

PHAPINS

Community College of Behaviour Management

KANNUR UNIVERSITY

Govt Hospital Road Thankayam, Thrikaripur Kasaragod

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PROSPECTUS

Course Offered:

Post Graduate Diploma in Counselling and Psychotherapy (PGDCP)

Objectives of the Course:

Personal Growth: Self realisation, Life Management Skills, Decision making, Inter-personal relationship

Counselling Skills: Counselling skills & Techniques, Emotional balance and Empathy, Stress management and Problem solving

Job/service field: Schools, Colleges, Hospitals, Companies and Organizations.

Eligibility:

Any Degree with a minimum of 50% Marks. (B.Sc/BA Psychology/BSW/B.Ed/any degree where Psychology is being learnt as optional will be given Priority)

Medium:

Medium of Instruction will be in English. Examination can be written either in English or in Malayalam.

Number of Seats: 30

Duration of the Course: One Year (Part time) Regular

Semesters: Two

Course Fees: Rs. 11,000 / Semester

Selection Procedure:

Admission will be based on the rank list prepared by University based on Degree marks, Entrance Test & Interview.

Attendance:

Minimum 75% attendance in each theory paper and 100 % in residential programmes and Counselling Camp are compulsory to complete the course.

Examination: There will be University Examination at the end of each Semester.

Documents to be attached:

Candidate should attach attested copies of following documents along with the filled up application form.

- a) SSLC
- b) Qualifying Degree Certificate
- c) Mark list of qualifying Degree examination
- d) Chalan receipt of application fee/ D.D in original if the application form is downloaded

Filled up application with enclosures should reach the Co-ordinator, Phapins Community College, Govt. Hospital Road, Thankayam, Trikaripur, Kasaragod District - 671 310 on or before the last date for receipt of application. Incomplete, defective applications will summarily be rejected.

Fee once remitted will not be refunded or adjusted under any circumstances.

SYLLABUS

Semester-1**Paper-1: Counselling Psychology**

Unit 1 - Understanding Human Behaviour

Unit 2 - Sensation and perception.

Unit 3 - Motivation and Emotion

Unit 4 - Self

Unit 5 - Counselling Psychology

Paper II: Counselling Process and skills

Unit 1 - Counselling process

Unit 2 - Building the Counselling Relationship

Unit 3 - In depth exploration and action

Unit 4 - Communication and counselling

Unit 5 - Specific Counselling Skills

Paper III: Developmental Psychology and Personality Theories

Unit 1 - An overview of human development

Unit 2 - Motor and cognitive development.

Unit 3 - Socio emotional development

Unit 4 - Psychodynamic and Trait approaches

Unit 5 - Behaviouristic, Cognitive and Humanistic approaches

Semester -2

Paper IV: Approaches in counselling and psychotherapy

Unit 1 - Professional preparation and training for counsellors

Unit 2 - Behavioural and cognitive behavioural approaches

Unit 3 - Phenomenological and Humanistic approaches

Unit 4 - Gestalt therapy

Unit 5 - Transactional Analysis

Paper V: Social Perspective and Counselling

Unit 1 - Social Awareness

Unit 2 - Abnormal Psychology

Unit 3 - Psychological Testing & Diagnosis

Unit 4 - School Counselling

Unit 5 - Special areas in Counselling

Practical

- Group therapy and personal process.
- Field work as the part of practical:
15 days residential counselling camp in the selected school under the supervision and personal guidance of faculty.
- Verbatim/case presentation
- Individual and group supervision
- Project work
- Cassette record analysis

Tentative Schedule:

Semester I - May to October

All Saturdays

Three weeks in May public holidays

5 days in Onam holidays (group therapy residential)

Project work - Case study

University Exam

Semester II - November to April

All Saturdays

Five days in Christmas holidays

Ten days in January

(Counselling camp, residential)

Project work, field work, record

University Exam