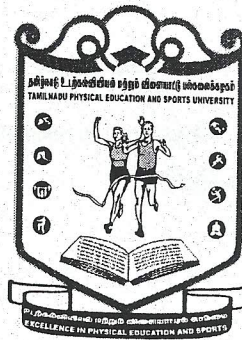


(A)

New 21

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY  
CHENNAI-600 006

dept. of sports psychology  
and sociology



2009-2010

SYLLABUS  
**F.G. DIPLOMA IN COUNSELING**  
**(DISTANCE EDUCATION)**

DEPARTMENT OF SPORTS PSYCHOLOGY AND SOCIOLOGY  
Tamil Nadu Physical Education and Sports University  
Chennai.

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

**P.G. DIPLOMA IN COUNSELING  
D.D.E PROGRAMME**

**REGULATIONS:**

The syllabus is for one year P.G. Diploma Course in Counseling, which will be implemented from the academic year 2009-10 onwards.

**ELIGIBILITY FOR ADMISSION:**

A Candidate shall be admitted to the degree of P.G. Diploma in Counseling only if he/she successfully completed any degree recognized by the Syndicate of any University.

**COURSE OF STUDY:**

P.G. Diploma Course in counseling shall be of a duration of one academic year (non-semester), which is from July to April.

**COURSES OFFERED:**

- Advanced General Psychology
- Counseling Skills
- Psychopathology
- Behaviour Modification and Psychotherapy
- Practical – Psychological Testing

**SCHEME OF EXAMINATION:**

Theory written examination will be conducted by the University – 100 marks for each paper, which will be of 3 hours of duration. There will be 5 Questions with either / or pattern i.e. (a) or (b). Each question will carry 20 marks.

PAPER CODE	PAPER	PASS	TOTAL
86 PG 101	Advanced General Psychology	50	100
PG 102	Counseling Theory and Skills	50	100
PG 103	Psychopathology	50	100
PG 104	Behavior Modification and Psychotherapy	50	100
PG 105	Practical – Psychological Testing	50	100
PG 106	Practical – Psychological Testing	50	100

\*Minimum pass marks 50.

**PG 101: ADVANCED GENERAL PSYCHOLOGY****UNIT I**

**Introduction:** Definition and Goals of Psychology: Approaches: Biological, Psychodynamic, Behaviorist, Cognitive, and Humanistic . Methods of Psychology: Experiment, Observation, Interview, Questionnaire and Case study. Fields and Scope of Psychology. Biological Basis of Behavior- The Brain and the Nervous System.

**UNIT II:**

**The sensory process:** Some general characteristics of Five Senses – Perception: Determinants of Perception: Form, Space and Depth –Attention: determinants of attention. Learning: Learning: principles and methods – classical conditioning – operant conditioning – the principle for reinforcement – multiple response learning – cognitive learning- Transfer of learning – reward and punishment in the control of learning.

**UNIT III:**

**Memory and forgetting:** Memory – Stages of Memory – Types of memory – Improving Memory – Forgetting: Theories of Forgetting, Kinds of Forgetting.

**UNIT IV:**

**Intelligence:** Definition, Theories of Intelligence, Measurement of Intelligence. Thinking and Reasoning: Concepts, Categories, Schemas and Scripts, Imagery and Cognitive Maps, Creativity – Concepts, Problem Solving Approaches: Solution Strategies and Mental Sets.

**UNIT V:**

**Personality:** Definition, Trait and Type Approaches: Biological and Socio-Cultural Determinants, Techniques of Assessment: Psychometric and Projective.

**REFERENCES:**

1. Barker, Lewis (2002) – Psychology, Pearson Education, Prentice Hall, New Jersey, USA.
2. Kasson, Saul (2001) – Psychology, 3<sup>rd</sup> Edition, Pearson Education, Prentice Hall, New Jersey, USA.

**PG 102: COUNSELING THEORIES AND SKILLS****UNIT I:**

**Counseling : The Art and Science of Helping:** Meaning, Purpose and goals of Counseling . Professional Issues, Ethics , Education and Training of the Counselor. Applications of Counseling in various areas.

**UNIT II:**

**Counseling Process:** Counseling Relationship and Counseling Interview, Outcome and Process Goals in Counseling.

**UNIT III:**

**Theories:** Psychodynamic: Freudian, Neo Freudian, Modern theories. Behavioral: Classical Conditioning, Operant Conditioning, Behavior Modification: Behavioral Rehearsal, Assertive Training, Reinforcement: Aversive and Flooding methods.

**UNIT IV:**

**Theories:** Cognitive Rational Emotional Therapy- Introduction – Skills acquisition , Multi - Model Counseling – Introduction- Skills acquisition.

