

**SRC COMMUNITY COLLEGE**  
**CERTIFICATE IN COUNSELLING PSYCHOLOGY**  
**REVISED SYLLABUS 2021**

**Module I**  
**Basic Psychology**

**Unit I: Introduction to Psychology, Nature and Scope**

Introduction; Defining Psychology, Nature of Psychology; Scope of Psychology, Major perspectives of modern Psychology; Branches and fields of Psychology, Application of Psychology to different disciplines.

**Unit 2. Methods of Psychology**

Introduction; Introspection method, Observation method, Experimental method, Differential method, Clinical method, Psychophysical methods, Case studies, Surveys, Correlational studies, Types of Psychological research- classifications of psychological research: Quantitative vs. Qualitative studies, Experimental vs. Non-experimental (Observational) studies- Non-experimental studies; Definition of research- Meaning of research- Scientific method: Assumptions of science, Types of variables- Basic Steps in investigation- Selecting a research problem- review of literature- Operationalizing the variables. Formulating the hypotheses. -testing hypothesis- drawing conclusions; Ethical issues in psychological research.

**Unit 3. Biological basis of behavior**

Introduction; Nervous system: The Neuron, neural impulse and neurotransmitters; The central nervous system: The brain, Localization of the brain functions, Spinal-cord; The peripheral nervous system; The influence of nervous system on human behavior; The endocrine system; Impact of functioning of endocrine glands.

**Unit 4. Sensation and Perception**

Introduction; Meaning and types of senses: Sensation and Perception; The detection and discrimination of stimuli; Absolute threshold; The method of constant stimuli; The method of forced choice; Difference threshold; The visual system: wave length, amplitude structure of the eye, color vision theory, Laws of perceptual organization; Perceptual constancy; Perception of space- Visual monocular cue; Binocular cues; Perception of distance; Perception of direction; Perceptual illusions; Perception of pain – Phantom limb.

**Unit 5. Learning**

Introduction; Meaning and nature of learning; Types of learning; Nature and factors of learning; Theory of classical conditioning; Theory of operant conditioning; Trial and error theory of learning – Theory of social learning, Theory of insight learning; Transfer of training.

## **Unit 6. Memory**

Introduction; Meaning and nature of memory; Definition, characteristic features, stages of memory processing- encoding, storage and retrieval; types of memory: short term memory & long-term memory. Memory improving techniques- Forgetting -Factors affecting of Retrieval- Measurement of memory.

## **Unit 7. Intelligence**

Introduction; Defining intelligence; Nature of Intelligence; Functions of Intelligence; Theories of intelligence; Assessment of intelligence; Different types of Intelligence tests and uses; Heredity and environment as determinants of intelligence

## **Unit 8. Motivation and Emotion**

Introduction; Nature and definition of motivation; Needs – Biological and Socio-psychological; Theories of motivation; Concept of Drive, Incentive; Maslow's Need Hierarchy Theory and McClelland's Theory of Motivation.

Defining of emotion; Characteristics of emotions; Kinds of emotion; Theories of emotion: James Lange, Cannon-Bard, Schachter – Singer- Cognitive appraisal.

## **Unit 9. Personality**

Introduction; Definitions of Personality; Characteristics of Personality; Theories of personality; Type theory; Psychodynamic Perspectives (Freud and Jung (brief)), Behavioral Perspectives (Skinner and Bandura); Trait Theory- Self Concept; Personality assessments; Mental Health; Characteristics of mental health; Importance of Mental health; Maladjustment; Causes of Maladjustment; Preventive measures of maladjustment.

## **Unit 10. Human Development**

Human Development -The Concept of Growth and Development -Principles of Growth and Development -Stages of Development - Developmental characteristics of Children and Adolescents: Physical, Cognitive, Emotional and Social aspects - Developmental Characteristics of Infancy (Birth to 2 Years) - Developmental Characteristics of Early Childhood (Age 2- 6 Years) -Developmental Characteristics of Late Childhood (Age 6- 12 Years) - Developmental Characteristics of Adolescents (Age 12-18 Years) - Role of the Teacher in Facilitating Growth and Development, Theoretical perspectives of development. (cognitive, evolutionary, learning, Endocrinology, psychodynamic, social cognitive and sociocultural). Cognitive development: (attention, language, executive functions, environment influences, intelligence, heredity and environment influences). Perceptual development: Critical periods, sensorimotor activities, sensory acuity, sensory deprivation.

