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**KARNATAK UNIVERSITY, DHARWAD**  
**ACADEMIC (S&T) SECTION**  
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ

website: kud.ac.in



ಸ್ವಾತಂತ್ರ್ಯದ  
ಅಮೃತ ಮಹೋತ್ಸವ

Tele: 0836-2215224  
e-mail: academic.st@kud.ac.in  
Pavate Nagar, Dharwad-580003  
ಪಾವಟೆ ನಗರ, ಧಾರವಾಡ - 580003

No. KU /Aca(S&T)/ JS-30/2022-23 / 1392

Date: 19 DEC 2022

**ಅಧಿಸೂಚನೆ**

ವಿಷಯ: 2022-23ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ PG Diploma, Advance Diploma, Diploma & Certificate Courseಗಳನ್ನು Credit ರೂಪ ಹಾಗೂ ಸೆಮಿಸ್ಟರ್ ಪದ್ಧತಿಗೆ ಸದರಿ ಎಲ್ಲ ಕೋರ್ಸುಗಳಲ್ಲಿ ಏಕ ರೂಪದ Creditಗಳನ್ನು ಅಳವಡಿಸುವ ಕುರಿತಾದ ಕರಡು ವಿನಿಯಮಾವಳಿ ಹಾಗೂ ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂ. 09, ದಿನಾಂಕ: 07.12.2022  
2. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 15/12/2022

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದಂತೆ, ದಿನಾಂಕ: 07.12.2022 ರಂದು ಜರುಗಿದ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯಲ್ಲಿ ನಿರ್ಣಯಿಸಿದಂತೆ, 2022-23ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, PG Diploma / Advance Diploma / Diploma / Certificate Courseಗಳನ್ನು Credit ರೂಪ ಹಾಗೂ ಸೆಮಿಸ್ಟರ್ ಪದ್ಧತಿಯಂತೆ ಸದರಿ ಮೇಲಿನ ಎಲ್ಲ ಕೋರ್ಸುಗಳಲ್ಲಿ ಏಕ ರೂಪದ Creditಗಳನ್ನೊಳಗೊಂಡಂತೆ ಕರಡು ವಿನಿಯಮಾವಳಿಗಳಂತೆ ಈಗಾಗಲೇ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಪ್ರಕಟಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. [www.kud.ac.in](http://www.kud.ac.in) ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತಾ, ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ

ಕುಲಸಚಿವರು.

ಗೆ,

ಅಧ್ಯಕ್ಷರು / ಸಂಯೋಜಕರು, Dr. B.R.Ambedkar Studies / Basava Adhyana Peetha / KRI / Gandhian Studies / Jainology / Kanaka Studies / Kannada / Hindi / Sanskrit / Women's Studies / Yoga Studies / Psychology / Babu Jagajivan Ram Studies / Commerce / History & Arch. / Computer Science / Criminology & Forensic Sci. / Veman Studies / Management / Law / Foreign Language, BTM (KACD) ಅಧ್ಯಯನ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

1. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

# **KARNATAK UNIVERSITY, DHARWAD**

## Syllabus

for Advance Diploma Program in  
Counselling and Psychotherapy  
at Department of Psychology,  
Karnatak University, Dharwad

## **Advanced Diploma in Counselling and Psychotherapy Syllabus**

### **CC1 Fundamentals of Counseling**

#### **Learning Outcomes:**

1. Developing a basic understanding of counselling as a profession
2. Gaining an overview of basic approaches, theories and techniques in counseling
3. Developing awareness about the contemporary issues and challenges in counselling
4. Learning about the newer forms of therapy like solution focused therapy, narrative therapy etc.

#### **Course Contents:**

##### **1. Introduction to counselling as a profession**

- 1.1 Nature and Goals
- 1.2 Professional ethics (Latest version of American Counselling Association – ACA)
- 1.3 Status of counselling psychology in India
- 1.4 Contemporary issues and challenges; challenge of online counselling and telecounselling

##### **2 Approaches to Counselling I**

- 2.1 Person centered approach
- 2.2 Psychodynamic approach
- 2.3 Behavioural approach
- 2.4 Cognitive behavioural approach: CBT, REBT

##### **3 Approaches to Counselling II**

- 3.1 Narrative therapy
- 3.2 Solution Focused therapy
- 3.3 Creative and Expressive arts therapy
- 3.4 Music therapy
- 3.5 Yoga and Meditation

##### **4 Counselling Applications**

- 4.1 Child Counselling
- 4.2 Family Counselling
- 4.3 Career Counselling
- 4.4 Crisis Intervention: suicide, grief, and sexual abuse

#### **References:**

- Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8thEd.) Philadelphia: Mosby.
- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice.*(7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press
- Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.
- Sharf, R. S. (2012). *Theories of Psychotherapy and Counseling: Concepts and Cases*. 5th Edition. Belmont: Brooks/Cole (Cengage Learning).