**UNIT V:**

**Life Skills Counseling** –Introduction – Skills acquisition, Existential Counseling and Logotherapy- Introduction- Skills acquisition.

**REFERENCES:**

1. Lewis E, Reynolds E (2000) The Counseling Process, 5<sup>th</sup> Edition, Wasworth Brooks/Cole, Thomson.
2. Rao, N.S, (1981), Counseling Psychology, Tata McGraw Hill Publisher.
3. Brammer L.M. and Shostrom E.L. (1977) Therapeutic Psychology, Englewood Cliffs, New Jersey.

**PG 103 PSYCHOPATHOLOGY****UNIT I:**

The concept of normality and abnormality - Classification Systems in Psychopathology and Theoretical Perspectives: Psychodynamic, Behavioral, Cognitive and Existential.

**UNIT II:**

Theories and Models of Anxiety Disorder: a) Panic, Phobic, OCD b) Somatoform Disorders, c) Dissociative Disorders, Schizophrenia and other psychotic disorders, Mood Disorders: Depressive-unipolar and bipolar disorders.

**UNIT III:**

Psychophysiological Disorders: Theories: Personality disposition, Asthmatis, Allergy, Eczema, Itching, Rheumatoid Arthrities, Peptic Ulcer, Diabetese and Menstrual Disorders.

**UNIT IV:**

Disorders of Personality: Adjustment disorder b) Impulse Control disorders c) Substance related disorders, d) Eating disorders and Sleep disorders, Sexual and Gender Identity Disorders.

**UNIT V:**

Organic Mental Disorders: Changing views of brain function and dysfunction. Neuropathological considerations, common syndromes.

**REFERENCES:**

1. Adams, H.E. & Sutker, P.B. (1984) Comprehensive handbook of psychopathology, New York, Plenum Press.
2. Bellack, A.S & Hersen, M. (1984) Research Methods in Clinical Psychology, New York, Pergammon Press.

**PG 104 BEHAVIOR MODIFICATION & PSYCHOTHERAPY****UNIT I:**

What is Behavior Modification – basic Learning Principles – Classical, Operant and Social Learning Theory. Behavioral Analysis – Various Phases of a program, Sources of Information – Direct, Indirect, Computer assisted data collection.

**UNIT II:**

Application of Behavior Therapy: Anxiety Disorders, Psychoactive substance use disorders, Sexual Disorders, Childhood Disorders.

**UNIT III:**

Operant Conditioning Techniques: Reinforcement and Punishment: Schedules of Reinforcement, Token Economy, Shaping, Chaining (premack's principle). Decreasing a behavior with Extinction: Factors influencing the effectiveness of extinction. Basic Principles: Systematic Desensitization, Ethical Issues.

**UNIT IV:**

**Introduction:** What is Psychotherapy – Effectiveness Of Psychotherapy, Theories Psychodynamic – Psychoanalytic and Adlerian Therapy Cognitive and Behavioural therapy: Behavioural Therapy – OCD, Cognitive: Beck's Cognitive Restructuring Therapy.

**UNIT V:**

**Humanistic Theories:** Existential Psychological Therapy – Roger's person – Centered therapy – Gestalt therapy.

**REFERENCES:**

1. Corey, G (2005), Theory and Practice of Counseling and Psychotherapy, 7th Edition, Scarborough, Brooks/Cole.
2. Martin, G & Pear J (2000) Behavior Modification (7edition), New Delhi, Prentice Hall of India Pvt. Ltd.
3. Wolpe, J (1982), Practice of Behavior Therapy (3<sup>rd</sup> edition), New York, Oxford Pergamon Press Inc.

**PG105: PSYCHOLOGICAL TESTING - PRACTICAL**

1. Bhatias Battery Performance Test
2. Modified Alpha Test of Intelligence
3. 16 Personality Factors
4. Emotional Intelligence
5. Minnesota Multiphasic Personality Inventory
6. Study Skills
7. Interest Schedules
8. Depression Anxiety Stress Scale
9. FIRO – B
10. Organizational Stress

**REFERENCES:**

1. Woodworth, L.S. and Scholesberg (1972), Experimental psychology. Holt, Rinehart & Winston.
2. Anastasi & Susana Urbina (2004) 7<sup>th</sup> Edition, Psychological Testing, Pearson Education Inc, New Delhi.
3. Cronbach, L.J, Essentials of Psychological Testing.
4. Parameswaran & Ravichandran. (2003). Experimental psychology. Neel Kamal Publications.

\*\*\*\*\*

The class is required to submit a project at the end of the year. The project will be evaluated by the faculty in attendance.

\*\*\*\*\*