## **Module II**

### **Fundamentals of Counselling**

#### **Unit 1: Introduction to Counselling Psychology**

Definition of Counselling, Areas of counseling, Principles of Counselling, Scope of Counselling , Goals of Counselling, Guidance and Counselling, Counselling and Psychotherapy, Hallmark of Counsellor, Characteristics of a Counsellor , Educational Qualifications of a Counsellor , Licensure , Other Qualifications , Counsellor and Values

#### **Unit 2: Counselling Process**

Counselling Process, Stages of the Counselling Process, Intervention and Problem Solving, Problem-Solving Strategies, Termination and Follow-Up , Counselling Interview , Counselling Skills , Counselling Relationship , **Report Writing** and Record Keeping in Counselling , Counselling Interactions Counselling Issues, Counselling in the Indian Context.

#### **Unit 3: Counselling Approaches**

Counselling Approaches and Practices, Psychoanalytic Approach , Person-centered Counselling, Existential Approach , Gestalt Approach, Rational Emotive Therapy, Transactional analysis ,Behaviouristic and Cognitive Approaches

#### **Unit:4 Clinical Assessments in Counselling**

Test and Test Scores, Qualities of Good Tests, Classification of Tests, Attitude Scale , Types of Attitude Scales , Client Appraisal Techniques

#### **Unit 5: Ethics and Professional issues in counselling**

Ethics and counselling, Nature of Ethics, American counselling Association, Confidentiality, Privileged Communication, and Privacy, Respecting client rights, Rehabilitation Council of India (RCI), Qualifications of Counselling Courses

#### **Unit 6:The Helping Professions**

The Helping Professions , Commonalities and Difference between the Helping Professions, Definitions and Nature of Counselling, Goals of Counselling

#### **Unit 7: Individual Counselling**

Individual Psychology, Preparations for Individual Counselling, The dynamics of individual counselling Individual Counselling Process, Desirable qualities of counsellor in individual counseling, Individual and group counselling similarities

### **Unit 8: Group Counselling**

Group Counselling, Group counselling and its value, The process of group counseling, Differences between group counselling and individual counselling

### **Unit 9: Application of counselling in different settings**

Counselling children and adolescents , Career Counselling , Couple and Family Counselling, Alcohol and substance abuse counselling , Counselling the elderly, Counselling for HIV/AIDS, Crisis Intervention

## **Module III School Counselling**

### **Unit 1: Counselling in Schools**

Introduction, Factors Influencing School Counselling, Principles of School Counselling  
Role and Functions of the School Counsellor, Counseling in Elementary School ,Role of Elementary School Counselor ,Role of a Counselor in a Trauma Laden Situation in School,Goals of school counseling, How does school counseling work?

### **Unit 2: School Counseling Core Curriculum**

Design and evaluation of school counselling programs, Core curriculum design, lesson plan development, Classroom management strategies, and differentiated instructional strategies, Interventions to promote academic development, Techniques to foster collaboration within schools ,Use of accountability data to inform decision-making

### **Unit3: Consultation and Collaboration**

School counselor roles in consultation with families, postsecondary, School personnel, and community agencies, School counselor roles in relation to college and career readiness, Community resources and referral sources, Skills to critically examine the connections between social, familial, emotional, and behavior problems and academic achievement, Interventions to promote college and career readiness, Strategies to promote equity in student achievement and college access

### **Unit4: Academic Development**

School counselor roles as leaders, advocates, and systems change agents in schools, School counselor roles in consultation with families, P-12 and postsecondary, school personnel, and community agencies, School counselor roles in school leadership and multidisciplinary teams, Interventions promote academic development, Approaches to increase promotion and graduation rates

**Unit5: Prevention/Auxiliary Programming**

School counselor roles as leaders, advocates, and systems change agents in schools, School counselor roles in school leadership and multidisciplinary teams, Strategies for implementing and coordinating peer intervention programs

**Unit6: Helping Students with Exceptionalities**

School counselor roles in school leadership and multidisciplinary teams, Interventions to promote academic development ,Use of developmentally appropriate career counseling interventions and assessments, Strategies to facilitate school and postsecondary transitions

**Unit7: Common Childhood disorders and interventions**

Anxiety ,Depression, Oppositional Defiant Disorder (ODD),Conduct Disorder (CD), Autism Spectrum Disorder ,Attention-Deficit/Hyperactivity Disorder (ADHD), Tourette Syndrome , Obsessive-Compulsive Disorder (OCD),Post-traumatic Stress Disorder (PTSD)

**Unit8: Crisis Intervention, Response, and Recovery**

School counselor roles in school leadership and multidisciplinary teams ,School counselor roles and responsibilities in relation to the school emergency ,management plans, and crises, disasters, and trauma, Characteristics, risk factors, and warning signs of students at risk for mental health and behavioral disorders ,Community resources and referral resources