



कुमाऊँ विश्वविद्यालय, नैनीताल (उत्तराखण्ड) KUMAUN UNIVERSITY, NAINITAL (UTTARAKHAD)

दिनांक-23.07.2021

आज दिनांक 23/07/2021 को कुमाऊँ विश्वविद्यालय (नैनीताल) में प्रो० आर०के० पाण्डे, कलासंकायाध्यक्ष एवं विभागाध्यक्ष (मनोविज्ञान) की अध्यक्षता में मनोविज्ञान विभाग, एम०बी० राजकीय स्नातकोत्तर महाविद्यालय (दल्हानी) के अन्तर्गत पी०जी० डिप्लोमा इन काउन्सलिंग एण्ड साइकोथेरेपी को प्रारम्भ किए जाने के सम्बन्ध में पत्रांक मान्यता/पाठ्यक्रम समिति मनोविज्ञान/2021/163 पाठ्य समिति की आपात आनलाइन बैठक आहूत की गई, जिसमें 3 सदस्यीय विषय विशेषज्ञ, कलासंकायाध्यक्ष, संयोजक प्रो० आर०के० पाण्डे, सहसंयोजक डॉ० रश्मि पंत, विभागाध्यक्ष, मनोविज्ञान विभाग एवं डॉ० कमला डी भारद्वाज, इंचार्ज मनोविज्ञान विभाग रुद्रपुर, डॉ० आर० डी० सिंद, इंचार्ज मनोविज्ञान विभाग, रामनगर आनलाइन उपस्थित रहे। उपरोक्त पाठ्यक्रम का एम०बी० राजकीय स्नातकोत्तर महाविद्यालय (दल्हानी) मनोविज्ञान विभाग के अन्तर्गत प्रारम्भ किए जाने हेतु निम्न बिन्दुओं पर चर्चा की गई -

1. शासन द्वारा प्रेषित पत्र 473/SPS/स्व०रो०पा०/2020-21 के अनुसार मनोविज्ञान में छात्र दित एवं रोजगार हेतु पी०जी० डिप्लोमा को प्रारम्भ किया जाना चाहिए।
1. ठस हेतु तीनो विषय विशेषज्ञों द्वारा पाठ्यक्रम के शीर्षक को पी०जी० डिप्लोमा इन काउन्सलिंग एण्ड साइकोथेरेपी के स्थान पर पी०जी० डिप्लोमा इन गाइडेन्स एण्ड काउन्सलिंग स्किल्स "P.G.Diploma In Guidance And Counseling Skills" करने का सुझाव दिया गया।
2. महाविद्यालय में स्नातक के पश्चात् ही उपरोक्त पी०जी० डिप्लोमा पाठ्यक्रम को कराया जाना सार्थक प्रतीत होता है, जिससे कि विद्यार्थियों को रोजगार हेतु लाभ प्राप्त हो सकेंगे।
3. विषय विशेषज्ञों द्वारा पूर्व में mail द्वारा प्रेषित पाठ्यक्रम का भली भाँति अध्ययन करने के पश्चात् निम्न सुझाव दिए गये-

1- प्रो० पी०के० राय विभागाध्यक्ष, मनोविज्ञान विभाग एस०एस० गौड़ सागर विश्वविद्यालय मध्यप्रदेश-

I पाठ्यक्रम के शीर्षक में परिवर्तन किया जाए।

S.R. AMI.

- fagme BP

*Resubm
2/8/21*

*in Raikholi
2.8.2021*

 Forwarded

IV प्रतीक प्रणाली को CACS प्रणाली से आसानी से परिवर्तित किया जा सकता है।

Psychologist और Psychiatrist में Difference between Psychologist and Psychiatrist को समझें

२- प्रो० आनन्दसिंह सिंह मनोविज्ञानविभाग, बी०एच०यू० वागनसी-

। प्रयोगशाला में प्रयोगकर्ता का शीर्षक "Basics of guidance & Counseling" लिखा जाए।

सहस्रविधात्मक मोरीहाऊई की guidance की समिति की ओर।

॥ निम्नपाठ्यपुस्तकौ सन्धितः कियत्पाठः ॥

Singh R.N. et al (2012) Adhunik Asamany Manovigyan, Agrawal Publications, Agra

Singh R.N. et al (2015). Manovikriti Vigyanke Aadhar Agrawal Publications, Agra.

Glassing S.T. (2011) Counseling Pearson Education.

