

M.A PSYCHOLOGY

SEMISTER IV

EP-401 AREAS OF COUNSELLING

UNIT 1: COUNSELLING IN THE EDUCATIONAL SETTING AND CAREER COUNSELLING

School counselling School counsellor, his role and responsibilities, system of school, Counselling for Emotionally Disturbed children, ADHD, LD, College and career counselling Career theories, Campus recruitment and training programs.

UNIT 2. COUNSELLING AT WORKPLACE SETTINGS.

Workplace counselling, nature and skills, Models of workplace counselling.

Occupational stress-Theoretical models of stress, Workplace counselling in India.

UNIT 3. COUNSELLING IN CLINICAL SETTINGS.

What is Psychological First Aid? Its applications, PFA for Students and Teachers, PTSD, Grief Counselling. Counselling the Terminally Ill, geriatric counselling, Rehabilitation Counselling in the Hospital.

UNIT 4. COUNSELLING IN SPECIAL SITUATIONS.

Relationship counselling, social Injustice Issue counselling, Addiction counselling anger control, Suicide counselling, nature, definition and types, prevention, Modern Trends in counselling-Life Coaching, Mentoring, Consulting, Training.

EP-402 ASSESSMENT AND INTERVENTION IN COUNSELLING

UNIT 1: PSYCHOLOGICAL ASSESSMENT IN COUNSELING

- 1.1 Components of Effective Assessment
- 1.2 Group Assessment Techniques
- 1.3 Non-Standardized Techniques For Human Assessment: Observation, Rating Scales, Anecdotal Reports, Autobiography, Questionnaire, Structural Interview And Intake Interviews.
- 1.4 Standardized Techniques For Human Assessment: Intelligence Test, Aptitude Test, Interest Test, Achievement Test. Personality Test, Diagnostic Test.
- 1.5

UNIT 2: INTERVENTION STRATEGIES BASED ON PSYCHOANALYSIS.

- 2.1 Freud's Psychoanalysis, Jung's Therapy
- 2.2 Transactional Analysis: Eric Berne.
- 2.3 Logo Therapy: Victor Frankl.
- 2.4 Reality Therapy: William Glasser.

UNIT 3 INTERVENTION STRATEGIES BASED ON BEHAVIOR THERAPIES

- 3.1 Rational Emotive Behavioral Therapy: Albert Ellis
- 3.2 Behavior Therapy
- 3.3 Multimodal Therapy: Arnold Lazarus
- 3.4 Internal Family System Therapy

UNIT 4: REHABILITATION COUNSELING AND ETHICS

- 4.1 Nature & Scope of Rehabilitation Counseling
- 4.2 Legal Issues in Rehabilitation: RCI Act
- 4.3 Rehabilitation of Addiction; Palliative Care: Role of Psychologist
- 4.4 Ethics in Counselling

EP-403 COUNSELLING FOR LIFESPAN

UNIT 1:STAGES OF LIFESPAN DEVELOPMENT

1. 1. Definition, Nature and Scope
- 1.2 .Hands in Prenatal Development, Development, Postnatal Adjustment.
- 1.3 Factors Affecting Development of Person.
- 1.4 Theoretical Perspective of Lifespan development: Erickson Theory and Vygotsky Theory

UNIT 2: COUNSELLING FOR CHILDREN HAVING DIFFICULTY

- 2.1 Children with Special Needs: Autism Spectrum Disorder (ASD)
- 2.2 Slow Leathers and Mental Retardation
- 2.3 Child Abuse
- 2.4 Remedial Teaching: Nature & Issues

UNIT 3: INTERPERSONAL ISSUES IN MIDLIFE

- 3.1 Changing Forms of Family: Types and Issues
- 3.2 Premarital Counselling Challenges and Issues
- 3.3 Parenting Styles: Types and Challenges
- 3.4 Counseling for Men and Women

UNIT 4: GERIATRIC COUNSELING

- 4.1 Cognitive and Personality Changes in Old Age
- 4.2 Care Giving: Nature, Care Giver Stress
- 4.3 Elderly Abuse
- 4.4Role of Counselling with Geriatric