

School of Studies in Psychology  
Pt. Ravishankar Shukla University, Raipur (C.G.)

**POST GRADUATE DIPLOMA IN  
PSYCHOLOGICAL GUIDANCE AND COUNSELLING  
(PGC)**

**1. SCOPE :**

The P.G. Diploma in Psychological Guidance and Counselling is meant for those students. Who intend to take up position of Director of Guidance Bureau, School Counsellor, Career Master, Rehabilitation Officer, Marriage Counsellor and such other positions in private and public settings. It is also meant for those persons who intend to start their own guidance and counseling centers or consultancy services. The main purpose of this job-oriented course is to enable the student to understand the psychodynamics involved in the problems of human adjustment and their effective management.

**2. Examination System**

<b>Title</b>		<b>Min. Marks</b>	<b>Max. Marks</b>
A.	Theory Papers		
	PAPER I – Psychological Guidance	40	100
	PAPER II – Counselling Theories and Techniques	40	100
B.	PAPER III – Field Exploration		
	1. Field Internship – 30 2. Case Study Report – 70	40	100
C.	PAPER IV – Laboratory Practical		
	1. Construction of Guidance tool – 30 2. Psychological testing – 70	40	100
<b>GRAND TOTAL</b>		<b>160</b>	<b>400</b>

NOTE : Candidate securing at least 40% marks of the aggregate in (a) Theory paper in (b) Field exploration and (c) Lab practical separately shall be declared Successful at the examination. Candidates obtaining 60% marks or more in total shall be declared to have passed with merit and these obtaining 40% or more but less than 60% marks shall be declared as passed.

## **Course content of P.G. Diploma in P.G.C.**

### **PAPER – I PSYCHOLOGICAL GUIDANCE**

**100 Marks**

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

#### **UNIT – I**

##### **The Guidance**

Meaning and Functions of guidance. The bases of present guidance approach Basic Principle and assumption of guidance. Guidance services. Difference between Guidance and Counselling.

#### **UNIT – II**

##### **Techniques of Guidance**

Understanding Individual ( use of interviews and questionnaires) Appraisals of Aptitude for guidance appraisal of personal qualities and interest : (Test and Inventories rating scale, behavior descriptions. Anecdotal records. Socio- metric devices evaluation of achievement, Cumulative Records, Case study and follow-up.

#### **UNIT – III**

Organization of guidance programme in school. Problems of guidance in India. Types of guidance services, characteristics of a well organized guidance programme.

#### **UNIT – IV**

Guidance Services for children. Guidance of young children. Elementary School Children, Junior high school children. Adolescents.

#### **UNIT – V**

Guidance services to adults, vocational guidance. Guidance of adults. Guidance towards family life, guidance in personal adjustment, guidance to deviates, guidance in group situation appraisals of guidance programmes, Emerging Trends in guidance.

#### **BOOK RECOMMENDED :**

1. Traxler. E. Arthur and North D Robert (1996). Technique of Guidance IIIrd Edition Halper & Row, Publishers New York and London.

2. Crow, L. and Crow, A. (1962), An Introduction to Guidance II<sup>nd</sup> Ed. Eurasia Publishing House (P) Ltd.
3. Asch. M. (2000) Principals of Guidance and counselling 1<sup>st</sup> Ed. Sarun & sons New Delhi.
4. Jones, J. Arthur, eta (1952), Principal of Guidance 6<sup>th</sup> Edl Tata McGraw Hill Publishing Company.
5. Gupta S.K. (1985), Guidance and counselling in India education 1<sup>st</sup> Ed. Mittal Publishers Trinagar Delhi.

## **PAPER – II**

### **COUNSELLING THEORIES AND TECHNIQUES**

**100 Marks**

This paper has five units. At least two questions are to be set from each unit candidate is required to attempt five questions in all selecting one question from each unit.

#### **UNIT – I**

**COUNSELLING** : The art and Science of helping.

- a. Meaning, Purpose and goats of Counselling with special reference to India.
- b. Professional issues, ethics, education and training of the counsellor.
- c. Counselling relationship.

#### **UNIT – II**

**COUNSELLING PROCESS** : Theories and Techniques of Counselling.

- a. Psychodynamic Approach, Freudian, Neo Freudian, Modern.
- b. Humanistic Approach : Existential client centred.

#### **UNIT – III**

- a. Cognitive Approach : rational emotive, Transaction analysis.
- b. Behavioural Apporach : Operant conditionaing. Behaviour modification.
- c. Indian contribution – Yoga and Meditation.

#### **UNIT – IV**

**COUNSELLING APPLICATION - I**

- a. Counselling in schools.
- b. Career Counselling.
- c. Alcohol and Drug Abuse.
- d. Group counselling.
- e. Crises Intervention Counselling – Case Studies for each of the above types of counselling applications, counselling interview.

## UNIT – V

### COUNSELLING APPLICATION - II

- Management of
- Shyness.
  - Smoking.
  - Depression.
  - Stress.
  - Marital Maladjustment
  - Old age problems.
  - Eurenesis
  - Phobias
  - Fear of interview
  - Fear of stage performance.
  - Problems in decision making.

#### Book Recommended :-

- Windy, D. (1988) (Ed.) Counselling in Action New York; Sage Publication.
- Nelson, J. (1982) The theory and practice of counselling Psychology. New York. Renehart and Winston.
- Belkin, G.S. (1988) Introduction to counselling. W.G. Brown Publishers.

## PAPER – III

### FIELD EXPLORATION (INTERNSHIP PROGRAMME) :

**100 Marks**

#### A. INTERNSHIP PROGRAMME : 70 MARKS.

The Internship Programme consists of two phases, about 30 days each. The students would be attached to the institute organization for a period of about two months. During this period they have to explore and identify the problem for investigation, and prepare Study-report (case) under the guidance of the Supervisor (faculty member). This report would carry 70 marks and would be evaluated by both internal and external examiner, each examiner awarding marks out of 35, as per university rules.

#### B. INTERNSHIP EVALUATION : 30 MARKS.

- Presentation of the report in the departmental Seminar – 20 Marks.
- Attendance for the programme certified by the supervisor – 30 Marks

## PAPER – IV Lab Practical

**100 Marks**

- Construction of guidance tools related to the area of specialization – 30 marks
- Psychological Testing – Candidates would be required to administer, score and interpret at least 10 Psychological tests 50 marks.
- Practical Record book – 10 marks.
- Viva – Voce – 10 marks.