

MANNAR THIRUMALAI NAICKER COLLEGE

(Autonomous)

Community College Courses

Diploma in Counselling and Psychotherapy

PROGRAMME SPECIFIC OUTCOMES

PSO1: To practice or provide Consultancy in private sectors

PSO2: To utilize their own skills in their profession like teaching, law, nursing, medical practice, HRM, Family etc.

PSO3: To work with a Psychiatrist, Sexologist, Gynaecologist, Infertility Clinic or general practitioner.

PSO4: To work in a Multi-Speciality Hospital (all that is required in ones relationship with the concerned specialist).

MannarThirumalaiNaickerCollege(Autonomous)

Madurai- 4

- I. Programme** : **Diploma in Counselling and Psychotherapy**
- II. Sector Skill council** : Allied Sector Skill Council
- III. Selected Job roles** : (i) **Counsellor**
(ii) Psychotherapist
- IV. Eligibility Criteria** : 12th Pass, No age limit, Any gender
- V. Industrial Partners List:** (i) Good Hope Family Counselling Centre,
Thirumangalam, Madurai
(ii) Chellamuthu Trust, K.K Nagar, Madurai
(iii) Ahana Hospital, Madurai.
(iv) Ram Psychiatric Clinic, Anna Nagar ,Madurai.
(v) Preethihospital, Therkuvasal, Madurai.
- VI. Teaching Methods** : Lecture with Charts/ models/ chalkboard
Role Play
Demonstration cum Lecture
Group Discussion
Power Point presentation
You tube Video Presentation
- VII. Methods of Evaluation**
- Theory : Objective Test, Class Test, Oral Presentation, Quiz, Assignment
- Practical : Assessment, Care Note, Case Presentation, Survey Report, Training Industry Report, Assignment for Hi-Tech Instruments
- Internship : Evaluation form, Case Study/ Project work, Viva

VIII. Examination Pattern :

Internal Exam : Internal Test - 20 Marks

Practicals : Assignment / Seminar /
Oral Presentation / Practical Test /
Record - 20 Marks

Total 40 Marks

Summative Exam : Multiples Choice Question 15x1=15marks
Short Answers 3x5 =15 marks
Essay 3x10=30 marks

Total 60 marks

INTERNSHIP ASSESSMENT

(Req. Max: Formative: 60 marks, Summative: 40 marks)

Formative Evaluation (Industrial Partner)

- Evaluation Form (60 marks)

Applica tion of Knowle dge	Care for Tools& Equip ment	Econo mic use of Materi al	Safety Conscious ness	Spe ed	Accur acy	Quality of Workman ship	Amo unt of Work	Numb er of Attem pts	Attitu de

Rating Scale: Excellent- 6; Very Good- 5; Good- 4; Fair- 3; Satisfactory -2; Poor- 1.

Summative Evaluation (Course Teacher)

- Case Study/ Project (20 marks)
- Viva (20 marks)

Diploma in Counselling and Psychotherapy

Course Profile

S. No	Sem	Category	Course Code	Course Title	No. of Hours per week		No. of Credits		
					T	P	T	P	
1	I	Part – I	18DSWG11	Life Skills	4	-	4	-	
2		General	18DENG11	Communicative English	4	-	4	-	
3		Education	18DCSG11	Fundamentals of Information Technology	4	-	4	-	
				Total		12	-	12	-
4		Part – II	18DCPS11	Guidance and Counselling	4	2	4	2	
5		Skill	18DCPS12	Psychopathology	4	2	4	2	
6		component	18DCPS13	Basics in Psychotherapy	4	2	4	2	
			Total		12	6	12	6	
1	II	Part – I	18DSWG21	Professional Skills	4	-	4	-	
2		General	18DENG21	Professional English	4	-	4	-	
3		Education	18DCPG21	Diagnostic Techniques in Psychology	4	-	4	-	
				Total		12	-	12	-
4		Part – II	18DCPS21	Counselling in Different setting	4	2	4	2	
5		Skill	18DCPS22	Advanced Psychotherapy	4	2	4	2	
6		component	18DCPS23	Internship	-	6	-	6	
			Total		8	10	8	10	
			Grand Total		44	16	44	16	

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class	: Community College Courses	Part I	:
GE			
Semester	: I	Hours	:
04			
Subject Code	:18DSWG11	Credits	: 04

LIFE SKILLS

COURSE OUTCOME

On successful completion of this course, the students will be able to

CO1: understand concepts, meaning, definitions & fundamentals of life skills.

