

GOBINDA PRASAD MAHAVIDYALAYA

Department of Education

Session: 2022-2023

Certificate Course on “Introduction of Psychological Counseling”

Duration: 6 months (45 Teaching Hours), Full Marks: 100

Syllabus

Unit-I. Concepts of Psychology: 15 hours (30 marks)

1. Definition, nature, scopes of Psychology.
2. Growth and Development: Stages and aspects of development in human life; Physical, Social, Emotional, Cognitive and Language development of Infancy, Childhood and Adolescence period and respective educational programmes.
3. Theories of Development- Cognitive Development (Piaget), Psycho-social (Erickson), and Moral Development (Kohlberg).

Unit-II. Concepts of Counseling: 10 hours (25 marks)

1. Definition, Nature, Principles, Types — Directive, Non-directive and Eclectic; Individual and Group Counseling.
2. Counseling process, Characteristics of good counseling.
3. Differences between counseling and psychotherapy. Diagnosis in Counseling and Follow-up Services.

Unit-III: Therapies: 12 hours (25 marks)

Types of Psychotherapy- Psycho-drama, Play therapy, Behaviour Modification therapy. Cognitive therapy, Narco-therapy, Occupational Therapy, Psychoanalytic method-Free Association, Transference and Dream Analysis.

Unit- IV: Counseling Approach: 08 hours (20 marks)

Psychoanalytic, Client-centered, Operant-Conditioning, Classical-Conditioning, Cognitive Therapy, and Rational emotive therapy.

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