

SYLLABUS FOR POSTGRADUATE DIPLOMA COURSE IN COUNSELLING PSYCHOLOGY (PGDCP)

SEMESTER – I

- PAPER I** : INTRODUCTION TO PSYCHIATRIC DISORDERS
- PAPER II** : BEHAVIOUR THERAPY AND COGNITIVE BEHAVIOUR THERAPY
- PAPER III** : INTRODUCTION TO PSYCHOTHERAPEUTICS
- PAPER IV** : ASSESSMENT AND FORMULATING DIAGNOSIS
- PAPER V** : PRACTICALS – EXPERIMENTAL PSYCHOLOGY

SEMESTER – II

- PAPER VI** : MENTAL DISORDERS – I
- PAPER VII** : MENTAL DISORDERS – II
- PAPER VIII** : CLINICAL PSYCHOLOGY IN PHYSICAL ILLNESS
- PAPER IX** : ADDICTIVE DRUGS
- PAPER X** : PROJECT WORK

SEMESTER – I

PAPER I : INTRODUCTION TO PSYCHIATRIC DISORDERS

OBJECTIVES

At the end of this course the participants will be able to

- ✓ Understand the symptoms, course, elicitation and management of the disorders
- ✓ Understand addictions physiological, psychological and biological aspects and management
- ✓ Assess the problem behaviours of children
- ✓ Guide the parents of problem behaviour children confidently

Unit – I: LEARNING THEORIES

Learning: Definitions – Types – Classical Conditioning – Operant Conditioning – Observational Learning. Stress and Adjustment disorder

Unit – II: ANXIETY DISORDERS

Anxiety Disorder: Definitions, Causes, Symptoms, Diagnosis., Types: Generalized Anxiety Disorder, Panic disorder, Hyper Ventilation Syndrome, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Phobias – Interview, Assessment and Management. Schizophrenia, Bipolar Affective disorder (BPAD)

Unit – III: SOMATOFORM DISORDER

Somatoform Disorder: Definitions, Causes, Symptoms, Diagnosis, Types: Somatoform Disorder, Abnormal Illness Behavior, Factitious disorder, Malingering, Suicide : Causes, Assessment and Management. Organic Mental disorders: Dementia, Delirium

Unit – IV: OVERVIEW OF SUBSTANCE ABUSE

Substance Abuse: Definitions; De-Addiction counseling - Definitions, Causes, Symptoms, Diagnosis, Overview of substance related disorder, Alcohol & other substance – related disorder, Concepts of Motivational interviewing, De-addiction counseling & Relapse Prevention

Unit – V : LEARNING DISABILITY

Learning Disability Meaning and types; Attention Deficit Hyperactive Disorder, Learning Disability, Separation Anxiety Disorder, Learning difficulty, Oppositional Defiant Disorder, Conduct Disorder, School Phobia – Definitions, Causes, Symptoms, Diagnosis, Assessment and Management, Parent Management Training

REFERENCES:

1. American Psychiatry Association (2013) – “Diagnostic Statistical Manual of Mental Disorders (5th Edition)”, American Psychiatric Publishing, Inc.
2. Sarason G. I., Sarason. R. B., – “Abnormal Psychology: The Problem of Maladaptive Behaviour (11th Edition)”, Prentice Hall, United States.
3. Prof. G. Rajmohan (2007) – “Psychopathology and Mental Health (1st Edition)”, Tamil Nadu Open University, Chennai.
4. Hales E. R., Yudofsky G. S., (2003) – “Textbook of Clinical Psychiatry (4th Edition)”, American Psychiatric Publishing, Inc.
5. Leukel F., – “Introduction to Physiological Psychology (3rd Edition)”, CBS Publishers & Distributors Pvt. Ltd.