## CC02: TECHNIQUES OF COUNSELLING

### Paper Outcomes:

1. Students will learn the difference between Counselling and Psychotherapy
2. Students will learn the skills and strategies to carry out Individual Counselling session.
3. Students will learn the skills, and strategies to execute a Group Counselling Session
4. Students will learn the utilization of the various Counselling techniques.
5. Students will learn to incorporate the Ethical Values at workplace.

### Unit 1: Introduction

Meaning and definitions, nature and scope, types of counselling, different theoretical approaches to counselling

### Unit 2: Counselling process.

Stages of counselling, starting, working, terminating, Recording of process, evaluation of counselling outcome, research in process and outcome of counselling. ethical considerations

### Unit 3: Skills needed for counselling,

Individual skills: communication, listening, leading, summarizing, questioning, confrontation, . Group counselling skills: group formation, group action, dealing with specific situations in groups.

### Unit 4: Techniques based on behavioural approach

Classical, operant and social learning models, techniques based on cognitive behavioural model.

### Unit 5: Techniques based on non-directive approaches,

Client centered, humanistic, Gestalt, existential,

### References:

1. Fundamentals of Counselling, II Edi, Shertzer/Stone, Houghton Mifflin Company Boston : USA.
2. Counselling: A Comprehensive Profession, IV Edi, Samuel T. Gladding, Merrill Prentice Hall: U.S.A.
3. Introduction to counselling and Guidance, VI Edi, Robert L. Gibson, Marianne H. Mitchell, Prentice Hall of India, New Delhi

### **CC03: ASSESSMENT INCOUNSELLING**

1. Students will learn about the different Classification of Test
2. Students will learn to employ the Non-testing Methods in their Counselling
3. Students will learn to employ the Testing methods in their Counselling
4. Students will learn to use the appropriate tests on their Clients for Screening and Diagnostic purpose.
5. Students will learn to use Diagnostic tests in Children.

#### **Unit 1: Need for assessment**

Meaning and nature of psychological tests, classification of tests, principles of test construction, and ethical issues in use of tests.

#### **Unit 2: Non- testing methods:**

Observation, interview, socio-metry, case study, rating scales, behavioural analysis, anecdotal and records.

#### **Unit 3: Testing for cognitive abilities**

Attention, memory and intelligence tests, testing for aptitudes, interests and attitudes, types of tests.

#### **Unit 4: Assessment of personality:**

questionnaires, inventories, rating scales, projective tests, Nature, advantages, usage.

#### **Unit 5: Diagnostic tests:**

Children of behavioural problems, Intellectual Disability Disorder, childhood psychological problems: depression, anxiety, phobias.

#### **References:**

1. Psychological testing and assessment, II Edi, Ronalt Jay Cohen, Mark I. Swerdlik, Douglas K. Smith (1992), Mayfield Publishing Company: California.
  2. Skills in Person cantered counselling and psychotherapy, Janet Tolan (2003), Sage Publications: New Delhi.
- Assessment for counsellors, Bradley T. Erford (2007), Lahaska Press Boston : New York.

## CC04: Counselling Skills

### Learning Outcomes:

1. Having a comprehensive understanding of the profession of counselling, particularly in the Indian context.
2. Acquiring basic counselling skills of problem identification, and relationship building (e.g. empathy, listening, paraphrasing, unconditional positive regard).
3. Demonstrating skills of helping clients. Students may choose relaxation, reducing negative/maladaptive self-talk, and also learn skills of terminating the counselling relationship.
4. Developing qualities of an effective counsellor including increasing self-awareness, reflexivity, self-monitoring and objectivity.
5. Developing proficiencies to assist professional counsellors during intake interviews.
6. Helping clients having mild concerns in life; for instance acting as peer counsellors in the college/community.

