change	25	15	1	50	50

4	4.1 Expressive therapies - Play, Art Therapy, Life Skills training 4.2 EMDR, Yoga, Vipasanna, Mindfulness based approaches 4.3 Vocational and Career Counselling 4.4 Geriatric Counseling, Rehabilitation Counseling	Interventions Across Life Span	On completion of this module, the learner will be able to: <ul style="list-style-type: none"> Evaluate various alternative therapies Apply therapies for specialized populations	4.1 Expressive therapies - Play, Art Therapy, Life Skills training 4.2 EMDR, Yoga, Vipasanna, Mindfulness based approaches 4.3 Vocational and Career Counselling 4.4 Geriatric Counseling, Rehabilitation Counseling 4.5 Remote Counselling 4.6 Crisis Intervention, Mental Health during Pandemic	25	15	1	50	50
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Evaluation Scheme:

A. Internal Exams: Total Marks: 50

- Report on workshops conducted
- Self analysis and sharing in the form of a written assignment
- MCQs
- Group Presentations on Applications
- Role plays
- Module Making
- Simulated group therapy – skill assessment

B. External Exams: Total Marks: 50

Student has to answer any 2 questions from Q1 to Q4. Q5 is compulsory

Question No.	Question Type	Marks
Q1	Essay type Question from Module I	14
Q2	Essay type Question from Module II	14

Q3	Essay type Question from Module III	14
Q4	Essay type Question from Module IV	14
Q5	Essay type Question from Module I	22

References:

A. Essential Reading:

- Corey, G. (2016). *Theory and practice of counseling and psychotherapy*. Cengage Learning.
- Cormier, S. (2015). *Counseling strategies and interventions for professional helpers*. Pearson.
- Gelso, C. J., Williams, E. N., & Fretz, B. R. (2014). *Counseling psychology*. American Psychological Association.
- Cayoun, B. A., Francis, S. E., & Shires, A. G. (2018). *The Clinical Handbook of Mindfulness-integrated Cognitive Behavior Therapy: A Step-by-Step Guide for Therapists* (1st ed.). Wiley-Blackwell.
- Hart, W. (2020). *The Art of Living: Vipassana Meditation*. Pariyatti Publishing.
- Pollak, S. M., Pedulla, T., & Siegel, R. D. (2014). *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy* (1st ed.). The Guilford Press.
- Shapiro, F. (2017). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures* (3rd ed.). The Guilford Press.
- O'Connor, K. J., Schaefer, C. E., & Braverman, L. D. (2015). *Handbook of Play Therapy* (2nd ed.). Wiley.
- National Institute of Mental Health and Neuro Sciences. (2020, April). *Guidelines for Telecounselling Services*. NIMHANS. <https://nimhans.ac.in/wp-content/uploads/2020/04/Guidelines-for-Telepsychotherapy-Services-17.4.2020.pdf>
- American Psychological Association. (2013, December). *Guidelines for the Practice of Telepsychology*. American Psychologist. <https://doi.org/10.1037/a0035001>

B. Additional Reading:

- Nelson-Jones, R. (2015). *Basic counselling skills: A helper's manual*. SAGE.
- Seligman, L. W., & Reichenberg, L. W. (2015). *Theories of counseling and psychotherapy: Systems, strategies, and skills*. Pearson.
- Sharf, R. S. (2015). *Theories of psychotherapy & counseling: Concepts and cases*. Cengage Learning.
- Deb, S., Sunny, A. M., & Sanyal, N. (2020). *Community Psychology: Theories and Applications* (1st ed.). SAGE Publications Pvt. Ltd.
- Sriram, S. (2016). *Counselling in India*. Springer Publishing.
- Weinberg, H., & Rolnick, A. (2019). *Theory and Practice of Online Therapy: Internet-delivered Interventions for Individuals, Groups, Families, and Organizations* (1st ed.). Routledge.
- Rosenfield, M. (2013). *Telephone Counselling: A Handbook for Practitioners*. Palgrave Macmillan.

Masters of Arts
Syllabus for MA Counselling Psychology Semester IV

Old Syllabus	Proposed Syllabus
Title of the Paper: Research project /Dissertation	Title of the Paper: Research project / Dissertation
Subject Code: 410888	Subject Code: 40331

PAPER TITLE	L	Cr	P/T	D (EE)	EE	IE	T
Research Project/ Dissertation	--	4	4	2 hours	100	--	100

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration, EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
<p>Objectives:</p> <p>Objectives: After completion of this course student will be able plan, conduct and defend research independently</p>	<p>Objectives:</p> <p>To apply concepts of research methodology To evaluate and interpret statistical measures</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> ● On completion of the course, the learner will be able to: ● Formulate Research Questions, hypothesize and design a research ● Plan the conduction of Research ● Conduct Data Collection ● Calculate and Interpret using SPSS ● Present Research Findings