CO2: provide them a thorough grounding in the basics of the subject

CO3: develop and articulate respect for the diversity of talents, ways of knowing and learning

UNIT I: Introduction to life Skills

Introduction to life Skills and Importance – Personality – Definition – Traits – SWOT

UNIT II: Concept of Self

Concept of Self: Self Image / Identity / Self Esteem – Factors Affecting Self Esteem – High / Low Esteem – Attitude Building – Meaning – Elements – Factors Affecting Attitude

UNIT III: Interpersonal Skills

Interpersonal Skills: Meaning – Elements – Factors Affecting Interpersonal Skills – Need for Interpersonal Skills

UNIT IV: Thinking

Thinking: Meaning – Types – Creative – Reasoning – Techniques.

UNIT V: Emotions

Emotions: Definition – Characteristics – Types – Emotional Intelligence – Etiquettes – Grooming – Making Positive Impressions.

TEXT BOOK:

1. Alphonse Xavier S.J., *We Shall Overcome – A Text Book on Life Coping Skills*, ICRDCE Publications, Chennai: March 2004.

REFERENCE BOOKS:

1. RavikanthRao. K. *Life Skills Education*, 2016
2. Anderson, J. *The Perceptions of Students, Teachers, and Parents Regarding the Value of the LIFE SKILLS and Lifelong Guidelines Program. Unpublished PhD Dissertation*: East Tennessee State University,2005.
3. Assaly, I. *A content analysis of the reading and listening activities in the EFL textbook of master class*. Education Journal ,2014.
4. Shiv Khera, *You Can Win*, Macmillan India Ltd: New Delhi: 1998.

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class	: Community College Courses	Part I	: GE
Semester	: I	Hours	: 04
Subject code	: 18DENG11	Credits	: 04

COMMUNICATIVE ENGLISH

COURSE OUTCOME

On successful completion of this course, the students will be able to

CO1: acquire the basic language skills.
CO2: speak and write without mistake
CO3: develop confidence in their voice

UNIT I : LISTENING SKILL

Basic Listening Skills – Listening to Radio and Television– Listening to Talks and Presentations – Tips for Effective Listening

UNIT II : SPEAKING SKILL

Basic Speaking Skills – Steps to Speak Easy – Formal and Informal Conversation– Describing pictures and people

UNIT III : READING SKILL

Importance of Reading - Levels of Reading - Techniques of Reading – Reading Comprehension.

UNIT IV : WRITING SKILL

Sentence – Phrase, Clause – Construction of Paragraph – Linkage and Cohesion

UNIT V : GRAMMAR AND USAGE

Kinds of Sentences – Parts of Sentence – Parts of Speech– Types of Sentences

REFERENCE

Material will be supplied by the Department of English

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class	:Community College Courses	Part I	: GE
Semester	: I	Hours	: 04
Subject Code	: 18DCSG11	Credits	: 04

FUNDAMENTALS OF INFORMATION TECHNOLOGY

COURSE OUTCOMES

On successful completion of this course, the students will be able to

CO1: Introduce the fundamentals of computing devices and reinforce computer vocabulary, particularly with respect to personal use of computer hardware and software, the Internet, networking.

CO2: Identify and analyze computer hardware, software, and network components.

CO3: Provide foundational or “computer literacy” curriculum that prepares students for life-long learning of computer concepts and skills.

UNIT I: INTRODUCTION TO COMPUTER SYSTEMS

Introduction to Computers: Introduction – Importance of Computers – Characteristics of Computers – Classification of Computers – Uses of Computers
Five Generations of Modern Computers: Introduction – First Generation Computers – Second Generation Computers – Third Generation Computers – Fourth Generation Computers – Fifth Generation Computers classification of Digital Computer Systems: Introduction – Microcomputers – Minicomputers – Mainframes – Supercomputers – Network Computers. Anatomy of a Digital Computer: Introduction - Parts of a Computer.