PAPER II: BEHAVIOUR THERAPY AND COGNITIVE BEHAVIOUR THERAPY

OBJECTIVES

At the end of this course the participants will be able to

- ✓ Understand the technique to provide therapies for the client
- ✓ Learn the effective way to deal with the problems of patients humanistically
- ✓ Compare and identify the problems of patients from childhood

Unit – I: DESENSITIZATION

Behaviour: meaning and Types; Overview of Behavior Therapy, Behavioral Analysis, Formulations & treatment Goals, Systematic De-Sensitization (Imaginal, In –vivo, Enriched, Assisted) Breathing exercise, Bio-feedback

Unit – II: EXPOSURE THERAPY AND SKILL TRAINING

Exposure Therapy: Nature, Concept, Approaches, Types: Extinction – (Graded exposure, Flooding & Exposure & Response Prevention, Implosion, covert extinction, Negative Practice, Stimulus Satiation). Skills Training – Assertiveness Training, Modeling, Social Skill Training, Behavioral Rehearsal

Unit – III: BEHAVIOUR THERAPY

Behaviour Therapy:, Nature, Concept, Approaches, Types: Operant Procedures – (Token economy, Contingency management), Bell & pad technique, Self control procedure: (Thought stopping, paradoxical intervention, stimulus satiation) – Implications, Limitations

Unit – IV: COGNITIVE BEHAVIOUR THERAPY

Cognitive Behaviour Therapy: Meaning, Therapeutic Approaches, Advantages and Limitations – Contributions of Erik Erikson's stages of the life cycle

Unit – V: HUMANISTIC THERAPIES

Humanistic Therapies: Nature, Concept, Approaches, Types: Person Centered & Existential Therapy – Contributions of Carl Rogers – Therapeutic approaches, Advantages and Limitations

REFERENCES:

1. Goldfried R. M., – “Clinical Behaviour Therapy”, Holt, Reinhart and Winston, USA.
2. Mehta M., (2009) – “Behvaioural Sciences in Medical Practice (2nd Edition)”, Jaypee Brothers Medical Publishers (P) Ltd.
3. Sarason G. I., Sarason. R. B., – “Abnormal Psychology: The Problem of Maladaptive Behaviour (11th Edition)”, Prentice Hall, United States.

4. Hawton K., Salkovskis M. P., Kirk J., Clark M. D., – “Cognitive Behaviour Therapy for Psychiatric Problems: A Practical Guide”, Oxford University Press

PAPER III : INTRODUCTION TO PSYCHOTHERAPEUTICS

OBJECTIVES

At the end of this chapter the participants will be able to:

- ✓ Counsel the patients with psychosocial problems
- ✓ Provide these therapies to the various illness effectively
- ✓ Understand and empathize the problems of the patients from their environment

Unit I: STRESS INOCULATION TRAINING

Stress: Definition, Nature and Types – Management: Stress inoculation training: Phases – Importance – Applications – Limitations

Unit II: PROBLEM SOLVING SKILLS

Problem Solving: Definition – Techniques – Stages – Activities – Implications – Limitations

Unit III: ANGER MANAGEMENT

Anger: Definition – Physiological and Psychological understanding – Self Monitoring – Strategies to management – Importance – Applications

Unit IV: MANAGEMENT OF SLEEP PROBLEMS

Definition of sleep – Physiology of sleep – Classification of Sleep disorders – Assessment and Management

Unit V: MANAGEMENT OF TRAUMATIC EVENTS

Trauma: meaning, Definition of Psychological event – Definition of Psychological trauma – Causes of trauma – Common reactions to trauma – Normal Physical reactions to trauma – Relaxation therapy

REFERENCES

1. Goldfried R. M., – “Clinical Behaviour Therapy”, Holt, Reinhart and Winston, USA.
2. Leukel F., – “Introduction to Physiological Psychology (3rd Edition)”, CBS Publishers & Distributors Pvt. Ltd.
3. Beck S. J., (2011) – “Cognitive Behaviour Therapy: Basics and Beyond (2nd Edition)”, A Division of Guilford Publications, Inc, New York.
4. Semple D., Smyth R., – “Oxford Handbook of Psychiatry (Indian Edition)”, Oxford University Press.

PAPER IV : ASSESSMENT AND FORMULATING DIAGNOSIS

OBJECTIVES:

At the end of this course the participants will be able to

- ✓ Understand how observation skill helps communicating with the patient
- ✓ Understand how to start, develop rapport and to terminate a session with the client / patient
- ✓ Assess the thinking pattern of a client or a patient
- ✓ Make diagnosis with the help of findings from assessment and observation

Unit – I: COUNSELLING STAGES AND ETHICS

Counselling: definitions – The Six stages of Counseling Process – Relationship building, Assessment & diagnosis, Formulation of counseling goals, Intervention & Problem solving, Termination & Follow up – Overview, Ethics and Confidentiality.