### Course Contents:

#### 1. Introduction

- 1.1. Defining counselling, goals of counselling, professional counsellors, basic counselling skills
- 1.2. Understanding counselling process: Development of helping relationship, counselor –counsee relationship, Counseling goal setting process
- 1.3 Ethical considerations in counseling

#### 2. Basic Approaches to Counseling: basic theoretical concepts and techniques only

- 2.1 Person centered approach
- 2.2. Psychodynamic approach
- 2.3. Behavioural counseling
- 2.4 Cognitive behavioural approach : CBT

#### 3. Specific Counseling Skills

- 3.1. Paraphrasing and reflecting feelings, asking questions, self-disclosing, facilitating problem solving 3.2 Inside and outside skills of counselling, Self-monitoring skills as a counselor
- 3.3. Training clients in relaxation
- 3.4. Improving client's self-talk and self-perceptions, terminating helping

#### 4. Models of Counselling Skills

- 4.1. Nature and importance of counselling skills and working alliance
- 4.2. Rogers model of counselling skills, Carkhuff model of counselling skills, IPR model of counselling training
- 4.3. Indian models of counseling: the role of detachment and self-surrender

### References:

- Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). Counseling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice.(7th Ed.) New Delhi: Cengage Learning.
- Feltham, C., & Horton, I. E. (2006). The Sage handbook of counseling and psychotherapy. London: Sage Publications.
- Jones, R. N. (2008). Basic counselling Skills: A helper's manual (2nd Ed.). New Delhi: Sage Publications.

### Suggested Practical Work (Illustrations only):

- 1) Analysis of movie entitled "Good Will Hunting" for various themes of counselling, focusing on the process of counselling and the client-counsellor relationship. Watching the structure of the sessions, from initiation to termination, looking into both the client's and the counsellor's life, and the dyadic relationship the two share, and use of several counselling techniques like confrontation, paraphrasing, self-disclosure, unconditional positive regard.
- 2) Experiential activities for counselling skills (to be conducted in group settings): - Exchange your shoes: In this activity dyads exchange their shoes and walk in other person's shoe literally.

- Blindfold activity for trust and support: One person in the dyad becomes the guide and the blindfolded person is helped traverse a path full of impediments.

- River of Life activity: It allows participants to reflect on personal experiences and influences that have motivated them in their life. Participants are invited to use the symbol of a river to reflect on key stages in their lives, positive experiences and influences and difficult challenges. After depicting their life in the form of a river, participants share their stories with the other members of their group. Listening to each other helps them empathise and acceptance of the other, as well as sharing their river of life helps them gain more self-insight and greater self-awareness.

#### **CC05: Assessment of Personality and Interest**

1. The Bells Adjustment Inventory-I
2. Emotional Intelligence Test
3. Vocational Preference Inventory
4. Self-Image Profiles (Adults)
5. 16 PF
6. Comprehensive Interest Scale
7. PGI General Well-being Scale
8. Eysenck Personality Characteristics

#### **CC06: Assessment of Intelligence and Abilities**

1. Advanced Progressive Matrices
2. DBDA Aptitude II
3. Multidimensional Aptitude Battery
4. Standard Progressive Matrices
5. PGI Memory Scale
6. Seguin Form Board Test
7. Bhatia's Intelligence Test
8. WAIS- Wechsler Adult Intelligence Scale

## II Semester

### **CC07: Case Documentation in Counseling and Psychotherapy**

Unit 1: Introduction to Case Documentation. Case Documentation: Theoretical Conceptualizations, Psychodynamic and Adlerian, Humanistic-Existential, Cognitive-Behavioral, Family Systemic and Post-Feministic.

Unit 2: Introduction to Clinical Assessment and Diagnosis: Counseling Models and Diagnosis: Philosophical and Practical Concerns, Contemporary Issues in Diagnosis, Changes in the DSM-5. Counseling approach to Clinical Assessment.

Unit 3: Competing a Clinical Assessment: How to complete a clinical assessment, Mental status exam and diagnosis, Risk Management. Case Management. Communicating with Other Professionals.

Unit 4: Treatment Planning: Brief History of mental health treatment Planning. Clinical Treatment Plans. Writing Useful Treatment tasks. Writing Useful Client Goals. Writing Useful Interventions. Progress Notes: How to complete Progress note and Time and Place for Progress Notes.

Unit 5: Evaluating Progress in Counseling: Evaluation of Progress, Non-standardized and Standardized Evaluation of Progress. Assessment in a Diverse society and Ultra-brief and Brief Measures.

Textbook: Diane Gehart (2015) Case Documentation in Counseling and Psychotherapy: A theory-informed Competency-based Approach. Cengage Learning.

#### Reference Books:

- 1 Edward S. Neukrug( 2015) 1 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications.
2. Edward S. Neukrug( 2015) 2 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications

### **CC08: Counselling for Special Population**

1. Students will learn the skills to assess problems of children in the school setup.
2. Students will learn to handle the Career issues of their prospective Clients who need Career Guidance and Counselling
3. Students will learn the skills to conduct Counselling sessions to Patients in Hospitals
4. Students will be able to deliver their services at Remand homes
5. Students will be able to work at the Rehabilitation Centre

#### **Unit 1: Educational counselling**

Slow learners, fidgeted child, underachievement, delinquency, learning disorders, retardation, problems of adjustment to school.