UNIT II: CENTRAL PROCESSING UNIT, MEMORY, INPUT AND OUTPUT DEVICES

Central Processing Unit (CPU) and Memory: Introduction – Central Processing Unit (CPU) – Memory – Memory Organization – Random Access Memory (RAM) Read Only Memory (ROM) – Registers – Factors Affecting Processor Speed – Instruction Set – Machine Cycle – Working of CPU and Memory. Input Devices: Introduction – Keyboard – Mouse – Trackball – Game Controllers – Scanners – Barcode Reader – Card Reader – Digitizer – Voice Recognition – Webcams – Digital Cameras Video Cameras (Camcorders) – Optical Character Recognition (OCR) – Optical Mark Recognition (OMR) – Intelligent Character Recognition (ICR) – Magnetic Ink Character Recognition (MICR) Output Devices: Introduction – Monitor – Printer – Plotter – Multimedia Projector – Speech Synthesizers – Sound Cards and Speakers – Dumb, Smart and Intelligent Terminals.

UNIT III:PROGRAMMING LANGUAGES AND OPERATING SYSTEMS

Programming Languages: Introduction – Machine Languages – Assembly Languages – High- Level Languages – Types of High-Level Languages – Compilers and Interpreters – Compilation Process. Operating Systems: Introduction – Functions of an Operating System – Classification of Operating Systems.

UNIT IV:DATABASE MANAGEMENT SYSTEMS AND COMPUTER NETWORKS

Introduction to Database Management Systems: Introduction – Information – Data and Data Management – Database Systems – Organization of Database – Characteristics of Data in a Database – Database Management Systems – Functions of DBMS – Database Users. Computer Networks: Introduction – Overview of a Network – Communications Processors – Communications Media – Telecommunications Software – Types of Networks – Network Topology – Network Protocols – Network Architecture.

UNIT V:INTERNET, WORLD WIDE WEB AND ELECTRONIC MAIL

Internet & World Wide Web: Introduction – What is Special about the Internet? – Internet Access – Internet Basics – Internet Protocols – Internet Addressing – World Wide Web (WWW) – Web Pages and HTML – Web Browsers – Searching the Web – Internet chat. Overview of Electronic Mail: Introduction – How E-mail works? – Why Use E- mail? – E-Mail – Names and Addresses – Mailing Basics.

LIST OF PRACTICAL

1)MS -WORD

1. Preparing a news Letter
2. Designing your Bio-Data
3. Creating and editing the table
4. Create Mail Merge
5. Advertisement Designing

2)MS -EXCEL

1. Operating on the sheets
2. Using formulas and functions
3. Perform Student's Mark Statement
4. Display Score Boards using Pie Charts
5. Display Sales Analysis using Bar Charts

3)MS -ACCESS

1. Create an Employee Table

2. Create a Stock Table and insert 10 records
3. Create Student Mark List
4. Generating Queries in Access

4)MS -POWERPOINT

1. Creating a new presentation based on template
2. Displaying College Details
3. Displaying Advertisement Presentation

TEXTBOOKS:

1. Alexis Leon and Mathews Leon *Fundamentals of Information Technology*, L & L Consultancy Pvt. Ltd., 1999, Second Edition.

Unit I – Chapters 1, 2, 3, 4

Unit II – Chapters 7, 9, 10

Unit III – Chapters 13, 14

Unit IV – Chapters 16, 21

Unit V – Chapters 24, 25

REFERENCE BOOKS:

1. Rajaraman Neeharika Adabala. V., *Fundamentals of Computers* PHI Learning Private Limited, Delhi, 2015, Sixth Edition.
2. Sarkar. S.K., A.K. Gupta, *Elements of Computer Science* S. Chand & Company LTD, Delhi, Second Edition, 2002
3. Balagurusamy. E., *Fundamentals of Computing and Programming Updated*, First Edition Tata McGraw Hill Education PVT LTD, 2010.
4. <https://en.wikipedia.org>
5. <https://bosslinux.in/sites/default/files/BOSS4.0-Usermanual.pdf> (For EduBOSS3.0)
6. <https://wiki.openoffice.org/wiki/Documentation>
7. <http://windows.microsoft.com/en-in/windows/windows-basics-all-topics>

**MANNAR THIRUMALAI NAICKER COLLEGE
Madurai – 04**

Class	: Diploma (Counselling and Psychotherapy)	Part II
:Skill		
Semester	: I	Hours : 06
Subject code	: 18DCPS11	Credits :
06		

GUIDANCE AND COUNSELLING

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: relate counseling theory to the issues in counselling

CO2: identify counselling format

CO3: develop an ethical approach to counselling

UNIT I: Introduction to Counselling

Introduction – Definition – Meaning – Basic Principles and Goals; Need and Scope for Counselling; Difference among Guidance, Advice, Counselling and Psychotherapy - Do's and Don'ts in Counselling.