Old Syllabus		Proposed Syllabus							
Module	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weightage	Instruction Time	Credits	Evaluation	
								IE Weightage	EE Weightage
Module I	<p>Guideline for Research Dissertation</p> <p>1) Executing the Research Proposal finalized in the Semester III, for which research guide is already assigned in Semester III and proposal presented before Departmental committee which serves as Departmental ethics committee.</p> <p>2) Psychological test should be standardized and as far as possible recent.</p> <p>3) References should be given in APA style.</p> <p>4) One hard bound and one</p>	-	<p>Objectives:</p> <p>After completion of this course student will be able to plan, conduct and defend research independently</p>	No change	100	60	4	--	100

	<p>soft copy of the report (minimum 100 pages) should be submitted in the department before final examination.</p> <p>5) Student will face a viva voce and during which she will present the key findings of her work and be questioned on the same. Marks will be assigned separately for the writing of the dissertation as well as the oral presentation and defense.</p>								
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References

- Denzin, N. K., & Lincoln, Y. S. (2017). *The SAGE handbook of qualitative research*. SAGE Publications.
- Privitera, G. J. (2018). *Research methods for the behavioral sciences*. SAGE Publications.
- American Psychological Association. (2019). *Publication Manual of the American Psychological Association* (Seventh ed.). American Psychological Association.
- Ritchie, J., Lewis, J., Professor of Social Policy Jane Lewis, Nicholls, C. M., & Ormston, R. (2013). *Qualitative research practice: A guide for social science students and researchers*. SAGE.
- White, T. L., & McBurney, D. H. (2012). *Research methods*. Cengage Learning

Masters of Arts
Syllabus for MA Counselling Psychology Semester IV

Old Syllabus	Proposed Syllabus
Title of the Paper: Field based practicum – Internship	Title of the Paper: Field based practicum – Internship
Subject Code: 410999	Subject Code: 40431

PAPER TITLE	L	Cr	P/T	D (EE)	EE	IE	T
Field based Practicum- Internship	--	8	8	2 hours	150	50	200

#L=Lectures per week, Cr=Credits, P/T=Practical/Tutorials, D=External Exam Duration, EE=External Examination, IE=Internal Examination, T=Total Marks

Old Syllabus	Proposed Syllabus
Objectives 1. Students will be able to use any one or combination of therapeutic techniques for every case 2. students will be able to apply relevant therapeutic approaches in cases at Internship	Objectives: <ul style="list-style-type: none"> To apply counselling skills To demonstrate assessment and therapeutic skills To create documentation of counselling cases Learning Outcomes: On completion of the course, the learner will be able to: <ul style="list-style-type: none"> Plan therapeutic sessions Conduct assessments and generate reports Document counselling sessions and maintain counselling portfolio

Old Syllabus		Proposed Syllabus							
Unit	Topic and Details Old Syllabus	Module	Module Specific Objectives	Content	Weightage	Instruction Time/ Practicum	Credits	Evaluation	
								IE Weightage	EE Weightage

<p>1. Student has to report to centers and work on a total of 10 cases from history taking to intervention sessions.</p> <p>2. Cases should be discussed with the supervisor in group or individually.</p> <p>3. Certificate of attendance and completion of the internship from the institute should be attached</p> <p>4. Student can use any one or combination of following therapeutic technique for every case. Relevant therapeutic approaches are to be selected from</p> <ol style="list-style-type: none"> Person Centered Therapy Cognitive Behavior Modification (REBT, Meichenbaum and Beck) Multimodal Psychotherapy Reality Therapy Transactional Analysis Behaviour Therapy Family Therapy Eclectic Approach <p>5. Minimum five session of counseling plan should be given</p> <p>6. Write detailed report on 8 cases selected out of total 10 cases worked on.</p> <p>7. Group counselling may constitute educational or vocational group testing sessions and educational and / or vocational guidance may be provided on the basis of findings.</p>	<p>On completion of the course, the learner will be able to:</p> <ul style="list-style-type: none"> Plan therapeutic sessions Conduct assessments and generate reports Document counselling sessions and maintain counselling portfolio 	No Change	200	240 hrs*	8	50	150
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*Students undertake fieldwork 4 days a week, for minimum 5 hours at the centre, completing 240 hours in a semester.

References:

A. Essential Reading:

Ivey, A. E., & Ivey, M. B. (2002). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (5th ed.). Pacific Grove, CA: Brooks/Cole.

Nelson-Jones, Richard (2008). *Basic Counseling Skills: A Helper's Manual*. New Delhi: Sage Publications.

Additional Reading

Pipes, R. B., & Davanport, D. S. (1999). *Introduction to psychotherapy: Common clinical wisdom* (2nd ed.). Boston, MA: Allyn & Bacon.

Dash, B. M., Kumar, M., Singh, D. P., & Shukla, S. (2020). *Indian social work*. Taylor & Francis

Reid, W. J. (2000). *The task planner: An intervention resource for human service professionals*. Columbia University Press.