#### **Unit 2: Correctional Assessment, Case work and Counselling**

The Self, Interviewing and Interrogating, Cognitive Behavioral Therapy, Legal Aspects of Casework and Counselling.

#### **Unit 3: Counselling in hospital setting:**

Need and scope, physical illness, pain, terminal or life-threatening illness, pre-surgical, post-surgical counselling.

#### **Unit 4: Counselling in legal settings:**

Juvenile courts, remand homes, family courts, custody, divorce etc.

#### **Unit 5: Counselling in psychiatric setting:**

Need and scope, counselling patients after treatment, rehabilitation, family of patients, spouse and children of alcoholics etc

#### **References:**

1. Counselling Psychology, Narayan Rao S. (1981). Tata Megra Hill: New Delhi.
2. Counselling Parents of Mentally Retarded, A Sourebok, & C. C. Thomas.



3. Counselling Exceptional Students, Rotator A. F. (1986), Human Science Press.

### **CC09: Career Counseling**

Unit 1: Career Counseling: Myths, Realities, and Emerging Trends . What Is Career Counseling? Factors Contributing to Shifts in Career Counseling . Seven Common Career Counseling Myths . Defining Career Counseling . Career Counseling Competencies.

Unit 2: Using Career Theories to Help Clients . Theory of John L. Holland, Theory of Donald Super, The Narrative Approach of Mark L. Savickas and Theory of John Krumboltz . Context and Career Planning Internal Variables , Assessing Self-Variables and External Variables .

Unit 3: Negotiating the Career Counseling Relationship . Creating a Mattering Climate. Building Bridges. Negotiating the Working Alliance . Coping with Client Reluctance. Fear of the Unfamiliar. Refusal to Acknowledge or Take Responsibility for the Problem . Job Loss and Job Search Burnout . Fighting the System . Defining the Client's Career Concerns Elaborating the Problem . Viewing the Problem Through a Metaphoric Lens. Changing Direction.

Unit 4: Exploring the Problem: Understanding the Self. Exploring the Problem: Contextual and Labor Market Options. Consolidation, Decision Making, and Action Planning. Implementing Action Plans. Evaluating Client Progress

Unit 5: Adapting Career Counseling to Counseling Settings. School Settings. University Settings. Community Settings. Interventions.

Textbook

1. Norman E. Amundson, JoAnn Harris-Bowlsbey and Spencer G. Niles (2009) Essential Elements of Career Counseling: Processes and Techniques. Pearson.

Reference Books:

- 1 Edward S. Neukrug( 2015) 1 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications.
2. Edward S. Neukrug( 2015) 2 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications

### **CC10: Crisis Interventions**

Unit 1: Basic training: Crisis intervention theory and application: Definition of Crisis, Theories of Crisis and Intervention Models. Basic Crisis Intervention Skills. Crisis Case Handling. Telephone and Online Crisis Counseling.

Unit 2: Handling Specific Crisis: Post-traumatic Stress Disorder, Crisis of Lethality, Sexual Assault, Partner Violence.

Unit 3: Personal Loss: Grief and Bereavement. Crisis in Schools, Hostage Negotiation

Unit 4: Crisis Interventions with Couples and families: Resolving with Relatives. Crisis Interventions with Groups: Coming together to Resolve Ideas. Crisis Intervention with Communities: Disasters, Catastrophes and Terrorism.

Textbooks

1. Richard James( 2008 ) Crisis Intervention Strategies. Thomson: Brooks/Cole
2. LennisEchterling, Jack H. Presbury and J. Edson Mckee( 2005) Crisis Intervention : Promoting Resilience and Resolution in Troubled Times. Pearson/ Merrill Prentice Hall.

Reference books

- 1 Edward S. Neukrug( 2015) 1 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications.

2. Edward S. Neukrug( 2015) 2 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy. Sage Publications

**CC11: Assessment of Psychological Problems**

1. The Medico-Psychological Questionnaire-III
2. Diagnostic test of Learning Disability
3. Students Stress Scale
4. Beck's Anxiety Inventory
5. Beck's Scale of Suicide Ideation
6. BDI Beck's Depression Inventory
7. Sterling Eating Disorders
8. Behavioural checklist for Screening Learning Disability Scale

**CC12: Internship**

The students need to undergo Internship compulsorily for minimum of 3 weeks (21 Days) after the completion of first semester ADVANCED DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY.