



Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	DHS407	Title of the Course	Advance Counseling Skill	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological skill						

Course Outcomes	
CO1	To enable student to understand the skill and specific role of Counselor
CO2	To enable them to learn and understand the Basic & Exploration Communication Skills
CO3	To enable students to develop & adopt Behavioral Methods Self monitoring of Thought, Emotions
CO4	To enable students to learn and use of Counseling Application
CO5	To enable them to develop and understand the Professional Issues& Ethics in Counseling

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Role of Counselor	Personal Characteristics: A Composite model of human effectiveness, Role of self awareness in counseling. , Role and Function of counselor: Definition OF Role. Generic roles. organizing roles & functions , Self – disclosure by counselor – When and How.	8	CO1
2	Communication skills	Basic Communication Skills and Exploration Skills: Attending skills, Listening skills, Integrating Listening skills, Probing Immediacy, Self-disclosure, and Interpretation. Confrontation. Action Skills: Information giving, advice giving Goal Setting, Reinforcement Directives, Helping clients develop and work on preferred scenarios, negotiating homework. , Managing resistance and other obstacles in counseling, Skills of closure and terminating.	10	CO2
3	Helping and working with emotions	Self monitoring of Thought, Feeling and Action ,Facilitating problem solving, Understanding and Improving Self talk, rules and thinking patterns , Behavioral Methods	6	CO3
4	Counseling Application	Group Counseling: Concept & Process. , Addiction counseling: Principles & Prevention, Geriatric Counseling: Concept and Scope. ,Rehabilitation Counseling, Crisis Intervention &Trauma Counseling	8	CO4
5	Professional Issues in Counseling	Essentials for a Counselor and Family Therapist, Self of the Therapist, Therapist and Client Relationship, Professional Approach and Ethical Issues in guidance and counseling.	8	CO5

1. Jackson C.,(1998), Understanding psychological Testing; Jaico Publishing blouse (Singapore)Pte .Let.

2. Anastasi & Urbina S. (2000), Psychological Testing, 7th Edition; Person Education

3. Guilford J.P.: Psychometric Methods

e-Learning Source:

- <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/overview>
- <https://positivepsychology.com/types-of-therapies/>
- Egvankosh

2- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	1	2	5	1	2	4	3	3
CO2		4	2	2	4	3	2	3	3	2	1
CO3		3	3	4	3	2	4	2	4	3	3
CO4		5	1	3	2	3	1	3	1	2	4
CO5		3	2	3	4	2	3	2	2	1	3

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	DHS406	Title of the Course	Psychological Assessment and Diagnosis	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological test						

Course Outcomes	
CO1	To enable student to understand Concept of Intelligence, theories and Test of Intelligence.
CO2	To enable them to learn the Concept of Achievement, theories and Test of Achievement.
CO3	To enable students to develop and learn Assessment of Personality: Objective Test
CO4	To enable students to learn and understand the use of Personality Assessment & Projective Tests
CO5	To enable them to learn use of Developmental Scales

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Intelligence	Concept of Intelligence ,Theories of Intelligence ,Intelligence Test: Bhatia Battery, Weschler’s Adult Performance Intelligence Scale (WAPIS), Raven’s Progressive Matrices, Weschler’s Intelligence Scale fair Children— Revised (WISC), Wide Range Intelligence Test (WRIT), Alexander Pass - a- long Test of Intelligence.	10	CO1
2	Achievement test	Concept of Achievement ,Theory of Achievement ,Achievement Test: Wechsler Individual Achievement Test (WIAT), Diagnostic Achievement Test for Adolescents - Second Edition (DATA-2), Kaufman Test of Educational Achievement (KTEA)	8	CO2
3	Assessment of Personality: Objective Test	Cattell’s 16 Personality Factor Inventor,(16 PF) ,California. Q - Sort Tests ,Myers Briggs Type Indicator (MBTI) ,Minnesota Multiphasic Personality Inventory (MMPI)	8	CO3
4	Assessment of Personality: Projective Test	Thematic Apperception Test, Rorschach /Ink ball Test, Draw a person test, Sentence Completion test.	8	CO4
5	Developmental Scales	Developmental Screening Test ,Vineland’s Social Maturity Scale ,Measures of Psychosocial Development (MPD) ,Gesell’s’ Developmental Schedule	6	CO5

Reference Books:	
• Anastasi & Urbina S .(2000), Psychological Testing ,7th Edition; Person Education (Singapore) Pvt. Ltd.,	
• Guilford J.P.: Psychometric Methods	
e-Learning Source:	
• https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/overview	
• https://positivepsychology.com/types-of-therapies/	
• Egvankosh	
• E Pathshala	

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CO1		2	3	1	2	5	3	2	4	3	5
CO2		4	2	2	4	3	2	3	3	2	1
CO3		3	3	3	3	2	4	2	4	3	3
CO4		5	1	3	2	3	1	3	1	2	2
CO5		3	2	3	4	3	3	2	2	1	3

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	DHS402	Title of the Course	Psychopathology	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To Assess and determine the nature and intensity of everyday issues. To enhance skills to establish a cordial relationship with the clients.						

Course Outcomes	
CO1	To familiarize the classification and models of psychopathology.
CO2	To understand the importance of various disorders.
CO3	To enable understanding of the various types of personalities.
CO4	To familiarize the importance of the physiological disorders.
CO5	To understand the developmental disorder.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Classification, Theoretical Models and Diagnosis	Systems of Classification, basic features; DSM-I VTR, ICD-IO, similarities and differences. Major Theoretical Models of Psychopathology: Psychoanalytic model, Behaviorist model, Humanistic-existential models. Problems and methods of diagnosis: physiological examination, observation, case-history, interview-method Psycho-diagnostic tests.	10	01
2	Mood, Anxiety and somatoform disorders	Bipolar disorders: Manic, Depressive Mixed. Depressive disorder: Major depression and dysthymia, Suicide. Anxiety Disorders: Generalized anxiety disorder, phobia, panic disorder, post-traumatic stress disorder and obsessive-compulsive disorder. Conversion disorder, Somatization disorder, Hypochondriasis, Body dysmorphic disorder, Pain disorder.	10	02
3	Personality disorders	Personality Disorder: Narcissistic Personality, Histrionic Personality, Antisocial (Psychopathic) Personality, Borderline Personality, Paranoid Personality and Schizotypal Personality.	6	03
4	Sexual dysfunctions and Psychotic Disorders	Dysfunctions of Desire, Arousal, Orgasm and Pain Paraphilias, Pedophilia and Rape Gender identity disorders, Impotence. Schizophrenia and other psychotic disorders: Bipolar, Delusional, psychotic depression	6	04
5	Disorders of Infancy, Childhood and Adolescence	Developmental disorder: Pervasive Developmental Disorder. Behavioral Disorder: Conduct Disorder, Hyperactivity Disorder, ADHD, Down Syndrome. Eating Disorders: Anorexia Nervosa, Bulimia Nervosa	8	05

Reference Books:

Sarason & Sarason (2002), Abnormal Psychology; Pearson Education. Delhi

Bennett, P. (2010). Abnormal and Clinical Psychology: An Introductory Textbook. New Delhi: Tata McGraw Hill Education pvt. Ltd.

Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins

Coleman, J.C. : Abnormal Psychology & Modern Life Lazarus and Folkman: Stress, appraisal and coping

e-Learning Source:

<https://wMv.vervwellmind.com/an-overvie's -of-psycho-pathology-4178942>

<https://medlineplus.gov/mentaldisorders.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6540749/>

<https://www.gracepointwellness.or2/37-childhood-mental-disorders-andillnesses/article/14514-disorder-of-infanc-childhood-or-adolescence-not-otherwise-specified>

CO	PO- PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	4	1	5	3	4	2
CO2		5	5	3	3	3	2	3	4	3	1
CO3		4	1	3	1	2	3	4	3	3	3
CO4		3	3	1	5	3	1	5	1	2	4
CO5		5	3	4	3	3	3	2	2	5	3

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Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	DHS401	Title of the Course	Counseling Psychology: Introduction and Basics	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To integrate psychological methods and therapeutic techniques. To develop and practice the skills of ethics in counselling.						