Unit – II: MICROSKILLS

Microskills in Counseling – Need, Eye-contact, Attending Behavior, Meta-Communication, Paralinguistics, Non-Verbal Communication and Rapport, Questioning, Observational Skills, Basic Listening Sequence, Interpretation and Reframing

Unit – III: INTERVIEWING TECHNIQUES

Interview: Meaning, Types, Interview of Patients – Insight & Symptom-oriented Interviewing, The Four Components, The Multiphasic Approach, Disorder Specific Interviewing, and Common Interview Techniques

Unit – IV: ASSESSMENT OF PATIENT

Assessment/ diagnosis: Meaning, Types, History taking & Mental State Examination – History taking, Identifying data, Chief complaint, History of present illness, past illness, Family history, Personal history – prenatal & perinatal, early childhood (birth through age), Middle childhood, Late childhood, Adulthood, Sexual history, Fantasies & dreams, Values

Unit – V: ASSESSMENT OF MENTAL STATE

Methods to Assess Mental Status – Observation, Appearance, Consciousness, Psychomotor Behavior, Concentration – Attention & Concentration, Speech & Thinking, Orientation, Memory, Affect. Exploration – Mood, Energy level, Perception, Content of thinking, Insight, Judgment

REFERENCES:

1. Morgan, T. C., King A. R., Weisz R. J., Schopler J (1997) – “Introduction to Psychology”, Tata McGraw Hill, New Delhi.

2. Narayana Rao. S (1989) – “Counselling and Guidance (2nd Edition)”, Tata McGraw Hill, New Delhi.
3. Michael S. Nystul (1993) – “The Art and Science of Counselling and Psychotherapy”, Prentice Hall, Columbus, Ohio.
4. Vishala .M. S., (2009) – “Guidance and Counselling: For Teachers, Parents and Students (2nd Edition)”, S. Chand & Company Ltd, New Delhi.
5. Bakri B. G., Mukhopadhyay . B., – “Guidance and Counselling: A Manual”, Sterling Publishers Pvt Ltd.

PAPER V: PRACTICAL - I

OBJECTIVE:

A student is supposed to fulfill the following requirements:

Part – A :

- Case Record - 5

Part – B :

➤ **Psychometric Assessments**

1. Mini-Mental State Examination
2. Adenbrooke's Dementia Rating Scale
3. Vanderbilt ADHD Rating Scale for Teachers / Parents
4. Hamilton Rating Scale for Depression / Anxiety
5. Child Behaviour Checklist
6. Standard Progressive Matrices (SPM)
7. Wechsler Adult Intelligence Scale (WAIS)
8. Brief Psychiatry Rating Scale (BPRS)
9. Clinical Institute of Withdrawal Assessment Scale (CIWAS)
10. General Health Questionnaire (GHQ)

➤ **Psychological Management**

1. Aversion Therapy
2. Biofeedback
3. Systematic Desensitization
4. Jacobson's Progressive Muscular Relaxation (JPMR)
5. Catharsis
11. Resilience

Part – C:

- Viva-Voce

PAPER VI : MENTAL DISORDERS – I

OBJECTIVES:

At the end of this chapter the participants will be able to:

- ✓ Understand the theoretical background of various diseases
- ✓ Recognize problems and form behavioural strategies for management
- ✓ Provide psychoeducation to the family members

Unit I: SCHIZOPHRENIA

Schizophrenia: Definitions, Causes, Symptoms, Diagnosis. Management: Psychoeducation for family – Medication Management for patient – Insight therapy – Empathizing with patient – behavior therapy – Symptom management – Cognitive Behaviour Therapy for delusions – Rehabilitation process

Unit II: DEPRESSION

Depression: Definitions, Causes, Symptoms, Diagnosis. Management: Symptom Education – Psychoeducation for patients – Rehabilitation process – Cognitive Behaviour Therapy – Interpersonal Therapy – Behaviour Therapy

