

PRAJYOTI NIKETAN COLLEGE, PUDUKAD

DEPARTMENT OF PSYCHOLOGY

CERTIFICATE COURSE – BASIC COURSE IN COUNSELLING PSYCHOLOGY

20 credits /300 Hrs

Course outline

- 1) Part A -Theory- Fundamentals of Psychology and Counseling (12 Credits)***
- 2) Part B -Practical-Psychological Testing (8 Credits)***

Syllabus

Part A -Fundamentals of Psychology and Counseling (12 Credits)

Section A - Fundamentals of Psychology

60 Hrs

4 Credits

Objectives

- To familiarize students with the concepts of basic psychological processes.
- To give a brief introduction to the systems and theories of psychology.

Module 1: Introduction

Psychology-Definition, Brief History of Psychology- Structuralism, Behaviorism, Gestalt psychology, Psycho analysis, Cognitive approach.

Module 2: Consciousness

States of Mind, Nature of Consciousness, Altered states of consciousness

Module 3: Perception & Learning

Sensation and Perception, Perceptual Organization, Perceptual Constancies, Space Perception.

Learning –Theories of Learning-Strategies for effective Learning.

Module 4: Memory & Forgetting

Basic Concepts, measuring memory, Types of Memory, Mnemonics
Forgetting, Reasons of forgetting, Theories of forgetting

References

- 1) Carlson N.R.(1987). Psychology, 2nd edn Allyn & Bacon Inc Boston
- 2) Baron, R. A. (2004). Psychology, 5th ed. New Delhi: Pearson Education.
- 3) Weiten,W.(2002). Psychology: themes and variation, 5th ed. New York: Brooks/Cole.

Section B: Fundamentals of Psychological Assessment

60 Hrs

4 Credits

Objectives

- To acquaint students with various assessment techniques
- To familiarize students with the concepts of basic psychological testing.

Module 1: Methods of assessment

Observation, rating scales – checklists –interview schedules – other measures: anecdotal reports – Autobiography– group assessment techniques: Sociometry – Case study preparation and report writing.

Module 2 Introduction to Psychological Tests

Concept and evolution – Principal characteristics of psychological tests – Purposes – Uses of Psychological tests Varieties of tests – Criteria of a Good Test –Reliability & Validity - Cautions for the use of Psychological tests.

Module 3 Intelligence Testing

Theories of intelligence - classification of intelligence tests - Individual & Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of intelligence test scores – Aptitude Testing – differential aptitude test battery – Special aptitude tests -

Module 4: Personality

Theories of personality –Psychoanalysis, Adler’s theory, Cattell’s theory Roger’s theory Testing –Techniques of testing Personality Situational Tests –Projective techniques Interest Testing –Interest inventories and preference records

References

- 1).Gregory ,R.J.(2005). Psychological testing(4th ed.)New Delhi: Pearson education Pvt Ltd.
- 2) Anastasi .A.&urbina, S. (2004). Psychological Testing(7th Ed.) New Delhi: Pearson education Pvt Ltd.

3) Woodworth,R.S.&Scholsberg(1972). Experimental Psychology. Holt, Rinehart & Winston.

Section C: Basics of Counseling Psychology

60 Hrs

4 Credits

Objectives

- To familiarize students with the concepts of basic counseling psychology.
- To expose the student to the different factors of application of counseling

Module 1: Mental Health:

Factors that contribute to mental health - Importance of mental health – Mental health Model: Prevention, Primary, Secondary and tertiary - Characteristics of mentally healthy person

Module 2: Introduction to Counseling

Definition – Development and goals- preparation –Characteristics of Counselor- counseling process: Steps – different phases.

Module 3: The Counseling Relationship

Good relationship, the interview – types, structuring the relationship, setting & room arrangement, general tips on the initial interview, counseling process, techniques for building & enhancing the working relationships

Module 4: Approaches to Counseling:

Directive, Non-directive, Psychoanalytic, Humanistic, , Eclectic approach

References

- 1).Rao,S.N. (1981).Counseling Psychology. New Delhi: Tata Mc Graw Hill Publisher.
- 2) Patterson, L. E. & Welfel, E. R. (2000).The Counseling Process (5th ed.) Belmont: Wodsworth /Thomson Learning
- 3) Gelso,C.J.,&fretz,B.R.(1995). Counseling Psychology. Bangalore: Prism Books Pvt

Part B Psychological Testing

120 Hrs

(8 Credits)

Objectives

- To familiarize students with psychological instruments.
- To develop the skills of psychological testing and scientific reporting.

1. Rosenberg's Self Esteem scale
2. Rotter's Locus of Control scale
3. Family Interaction Scale.
4. Achievement Values and Anxiety Inventory.
5. Dysfunctional Attitude Scale
6. Bell's Adjustment scale.
7. Emotional intelligence scale.
8. IAS rating scale.
9. Level of Aspiration.
10. Knowledge of Results.
11. Standard progressive matrices
12. Mathew test of mental ability.
13. Eysenk's personality Questionnaire.

Note: the students will have to complete the 10 paper pencil tests and record and submit for evaluation in the phase of the programme.