Course Outcomes	
CO1	To familiarize with the historical background of counselling.
CO2	To understand the importance of Psychodynamic approaches.
CO3	To enable understanding of the Behavioral and cognitive techniques.
CO4	To familiarize the Ethical Issues in counselling.
CO5	To understand the ethical responsibilities of the counsellor.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Basic Concepts of Counselling	Definition and Historical Growth, Counseling movement in India & Abroad. Scope of counselling; Goals and Principles of Counselling. Qualities of Effective Counsellor: Effective communication skills; client-counsellor relationship. Counselling Process and Therapeutic relationship: Steps in counseling; Building a Counseling Relationship.	10	01
2	Psychodynamic and Relationship Oriented Approaches of Counselling	Psychoanalytic Approach. Neo-Freudian approaches. Humanistic Approach: Existential, Client-centered. Gestalt Approach.	8	02
3	Behavioral and Cognitive Approaches	Behavioral Approach: Operant-Conditioning, Classical-Conditioning. Cognitive Approach: CBT and REBT. New Wave Cognitive Approaches: ACT and DBT Mindfulness and Trauma Informed Care.	8	03
4	Ethical Issues	Need for Ethical Standards Ethical Codes and Guidelines. Rights of Clients: Dimensions of Confidentiality, Dual Relationships in Counseling Practices.	8	04
5	Counsellor's Ethics	The Counsellor's Ethical and Legal Responsibilities. Ethical Issues in the Assessment Process; Multicultural Counselling.	6	05

Reference Books:

1. K.K. Srivastava, Principles of Guidance & Counseling, Kaniska Publications Distributors, New Delhi.
2. Strawbridge, Handbook of Counselling Psychology, Sage Publications, New Delhi.
3. Wolman, Contemporary Theories System & Psychology, Freeman Book Comp., New Delhi.
4. Herbert Srenson MargulritcMalm & Garlie A Fories, "Psychology for living", Tata McGraw Hills Pub., New Delhi.
5. Bohart, Foundation of Clinical & Counselling Psychology.
6. Janet Tolan, Skills in Person Centered Counselling & Psychotherapy, Sage Publications, New Delhi.

e-Learning Source:

<https://www.skillsyouneed.com/learn/counselling.htm>

<https://positivepsychology.com/counseling-process/>

https://www.lkouniv.ac.in/site/writereaddata/siteContent/202004050627539144Rajesh_Yadav_SW_Treatment_Methods_in_Psychiatric_Social_Work.pdf

https://www.researchgate.net/publication/325844422_ETHICS_IN_COUNSELING

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<p>Name & Sign of Program Coordinator</p>	<p>Sign & Seal of HoD</p>
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Integral University, Lucknow

Effective from Session:2022-2023							
Course Code	DHS 408	Title of the Course	Psychotherapy	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological test						

Course Outcomes	
CO1	To enable student to understand Basic of Psychotherapies and its Process.
CO2	To enable them to learn Psychotherapy and develop skill on Indian context ,Spirituality and psychotherapy ,Yoga and Meditation
CO3	To enable students to understand Specifics Psychotherapies
CO4	To enable students to understand various Therapeutic Approaches and crisis Interventions
CO5	To enable to students for Therapeutic Intervention

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Psychotherapy: Meaning, Nature & Scope ,Variables affecting Psychotherapy I: Specific Variables ,Social & Client Variable , Therapist Variables ,Variables affecting Psychotherapy II: Process Variables ,Social & Environmental Variable , Placebo Effect ,Future Trends of Psychotherapy	10	CO1
2	Psychotherapy in India	Counselling vs. Psychotherapy ,Psychotherapy in the Indian context ,Spirituality and psychotherapy ,Yoga and Meditation	6	CO2
3	Therapeutic Approaches-I	Freud's Psycho -analytic Therapy, Adlerian Psychotherapy, Brief Dynamic therapies ,Client-Centered Therapy, Existential Therapy and Gestalt Therapy ,Behavioral therapy, Cognitive Behavior therapy, Rational Emotive Behavior Therapy (Ellis) ,Family, Marital and Interpersonal Therapy	10	CO3
4	Therapeutic Approaches-II	Transactional Analysis ,Supportive therapy and Crisis Intervention ,Therapies with Children and Adolescents Group Therapy	6	CO4
5	Therapeutic Interventions	Therapeutic Intervention, Life Skills Training, Play Therapy, Training Parents of Children/Adolescents with Disabilities, Counseling for Trauma and Abuse in Childhood, Cognitive Behavioral Therapy for Childhood/Adolescent Disorders	8	CO5

- 1- Kirt S.H. & Clark: Cognitive Behavior Therapy for Psychiatric Problems.
- 2- Gurman & Kniskern: Handbook of Family Therapy
- 3- Kahn M., Between Therapist and client- The New Relationship- Revised Edition

e-Learning Source:

- <https://www.counseling.org/aca-community/learn-about-counseling/what-is-counseling/overview>
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CO2		4	2	2	4	3	2	3	2	2	1
CO3		3	3	4	3	2	4	2	4	3	3
CO4		3	1	2	2	3	1	3	1	2	4
CO5		4	2	3	4	2	3	2	2	1	3

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