Unit III: BIPOLAR AFFECTIVE DISORDER

Bipolar Affective Disorder : Definitions, Causes, Symptoms, Diagnosis. Management: Symptom Education – Symptom Management – Interpersonal Social Rhythm Therapy – Medication Management

Unit IV: PANIC DISORDER

Panic Disorder :Definitions, Causes, Symptoms, Diagnosis. Management: Symptom Education – Cognitive behavior Therapy – Psychoeducation – Relaxation technique – Behaviour Therapy

Unit V: OBSESSIVE COMPULSIVE DISORDER

Obsessive Compulsive Disorder: (OCD) Definitions, Causes, Symptoms, Diagnosis. Management: Behaviour Therapy – Rubberband Technique – Distraction Technique – Systematic Desensitization – Aversion Therapy – Exposure Response Prevention

REFERENCES:

1. Beck S. J., (2011) – “Cognitive Behaviour Therapy: Basics and Beyond (2nd Edition)”, A Division of Guilford Publications, Inc, New York.
2. Semple D., Smyth R., – “Oxford Handbook of Psychiatry (Indian Edition)”, Oxford University Press.

3. Goldfried R. M., – “Clinical Behaviour Therapy”, Holt, Reinhart and Winston, USA.
4. Prof. G. Rajmohan (2007) – “Psychopathology and Mental Health (1st Edition)”, Tamil Nadu Open University, Chennai.

PAPER VII : MENTAL DISORDERS – II

OBJECTIVES:

At the end of this chapter the participants will be able to:

- ✓ Understand the Theoretical background of Various diseases
- ✓ Recognize Problems and Form Behavioural Strategies for Management
- ✓ Provide Psychoeducation to the Family members

Unit I: POSTTRAUMATIC STRESS DISORDER AND MANAGEMENT

Posttraumatic Stress Disorder (PTSD) : Definition, Causes, Symptoms, Management – Exposure therapy – Implosion technique – Systematic De-sensitization – Flooding – Relaxation technique – Anxiety Management Training – Eye Movement Desensitization and Reprocessing

Unit II: SUICIDE AND MANAGEMENT

Sucide– Definition: Terminologies – Clinical Assessment, psychometric assessments – Individual Therapy – Family therapy – Appropriate Referral

Unit III: LEARNING DISABILITIES

Learning disability: Meaning and Types – Identification – Assessment – Parental education – Parent Management Training – Study skills

Unit IV: DELIRIUM

Delirium: Definition, Causes, Symptoms, Management – Family Psychoeducation – Frequent Reorientation to Place, Time and Person – Supportive Therapy – Environmental Interventions

Unit V: DEMENTIA

Definition, Causes, Symptoms, Management – Understanding the Symptoms – Reorientation therapy – Reminiscence therapy – Relaxation therapy – Reality Orientation therapy – Cognitive Stimulation therapy – Dementia Specific therapy – Psychological Intervention for the Caregivers – Sensory Enhancement – Multisensory Stimulation

REFERENCES:

1. Beck S. J., (2011) – “Cognitive Behaviour Therapy: Basics and Beyond (2nd Edition)”, A Division of Guilford Publications, Inc, New York.
2. Semple D., Smyth R., – “Oxford Handbook of Psychiatry (Indian Edition)”, Oxford University Press.
3. Goldfried R. M., – “Clinical Behaviour Therapy”, Holt, Reinhart and Winston, USA.

4. Prof. G. Rajmohan (2007) – “Psychopathology and Mental Health (1st Edition)”,
Tamil Nadu Open University, Chennai.

PAPER VIII : CLINICAL PSYCHOLOGY IN PHYSICAL ILLNESS

OBJECTIVES:

At the end of this course the participants will be able to

- ✓ Understand the psychological illness in various medical disorders
- ✓ Understand the effective ways to manage the psychological illness
- ✓ Understand various medical illness contributes to mental health
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psychoeducate and to support the family members of the medical patients

Unit – I: DEGENERATIVE DISORDER AND BURNS

Degenerative Disorder: Meaning and types – Seizures – Cerebral Palsy – Parkinsons: Causes – Assessment – Management, Death, Dying & Bereavement: Definition – Process – Breaking Bad News, Burns: Psychosocial Issues in Burns Patients