UNIT II: Counselling Format

Scheme of Case History Taking Procedure – Counselling Report – Types of Reports – Verbatim – Summary – Narrative – Genogram -Mental Status Examination – Case Presentation .

UNIT III :Counselling Approaches

Directive, Non-Directive and Eclectic Counselling. Psychoanalysis, Carl Rogers' Self Theory, Gestalt Theory, Behaviourist Learning Theory, Reality Therapy, Rational-Emotive Counselling.

UNIT IV: Stages/ Skills of Counselling

I Phase – II Phase – III Phase – Skills Practices/Peer Counselling– Treatment Techniques – Qualities of Good Counsellor.

UNIT V: Ethics in Counselling

Need for Ethical Standards – Ethical Codes and Guidelines– Rights of Clients–Counsellor’s Ethical and Legal Responsibilities.

LIST OF PRACTICALS:

- Counselling Approaches
- Peer Counselling
- Treatment Techniques
- History Taking/ Mental Status Examination

TEXT BOOK:

1. Rao, Narayana. *Conunselling and Guidance*. McGraw Hill Education: New Delhi, 2006.

REFERENCE BOOKS:

1. Antony, John. *Dynamics of Counselling, Microshell Model & NLP Technique*. Anugraha Publications, 1994.
2. Antony, John. *Mental Disorders Encountered in Counselling*. OFM Cap Media House: New Delhi, 2006.
3. Ramesh, Chandra. *Guidance and Counselling*. Kalpaz Publications: New Delhi, 2007.
4. Antony, John. *Principles and Practice of Counselling*. OFM, Cap Media House: New Delhi, 2009.

MANNAR THIRUMALAI NAICKER COLLEGE
Madurai – 04

Class : Diploma (Counselling and Psychotherapy)
Semester : I
Subject code : 18DCPS12

Part II:Skill
Hours : 06
Credits : 06

PSYCHOPATHOLOGY

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: enhance personal and social interactions

CO2: understand various approaches to the diagnosis and treatment of psychological disorders.

CO3: know the historical and contemporary views of abnormal behaviour

UNIT I: Introduction to Psychopathology

Definition and Meaning of Mental Health, Mental Illness, History of Psychiatry in India and Abroad. International Classification of Mental Illness – ICD-11, DSM-V.

UNIT II: Neurological and Anxiety Disorders

Symptoms, Etiology, Diagnosis, Prognosis and Management of Neurosis – Stress, Anxiety - Obsessive Compulsive Disorder – Phobic Reaction, PTSD

UNIT III: Psychotic and Mood Disorders

Symptoms, Etiology, Diagnosis, Prognosis and Management of Psychosis – Functional, Affective Disorders – Schizophrenia – Delusional Disorders, Personality Disorders.

UNIT IV: Psychosomatic Disorders

Symptoms, Etiology, Diagnosis, Prognosis and Management of Psychosomatic Disorder – Alcoholism – Substance Abuse – Anti Social Behaviour.

UNIT V: Behavioural Disorders/ Disorders of Children

Eating Disorder, Sleep Disorder, Sexual Disorder – Deviations – Psychiatric Problems among Children and Adolescents – Mental Retardation, Attention Deficit Hyperactive Disorder, Learning Disability.

LIST OF PRACTICALS:

- Assessment of Neurosis
- Assessment of Psychosis
- Management of Psycho Somatic Disorders
- Management of Sleep Disorders
- Assessment of Mental Retardation

TEXT BOOK:

1. Ahuja, Niraj. *A Short Textbook of Psychiatry*. Jaypee Brothers Medical Publishers: New Delhi, 2011.

REFERENCE BOOKS:

1. Ahuja, Niraj. *A Short Text Book of Psychiatry*. Jaypee Brother Medical Publishers: New Delhi, 2002.
2. Antony, D. John. *Mental Disorders Encountered in Counseling*. Anugraha Publications: Nochiodaipatti, 2006.
3. Gelder, M. et al. *Shorter Oxford Text Book of Psychiatry*. Oxford University Press: New Delhi, 2001.

MANNAR THIRUMALAI NAICKER COLLEGE
Madurai – 04

Class	: Diploma (Counselling and Psychotherapy)	Part II
:Skill		
Semester	: I	Hours : 06
Subject code	: 18DCPS13	Credits : 06

BASICS IN PSYCHOTHERAPY

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: understand and develop a therapeutic alliance with the patient

CO2: recognize therapeutic use of counter transference

CO3: manage termination issues

UNIT I: Introduction to Psychotherapy

Psychotherapy – Definition, Objectives & Scope of Psychotherapy – Basic Psychoanalytical

Theories: Homev, Sullivan, Adler, Erikson

UNIT II: Structuring Therapeutic Relationship

Nature of Client-Therapist Relationship–Dimensions and Stages of Client Therapist

Relationship–Building the Helping Relationship– Structuring the Therapeutic Situation.

UNIT III: Types of Psychotherapy

Adlarin Psychotherapy–Analytical Psychotherapy– Client Centered Therapy– Rational Emotive–Transactional Analysis.

UNIT IV: Freudian Psychoanalytic Therapy

Key Concepts–Therapeutic Techniques/ Procedures–Humanistic and Existential Therapies:

Key Concepts.

UNIT V: Other Therapeutic Approaches

Family System Therapy–Behavior Therapy – Behavioral Analysis – Behavioral Modification

Techniques–Importance of Reinforcement

LIST OF PRACTICAL

- Structuring the Therapeutic Situations
- Client Centered Therapy
- Humanistic Therapy
- Existential Therapy
- Behavioural Modification Technique

TEXT BOOK:

1. Jones Richard Nelson .*Basic counseling Skills A Helper's Manual*.SagesouthAsia Publishers.India.2002

REFERENCE BOOKS:

1. Chrzanowski, Gerard. *Interpersonal Approaches to Psychoanalysis*. Grand Press inc.New York.
2. Frank, M.Cyrill and Wilson G.Terance (Ed). *Behaviour Therapy- Theory and Practice*.Newyork: BurrenerNaze publications, 1977.
3. Soll.Garifield Allen E.Bergin.*Handbook of Psychotherapy and Behaviour Change*.
4. RimmC.David& Master C.John.*BehaviourTherapy*.Newyork: Academic Press, 1974.
5. Antony, D.John. *Physiotherapies in Counselling*. O.F.M.Cap.,2005.

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class	:Community College Courses	Part I	: GE
Semester	: II	Hours	: 04
Subject Code	: 18DSWG21	Credits	: 04

PROFESSIONAL SKILLS

COURSE OUTCOMES

On successful completion of this course, the students will be able to

CO1: acquire skills to manage time and to recognize the importance of motivation and goal setting

CO2: understand concepts, meaning of social skills and its importance

CO3: apply workplace etiquettes and preparing for the job.

UNIT I:Goal Setting

Goal Setting: Definition – SMART Principle – Difficulties in Goal Setting – Process and Types.

UNIT II: Leadership Skills

Leadership Skills: Styles of Leadership – Transactional and Transformational – Johari Window – Methods and Techniques of Developing Interpersonal Skills.

UNIT: III: Time Management

Time Management: Meaning – Importance – Obstacles in Managing – Steps for Effective Time Management – Stress – Meaning – Types – Factors Causing Stress – Coping Mechanisms.

UNIT IV: Management and Planning

Management and Planning: Meaning – Principles – Practices–Functions – Types of Plans – Steps in Planning

UNIT V:Strategic Planning

Strategic Planning: Development Mapping – Sustainability – Commercial Viability – Market Analysis.

TEXT BOOK:

1. Alphonse Xavier S.J., *We Shall Overcome – A Text Book on Life Coping Skills*, ICRDCE Publications, Chennai: March 2004.

REFERENCE BOOKS:

1. Leonard S. Genry., *Journal of Extension*, (October, 2006), **Study of life skill development** of Oklahoma 4-H alumni during the years Of 4-H participation 1969-1998.
2. Thomas A. Smith., *Journal of Extension* ,April, 2005, **Evaluating a youth leadership life skills development program..**
3. Bhatia .H. S., *Art of Interview*, 19th Edition, 2013,

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class	:Community College Courses	Part I	:
GE			
Semester	: II	Hours	:
04			
Subject code	: 18DENG21	Credits	: 04

PROFESSIONAL ENGLISH

COURSE OUTCOMES

On successful completion of this course, the students will be able to

CO1: expand their vocabulary

CO2: become effective communicators

CO3: acquire the career skills

UNIT I: WORKING WITH WORDS

Vocabulary – Spelling and Pronunciation – Punctuation

UNIT II :SPEECH PRACTICE

Short speeches on topics of day to day - Speaking for Life and Work – Group Discussion

UNIT III : ACADEMIC CORRESPONDENCE

Academic Letter Writing - Report Writing -Proposal Writing

UNIT IV : GRAMMAR AND USAGE

Transformation of Sentences (Affirmative into Negative) – Framing Questions – Tag Questions

UNIT V: CAREER SKILLS

Applying for Job - Covering Letter - Resume and Effective Profiling – Interviews

REFERENCE

Material will be supplied by the Department of English

MANNAR THIRUMALAI NAICKER COLLEGE

Madurai – 04

Class : Diploma (Counselling and Psychotherapy)

Semester : II

04

Subject code : 18DCPG21

Part I :GE

Hours :

Credits :

04

DIAGNOSTIC TECHNIQUES IN PSYCHOLOGY

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: trace the development of the diagnostic disorders

CO2: assess, interpret the abnormal behaviour clinically

CO3: learn to classify abnormal behaviour

UNIT I- Psycho Diagnostics

Psycho Diagnostics: Concept and Nature– Differential Diagnosis – Sources of Clinical Data: Assessment Interview – Behavioral Assessment – Behavioural Rating Scales, and Checklists – Psychological Tests.

UNIT II- Clinical interview

Clinical Interview: Nature and Types – Intake, Diagnostic and Crisis Interviewing– Diagnostic Interviewing Skills.

UNIT III - Assessment of Intelligence

Assessment of Intelligence: Definition – Meaning – Objectives and needs – Assessment process –Types.

UNIT IV - Assessment of Personality

Assessment of Personality: Definition – Meaning – Objectives and needs – Assessment process –Types: Projective: Rorschach Ink Blot Test, TAT.

UNIT V - Neuropsychological Assessment

Neuropsychological Assessment: Definition – Meaning – Objectives and needs – Assessment process –Types.

LIST OF PRACTICALS

- Interview
- Behavioural Rating Scales
- Mental Status Examination
- Rorschach Ink Blot test
- Neuro Psychological Test Battery

TEXT BOOK:

1. Hersen, M. *Comprehensive Handbook of Psychological Assessment*. 2004.

RECOMMENDED BOOKS :

1. Greene, Roger. *MMPI: An Interpretive Manual*. Massachusetts: Allyn & Bacon, 1991.
2. Flanagan D.P & Kaufman, A.S. *Essentials Of WISC IV Assessment*. John Wiley and Sons, New York: 2004.
3. Hutt, MC. *Hutt Adaptation Of Bender-Gestalt Test* (4th ed.) Grune & Stratton, New York: 1985.
4. Prifilera, A., Saklofske, D.H & Weiss, L.R. Eds. *WISC – IV Clinical Use and Interpretation*. Elsevier Press, USA: 2005.
5. Weiver, B. *Clinical Methods in Psychology*. Wiley, New York: 1983.

MANNAR THIRUMALAI NAICKER COLLEGE

Madurai – 04

Class : Diploma (Counselling and Psychotherapy)

Semester : II

06

Subject code : 18DCPS21

Part II:Skill

Hours :

Credits : 06

COUNSELLING IN DIFFERENT SETTINGS

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: understand human behaviour at different stages

CO2: examine strategies for positive behaviour management

CO3: identify different types of exceptionalities

UNIT ICounselling In Educational Settings

Define Educational Counselling – Need for Educational Counselling – Developmental Crisis – Prenatal to Adolescent – Developmental Task – Physical Development – Psychological Development – Social Development – Role of Teacher and Parents

UNIT IICounselling in Medical Settings

Scope and need for counseling in medical setting, Psychiatric setting – Concept of patient as a person – sick role – illness behavior – hospitalization of patient – Impact on family – Need and Method for the Involvement of Family in Treatment Process.

UNIT IIIMarriage and Family Counseling

Concept of Marriage, Types of Marriage, Importance of Marriage. Need for Pre-Marital Counselling. Drug Abuse & De Addiction Counselling – Meaning, Causes and Effects, Treatment Procedure, Sex Education.

UNIT IVOccupational Settings

Career Counselling in Organizations, Understanding Organizational Dynamics; Factors contributing to Career growth and Career Decline; Occupational Insecurity, Coping with Joblessness, Stress.

UNIT V Counselling in Crisis Settings

Psychiatric Emergencies – Suicidal Counselling – Grief Counselling – Rape – Post – Traumatic Stress Counselling – Accidents. Major Illness – AIDS – Cancer, Infertility Couples, Teen Pregnancy.

