



Integral University, Lucknow

Effective from Session:2023-24							
Course Code	HS419	Title of the Course	Project World/Field Work/Internship	L	T	P	C
Year	I	Semester	I	0	0	0	8
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will help students to provide supervision to mental health professionals and equip them to learn specific interventions to provide better guidance and counseling.						

Course Outcomes
To enable and train students to enhance professional skills to practice and maintain mental health.

Unit No.	Content of Unit	Contact Hrs.
1	The Internship aims to help students develop their professional, intellectual, and personal abilities. Every student of PGDGC acquires hands-on experience under the supervision of a professionally qualified therapist/counselor during the program's internship component.	15

Reference Books:
K.K Srivastav (2003) Principles of guidance and counseling
Theodore P. Remley, Jr Ethical, Legal, and Professional Issues in Counseling SIXTH EDITION. University of Holy Cross Barbara Herlihy University of Texas at San Antoni ISBN 10: 0-13-518381-2 ISBN 13: 978-0-13-518381-6
Kinra, Asha, K (2008) Guidance and Counseling
e-Learning Source:
• Egyankosh, NCERT, ePathshala, https://prasadpsycho.com/product

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

Effective from Session: 2023-24							
Course Code	HS418	Title of the Course	Practicum-I	L	T	P	C
Year	I	Semester	I	0	0	4	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will equip students in administering different inventories to provide better guidance and counseling services.						

Course Outcomes	
CO1	Enable students assess personality using projective techniques
CO2	Enable them to Assess Anxiety test using STAI
CO3	Enable students to administer and interpret Bell’s adjustment inventory
CO4	Train students for sensitivity.
CO5	Enable and train them to practice and maintain mental health

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Projective Tests	Rorschach Test/Thematic Apperception Test	10	CO1
2	Anxiety Test	The State-Trait Anxiety Inventory (STAI)	8	CO2
3.	Adjustment Test	Bell’s Adjustment Inventory	6	CO3
4	Sensitivity Training	Reaction time for auditory and visual stimuli	8	CO4
5	Yoga and Mental Health	Practicing to maintain mental Health (Yoga, Exercise, Music Therapy)	8	CO5

Reference Books:	
1.	Anne Anastasi (1968). Psychological Testing
2.	K.K Srivastav (2003) Principles of guidance and counseling
3.	Kinra, Asha, K (2008) Guidance and Counselling
e-Learning Source:	
•	Egyankosh, NCERT, ePathshala,
•	https://prasadpsycho.com/product

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

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

Effective from Session: 2023-24							
Course Code	HS417	Title of the Course	Practice and Application of Counseling	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To give exposure to the current trends of therapies, issues and concerns of counseling as a profession. To familiarize about the approaches of guidance and counseling and the techniques involved in them.						

Course Outcomes	
CO1	To familiarize the concept of vocational counseling and guidance.
CO2	To understand the approaches of family counseling.
CO3	To enable understanding of the students with regards to Work place issues.
CO4	To familiarize the importance of the workplace counseling.
CO5	To understand the importance of group counseling.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational & Vocational Counseling and Guidance	Meaning and objectives of Educational Guidance; Need for educational Guidance. Guidance of various levels (primary, secondary and higher); Principals of educational guidance. Meaning and objectives of Vocational Guidance; Aims of Vocational Guidance. Need of Vocational Guidance; Steps in Vocational Guidance.	8	01
2	Family & Marital Counseling	Historical evolution of the field of marriage & family therapy Need,Principles and goals of family therapy. Fundamental concepts: Cybernetics, Systems theory, Social constructivism, Attachment theory. Theories and schools of Family therapy. Limitations of Family therapy.	10	02
3	Workplace Counselling-I	History and evolution of Workplace Counselling and current trends. Objectives, need, principles and goals of Workplace counseling.	6	03
4	Workplace Counselling-II	Models of Workplace Counselling: Brief therapy models, Problem focused models, Work oriented models, Manager based models, Externally based models, Internally based models, and Welfare based models, Organizational change models. Limitations of Workplace Counseling.	8	04
5	Special Group Counselling	Socially and Economically Disadvantaged group counseling. Destitute, Orphans, Delinquents, Drop-outs, Homosexuals. Identifying Support Networks.Referral Processes.	8	05

Reference Books:

Nichols, P.M & Schwartz C.R (2006). Family Therapy —concepts and methods, 7th edition, Allyn and Bacon, Boston, Pearson education, Inc.Press, Inc.

Carroll M. (1996). Workplace Counselling: A Systematic Approach to Employee Care. London; Sage publishers.

Jim, O., (1992). Community Psychology. Concepts, methods and profession. (3rd edition). Cole publishing company. Pacific Grove, California.

Kloos, B., E., Wandersman, As, Elias, M., & Dalton, J. H. (2012). Community psychology: Linking individuals and communities (3rdcd.). Wadsworth, C,'engage Learning: Belmont, CA, USA.

e-Learning Source:

<https://www.skillsvounecd.com/larn/counselling.html>

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

<https://ncert.nic.in/textbooWpdf/lehe108.pdf>

https://cvvankosh.ac.in/bitstream/123456789/21288/1_Unit-3.pdf

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

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Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	HS416	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 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. :Abnomal 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-otherwisepesified>

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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Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	HS415	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., Ncw 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://positivepsvchology.com/counseling-process/>

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

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

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

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