Unit – II: CARDIORESPIRATORY SYSTEM

Cardiorespiratory System: overview – Percipients – Emotional Arousal – Other external stimuli – Exacerbants, Secondary gain, Low Self-esteem in Asthma & Other Air way diseases – Psychological, Behavioral & Bio-feedback strategies

Unit – III: GASTROINTESTINAL DISORDER AND DERMATOLOGY

Gastrointestinal Disorder: Meaning – Inflammatory or Irritable bowel syndrome – Peptic Ulcer – Esophageal Disorder, Dermatology: Role of stress & anxiety in psychodermatological conditions such as Psoriasis – Chronic urticaria – Dermatitis, Alopecia, Impact on Self-esteem, Body Image & Mood

Unit – IV: PSYCHO-ONCOLOGY

Oncology: Meaning and Types – Pathology – Types of treatment, Grief Reaction to bodily changes – Adjustment to loss of Body part – Fear of treatment – Side effects – Abandonment – Recurrence – Resilience – Collusion – Goals of Intervention for Individuals & Family – Therapy technique

Unit – V: PAIN

Pain: Definition – Physiological, Psychological, pathological understanding – Scoring – Assessment – Management

REFERENCES:

1. Semple D., Smyth R., – “Oxford Handbook of Psychiatry (Indian Edition)”, Oxford University Press.
2. Beck S. J., (2011) – “Cognitive Behaviour Therapy: Basics and Beyond (2nd Edition)”, A Division of Guilford Publications, Inc, New York.
3. Llyod G. G., Guthrie E., (2007) – “Handbook of Liaison Psychiatry”, Cambridge University Press.
4. Taylor L. S., – “Health Psychology (6th Edition) ”, Tata McGraw-Hill, New Delhi
5. Leo J. R., (2009) – “Clinical Manual of Pain Management in Psychiatry”, American Psychiatric Publishing, Inc.

PAPER IX : ADDICTIVE DISORDERS

OBJECTIVES:

At the end of this chapter the participants will be able to:

- ✓ Understand the Theoretical Basis of Addiction and Disorder
- ✓ Understand the Clinical, Social Complications of Addiction
- ✓ Assessment and Management of Addictive disorders

Unit I: ABUSE OF ALCOHOL AND DRUGS

Alcohol & Drugs: Definition – Classification – Terminologies of alcohol related disorder – epidemiological aspects of excessive drinking and alcohol abuse – syndrome of alcohol dependence and withdrawal

Unit II: MOTIVATIONAL INTERVIEWING

Motivation: Meaning and types; Motivational Interviewing: Meaning – Stages of Motivation – Principles – Application – Evaluation

Unit II RELAPSE PREVENTION

Relapse: Definition; Relapse Prevention: **Meaning** – Stages – Understanding relapse process – Craving and Methods to handling – Overcoming Abstinence Program — Identifying high risk situations

Unit IV: STAGES OF RECOVERY

Recovery: Definitions – Stages – Ways to Manage Negative Feelings – Handling boredom – Handling social pressure – Triggers for relapse

UNIT V: ALCOHOL RELATED DISORDERS

Alcohol related Psychiatric disorders – Definition, Causes, Symptoms – Associated Psychiatric disorder – Social Damages – Causes of Excessive Drinking and Alcohol Abuse – Recognition of Alcohol Abuse – Treatment of Excessive Consumption of Alcohol and Alcohol Abuse

REFERENCES:

1. Semple D., Smyth R. “Oxford Handbook of Psychiatry (Indian Edition)”, Oxford University Press.
2. Miller R. W., Rollnick S, Motivation Interviewing: Helping People Change(3rd Edition), The Guilford Press, New York, London.
3. Gelder M., Gath D., Mayou R., Cowen P., Oxford Textbook of Psychiatry (3rd Edition), Oxford University Press.

4. Rukmani Jayaraman, Shanthi Ranganathan, Tips and Tools for A Comfortable Recovery, TT Ranganathan Clinical Research Foundation, Indira Nagar, Chennai

PAPER X : PROJECT WORK

OBJECTIVE:

A student is supposed to fulfill the following requirements:

- Project Dissertation (Individual Project)
- Viva-Voce