LIST OF PRACTICALS

- Family counselling
- Drug abuse & De addiction counselling
- Adolescent problems
- Psychiatric Emergency
- Career Counselling

TEXT BOOK:

Barki B C & Mukhopadhyay. *Guidance and Counselling – A Manual*. (10th) Delhi: Sterling Publications, 2008.

REFERENCE BOOKS:

1. John, Antony. *Family Counselling*, Nochiodaipatti: Anugraha Publications, 2006.
2. John, Antony. *Self Psychology Counselling*. Nochiodaipatti: Anugraha Publications, 2005.
3. Mignon, Marrie. *Family Life Education: Value Education*. Bangalore: CREST, 1993.
4. Prasantham, B. J. *Therapeutic Counselling*. Vellore: Christian Counselling Centre, 1990.
5. Goswami, Mirami. *Essentials of Guidance and counseling*: Lakshi publications, Delhi: 2015.
6. Sharma, Rachana. Ramnath Sharma. *Guidance and Counselling in India* Atlantic Publishers, 2005.

MANNAR THIRUMALAI NAICKER COLLEGE

Madurai – 04

Class : Diploma (Counselling and Psychotherapy)
Semester : II
Subject code : 18DCPS22

Part II:Skill
Hours : 06
Credits :

06

ADVANCED PSYCHOTHERAPY

COURSE OUTCOMES

On successful completion of the course, the student will be able to

CO1: establish achievable therapeutic goals with the patient

CO2: obtain collateral information where appropriate

CO3: recognize defenses in clinical phenomena

UNIT I:Classical Conditioning Procedures

Classical Conditioning Procedures: Relaxation Procedures–Flooding Systematic Desensitization– Eye Movement Desensitization – Reprocessing.

UNIT II :Operant Procedures

Application of Reinforcement Principles– Contingency Management–Premack’s Principles.

UNIT III:Behaviour Therapy

Modelling: Assertion Training.

UNIT IV : Cognitive Behaviour Therapy

Ellis’ Rational Emotive Behaviour Therapy– Beck’ Cognitive Therapy.

UNIT V : Biologically Based Therapies

Biofeedback – ECT–Psycho Surgery–Areas of Application– Psychopharmacological Therapy– Overview of Major Psychotropic Drug Doses.

LIST OF PRACTICALS:

- Relaxation Technique
- Systematic Desensitization
- Assertion Training
- Electro Convulsive Therapy
- Cognitive Therapy

TEXT BOOK:

1. Corey, Gerald. *Theory and Practice of Counselling and Psychotherapy*. Wadsworth Publishers. 2013.

RECOMMENDED BOOKS:

1. Brownell, J. *Listening: Attitudes, Principles and Skills*. (2nd). Boston: Allyn and Bacon, 2002.
2. Corey, G. *Theory and Practice of Counseling and Psychotherapy*. Brooks/Cole, New York : 2001.
3. Corsini, R. J. *Handbook of Innovative Therapy*. (2nd Ed). New York : John Wiley, 2001.
4. Hersen, M. & Sledge, W (Eds). *Encyclopedia of Psychotherapy*. (Vols 1&2). New York: Academic Press, 2002.
5. Kaslow, H.W.(Ed.) *Comprehensive Handbook of Psychotherapy*. (Vols. I to IV). New York : John Wiley and Sons, 2002.
6. Linda W. Seligman, Lourie, W. Reichenberg . *Theories of counselling and psychotherapy systems strategies and skills* (4th). Pearson Publishers, New Delhi: 2015.

MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
Madurai – 04

Class : Diploma (Counselling and Psychotherapy) Part II : Skill
Semester :II Hours : 06
Subject code : 18DCPS23 Credits : 06

INTERNSHIP

INTERNSHIP ASSESSMENT

(Req. Max: Formative: 60marks, Summative: 40 marks)

Formative Evaluation (Industrial Partner)

- Evaluation Form (60 marks)

Applica tion of Knowle dge	Care for Tools& Equip ment	Econo mic use of Materi al	Safety Conscious ness	Spe ed	Accur acy	Quality of Workman ship	Amo unt of Work	Numb er of Attem pts	Attitu de

Rating Scale: Excellent- 6; Very Good- 5; Good- 4; Fair- 3; Satisfactory-2;Poor- 1.

Summative Evaluation (Course Teacher)

- Case Study/ Project (20 marks)
- Viva (20 marks)