

A Proposal for Value Added Certificate Course in Psychological Counseling

Submitted by

**Department of Psychology,
Vidya Bharati Mahavidyalaya, Camp, Amravati.
(2019-2020)**

Introduction

Due to modernization and urbanization there is a continuous growth in mental health related problems. At the same time there is a dearth of skilled manpower to tackle this issue. In this context the Psychology subject has a greater scope.

The students offering Psychology are rather acquainted with theory. If we introduce a Basic Certificate course in Psychological Counseling, this will be an additional weightage to the degree as well as knowledge and expertise.

Aim-

To motivate students to become skilled counselor.

Objectives-

To impart knowledge of counseling psychology.

To enable students to apply theory into practice.

To provide specialized training in psychological counseling.

To acquaint students with various techniques of Psychological Counseling.

Course Contents

A-Title: Value Added Certificate Course in Psychological Counseling

B- Duration: 30 hours

- 1) Basic concepts- 10 hours
- 2) Practicum- test administration 10 hours
- 3) Internship- 10 hours

C- Date of Commencement- 01/10/2019 to 20/10/2019

D- Intake capacity: 25

E- Course Module

Theory

Unit- I Objectives and nature of counseling- Historical perspective of counseling, definitions principles, features of effective counseling and ethical considerations in Counseling.

Unit- II The Counseling process- essential factors, stages and professional values of a counselor.

Unit- III Types of Counseling- direct and indirect counseling, flexible counseling.

Unit- IV Psychological testing in counseling.

Unit- V Techniques and approaches of counseling- psychoanalysis, person centered, behavioral and cognitive.

Practicum (Any Five)

- 1- Mental Health Battery- Jagdish
- 2- P.G.I. General Wellbeing Measure- Verma
- 3- Adjustment Inventory- Palsane
- 4- Mental Ability Test- JPIP
- 5- Clinical Analysis Questionnaire

Internship

It is mandatory to all students to attend internship at Manashree Psychiatric Clinic, Hambarde Complex, Rajkamal Square, Amravati.

I- Examination

The examination will comprised of 100 Marks: 50 marks for theory, 25 marks for practical, 25 marks for internship.

Books-

- 1) Personality Theories, B.N. Barve, Vidya Publications, Nagpur.
- 2) Psychology: Stress and Health, B.N. Barve, Vidya Publications, Nagpur.
- 3) Clinical Psychology, B.N. Barve, Vidya Publications, Nagpur.
- 4) Psychological Testing, Anita Patil, Diamond Publications, Pune.
- 5) Counseling Psychology, Bhangale and Mahajan, Prashant Publications, Pune.
- 6) Counseling: Scientific Process and Applications, C.G. Deshpande, Unmesh Publications, Pune.

Workload Distribution

Name of Faculty	Theory	Practical	Internship
Dr. S. D. Wakode	10 hrs	-	-
Dr. D. S. Ramteke	-	10 hrs	10 hrs



Course Coordinator,

(Dr. D.S. Ramteke)

(Asso. Prof.)



H.O.D.

(Dr. S. D. Wakode)

(Asso. Prof.)

Head
Dept. of Psychology
Dr. Bhabha Mahavidyalaya
Amravati

VIDYABHARTI MAHAVIDYALAYA, AMRAVATI

Department of Psychology

Conducted

Certificate Course in Psychological Counseling

Academic Year- 2019-20

Time Table

Name of the Teacher	Theory	Date	Time
Dr.S.D. Wakode	Unit-I-Objectives and Nature of Counseling.	01/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode.	Objectives and Nature of Counseling.	02/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode.	Unit-II- The Counseling Process	03/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	The Counseling Process.	04/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Unit-III-Types of Counseling	05/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Types of Counseling	06/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Unit-IV- Psychological Testing in Counseling	07/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Psychological Testing in Counseling	08/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Unit-V- Techniques and Approaches of Counseling	09/10/2019	05:00 pm to 06:00pm
Dr.S.D. Wakode	Techniques and Approaches of Counseling	10/10/2019	05:00 pm to 06:00pm

Name of the Teacher	Practical	Date	Time
Dr.D.S. Ramteke.	1-Mental Health Battery.	11/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	Mental Health Battery.	12/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	2-P.G.I General Wellbeing Measure-Verma	13/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	P.G.I General Wellbeing Measure-Verma	14/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	3-Adjustment Inventory	15/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	Adjustment Inventory	16/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	4-Mental Ability Test-JPIP	17/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	Mental Ability Test-JPIP	18/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	5- Clinical Analysis Questionnaire	19/10/2019	05:00 pm to 06:00pm
Dr.D.S. Ramteke.	Clinical Analysis Questionnaire	20/10/2019	05:00 pm to 06:00pm

Internship Program: 21 to 24 Nov. 2019

Time: 6.00pm to 8.30 pm

Place: Manashree Psychiatric Clinic, Hambarde Complex, Rajkamal Square, Amravati


Course Co-coordinator
(Dr.D.S.Ramteke)


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