DIPLOMA IN COUNSELLING & GUIDANCE / CHILD & SCHOOL COUNSELLING / COUNSELLING & SLD / COUNSELLING & NLP / CORPORATE AND ORGANISATIONAL COUNSELLING

COMMON PAPER TO ALL 5 COURSES

CORE PAPER -1

COURSE 1-UNDERSTANDING HUMAN BEHAVIOUR

UNIT 1-

WHAT IS PSYCHOLOGY - MEANING, DEFINITIONS AND BRANCHES. BASIC CONCEPTS – INTELLIGENCE, PERCEPTION

STRUCTURE

1.0 Introduction

1.1 Definition and nature of psychology: WHAT IS PSYCHOLOGY?

    1.1.1 Nature of Psychology

    1.1.2 Definition of Psychology

    1.1.3: Objectives of psychology

1.2 Branches of psychology

1.3 Basic concepts

1.4 Intelligence

    1.4.1 Introduction

    1.4.2 What is intelligence?

    1.3.3 Characteristics of Intelligence

    1.3.4 Theories of intelligence

    1.3.5 Intelligence quotient

1.5 Perception

UNIT II :- LEARNING, EMOTION, MEMORY AND FORGETTING

STRUCTURE

2.0 Learning

  2.0.1 Meaning

  2.0.2 Definition

  2.0.3 Nature of Learning

  2.0.4 Types of Learning

  2.0.5 Theories of Learning

  2.0.6. Determinants of learning

2.1 Emotion

  2.1.1 Meaning and Nature of Emotion

  2.1.2 Factors influencing Emotions

  2.1.3 Physiology of Emotions

  2.1.4 Theories of Emotions

    a) Evolutionary theory

    b) James Lange Theory

    c) Cannon Bard Theory

    d) Schacter and Singer's Two-Factor Theory

  2.1.5 Emotional Intelligence

UNIT III : THINKING, PERSONALITY AND MOTIVATION

Structure

3.0 Thinking

  3.0.1 Meaning

  3.0.2 Definition of Thinking

  3.0.3 Nature of Thinking

  3.0.4 Types of Thinking

3.1 Personality

  3.1.1 Meaning and Definition

3.1.2 Characteristics of Personality

3.1.3 Theories of Personality

3.2 Motivation

3.2.1 Meaning and Definition

3.2.2 Types of Motives

3.2.3 Factors influencing Motivation

3.2.4. Theories of Motivation

UNIT 4 : STAGES OF HUMAN GROWTH AND DEVELOPMENT

4.0 Developmental Psychology

4.1 MEANING OF DEVELOPMENTAL CHANGES

4.2 Goal of Developmental Changes

4.3 STAGES IN THE LIFE SPAN

4.4 Prenatal period

4.5 Babyhood

4.6 Early childhood

4.7 Puberty or preadolescence

4.8 Adolescence

4.9 Adulthood

4.10 Middle age

4.11 Old age

CORE PAPER - 2

PAPER 2: BASICS OF COUNSELING

UNIT 1: INTRODUCTION TO COUNSELLING

1.1 Introduction

1.2. Definition

1.3 Nature of Counselling

1.4 Scope of Counselling -Problem Areas Which Need Counselling

1.5 Over view of Contemporary Counselling Models

1.6 Psychotherapy and Counselling

1.7 Counselling in India

1.8 Goals of Counselling

UNIT II: TYPES AND SKILLS OF COUNSELING

2.1 Introduction

2.2. Types of Counselling

2.3 Individual Counselling

2.4 Counselling process

2.5 Interview skills

2.6 Individual Skills

2.7 Group Counselling:

UNIT III: THEORETICAL PERSPECTIVES

3.1 Introduction

3.2 Need for A Theory

3.4 Counselling Theories

3.5 Psycho analysis and Psychodynamic theories

3.6 Behavioural theories

3.7 Cognitive Theories

3.8 Humanistic theories

3.9 Directive approaches

3.10 Other approaches

3.11. An Integrative View of Theories

3.12 Summary of Goals of therapies

UNIT – IV: ISSUES IN COUNSELLING

4.1 Introduction

4.2 Characteristics of a Counsellor

4.3 Personal qualities of the counsellor

4.4 Some Do's and Don'ts for a Counsellor

4.5. Confidentiality