

Paper – I
COUNSELLING AND HEALTH PSYCHOLOGY

Block – I

Introduction: Definition – Development and goals – preparation – Counselor-counselee relationship – counseling process: Steps – purpose of counseling – Approaches to Counseling: Directive, Non Directive, Psychoanalytic, Humanistic, Reciprocal inhibition technique, Eclectic approach.

Block – II

Special areas: Family counseling, students counseling, Parental counseling, educational, vocational and career counseling, pastoral counseling – Counseling Interview: Communication, verbal, nonverbal, interview, techniques of interview, relationship technique, problem identification and exploration, sharing, transference, counter transference.

Block – III

Health & Stress: Concepts of stress - Models of stress – Stressors – Reactions to life stress – Coping behaviour – Task oriented reaction pattern – effect of stress – Stress related disorders: Respiratory, Gastrointestinal, Cardiovascular, Migraine and Genitourinary diseases – Relation to Mental health – Psychological disorders – Stress prevention – Treatment of stress.

Block – IV

Pain and its management: Definition – Psychology of pain – Gate theory of pain – Measurement of pain – Acute Vs chronic pain – Pain control techniques – Prevention & Health promotion – Lifestyle risk factors affecting prevention – barriers – Approaches

Block – V

Effects of fear communication – common sense model of illness & their effects – behaviour modification and cognitive approaches to prevention – Smoking – Cancer risk-Worksite health promotion – AIDS.

References :

1. An introduction to Health Psychology, 2nd Edition Robert J.Gatchel, Andrew Baum & David S. Krantz, Mc Graw Hill, NY,1989.
2. Text book of Rehabilitation – 2nd Edition S.Sunder,Jaypee Brothers, New Delhi,2002
3. Fundamentals of Counseling, Shertzer and Stone , Houghton Mifflin Co.,
4. वृद्धांच्या सामाजिक समस्या आणि जेष्ठाने समुपदेशन- हडप / जोशी, प.पिंपलपूरे आणि कंपनी,नागपूर
5. समुपदेशन मानसशास्त्र – पवार / चौधरी, प्रशांत प.पूणे
6. शैक्षणिक व व्यवसायिक मार्गदर्शन आणि समुपदेश – नित्य नुतन प्रकाशन,पूणे

Paper – II
COUNSELLING TECHNIQUES AND ASSESSMENT

Block – I

Professional Preparation & Training: Selection, skills, counseling as a profession, desirable characteristics – Modern Trends: Career guidance, functions of counselor, values – Assessment: Physical setting, room, length of session, group counseling, stages of counseling – Techniques: Egan’s Model, Interviews, testing.

Block – II

Group Counseling – Definitions – Group Guidance – theoretical considerations – values of group Counseling – Group therapy T & Sensitivity groups – Group process and group dynamics – Establishment – selection – identification – productivity and realization – termination – multicultural issues.

Block – III

Other methods of assessment – Observations, Rating scales – checklists – interview schedules – other measures: anecdotal reports – Autobiography, dairies and daily schedules – group assessment techniques: Sociometry – Ethical and Legal guidelines – Case study preparation and report writing.

Block – IV

Introduction to Psychological Tests – Concept and evolution – Principal characteristics of psychological tests – Purpose – Uses of Psychological tests – Varieties of tests – Criteria of Good test – How to evaluate a test – characteristics of a test. Reliability & Validity – Cautions for the use of Psychological tests.

Block – V

Intelligence Testing – Theories of intelligence – classifications of intelligence tests – individual & Group tests – Performance tests – Culture fair intelligence tests – Caution in the use of intelligence test scores – Aptitude Testing – Techniques of testing personality – Observation – Situational Test – Interest Testing – Interest inventories and preference records.

References :

1. Counselling Psychology, S.Narayana Rao, Tata Mc Graw Hil Pub, 1981.
2. Psychological Testing, Anne Anastasia.
3. Theory and Practice of Psychological Testing by Freeman.
4. Introduction to Counseling and Guidance, Gibson & Mitchell, PHI India Ltd.
5. समुपदेशन सिद्धांत आणि व्यवहार - प्रदिप कुमार – यश प्रकाशन, नागपूर

PAPER – III

Field Work (Practical)

Course Content	Total Marks:- 100	
	Total Hours:-120	
	Hours	Marks
1) Basic Orientation about the field work (Practical)	06	10
-Techniques & Tools- Observation, Group Discussion.		
-Corner meeting, Approaches, Home Visits, Cases Studies		
2) Observation/ Exposure visits	14	10
- To understand the structure & the work of the agencies.		
- Visit to various agencies worked in counseling Service.		
3) Placement in Community/Agency for practical work.	64	40
4) Classroom Seminar		
a) Paper Reading& Seminar	04	10
b) Role Play	04	10
5) Book/Article Review	20	10
6) Viva-Voce		
-Based on field Work, Project & Theory	10	10