3- प्रो० समीपप्रसारीविभागध्यक्ष, मनोविज्ञानविभाग, अलीगढ़ मुस्लिमविश्वविद्यालय, अलीगढ़-

1. प्राथमरीवेस्टमें "Indian Approaches of Counselling" नामी एक भागसमिलितकिया जाए।

Online Meeting

Date 23-07-2021

प्रो. पी.के. राय विभागध्यक्ष,
मनोविज्ञानविभाग, एस०एस०
सी०एम०एन०, रायचूर, काठमाडौं

प्रो० आनंदराव सिंह,
मनोविज्ञान विभाग, बी०एच०यू
वाटगावी

डॉ० रामीनअंसारी
मनोविज्ञानी
अलीगढ़मुस्लिमविश्ववि

डा० कमला डी० भारद्वाजविभागाध्यक्ष,
मनोविज्ञानविभाग एस०डीएस०पी०जी०
कलकत्ता, सहायपुर

डा० आर०डी० सिंह विभागाध्यक्ष
मनोविज्ञानविभाग, राजव
स्नातकोत्तरमहाविद्यालय रा

डा० रविशंकरसहायजी,
पाठ्यक्रमसमिति, मनोविज्ञान

प्रति आचार्यः
अष्टमेसरोजकपाठयकनसमितिना

ii) डॉ० आर०एन० सिंह एवं डॉ० मधु अस्थाना की पाठ्य पुस्तकों को पाठ्यक्रम में सम्मिलित किया जाए।

iii) प्रत्येक प्रश्न पत्र में चार के स्थान पर 5 इकाई रखी जाये।

iv) प्रत्येक प्रश्न पत्र को CBCS प्रणाली के आधार पर तैयार किया जाए।

v) प्रथम सेमेस्टर के प्रथम प्रश्नपत्र में "Difference between Psychologist and Psychiatrist" को शामिल किया जाए।

2- प्रो० आर०एन० सिंह मनोविज्ञान विभाग, बी०एच०यू० वाराणसी-

I प्रथम सेमेस्टर के प्रथम प्रश्नपत्र का शीर्षक "Basics of guidance & Counseling" किया जाए।

ii) इसी प्रश्न पत्र में दो इकाईयाँ guidance की सम्मिलित की जाए।

iii) निम्न पाठ्य पुस्तकों को सम्मिलित किया जाए-

Singh R.N. et al (2012) Adhunik Asamany Manovigyan. Agrawal Publications, Agra.

Singh R.N. et al (2015). Manovikriti Vigyan ke Aadhar. Agrawal Publications, Agra.

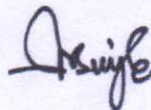
Glassing S.T. (2011) Counseling. Pearson Education.

3- प्रो० समीम अंसारी विभागाध्यक्ष, मनोविज्ञान विभाग, अलीगढ़ मुस्लिम विश्वविद्यालय, अलीगढ़-

1. प्रथम सेमेस्टर में "Indian Approaches of Counselling" का भी एक भाग सम्मिलित किया जाए।

Online Meeting

Date 23-07-2021

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✓ 
(Prof. Samim A. Ansari)

प्रो० पी०के० राय विभागाध्यक्ष,
मनोविज्ञान विभाग एस०एस० गौड
सागर विश्वविद्यालय, मध्य प्रदेश

प्रो० आर०एन० सिंह, मनोविज्ञान
विभाग, बी०एच०यू० वाराणसी

प्रो० समीम अंसारी विभागाध्यक्ष,
मनोविज्ञान विभाग, अलीगढ़ मुस्लिम
विश्वविद्यालय, अलीगढ़

डा० कमला डी० भारद्वाज विभागाध्यक्ष,
मनोविज्ञान विभाग एस०बी०एस०पी०जी०
कालेज, रुद्रपुर

Rashmi
28.7.21

डा० रश्मिपंतसदयोजक, पाठ्यक्रम
समिति, मनोविज्ञान

Rashmi

डा० आर०डी० सिंह विभागाध्यक्ष,
मनोविज्ञानविभाग, राजकीय
स्नातकोत्तरमहाविद्यालय रामनगर

Rashmi
28/07/2021

प्रो० आर०के० पाण्डे संयोजक पाठ्यक्रम
समिति मनोविज्ञान

संशोधित पाठ्यक्रम

मनोविज्ञान विभाग ,एम0बी0 राजकीय स्नातकोत्तर महाविद्यालय ,हल्द्वानी

P.G. Diploma in Guidance of Counseling Skills

दिनांक-23.07.2021 को मनोविज्ञान विभाग ,एम0बी0 राजकीय स्नातकोत्तर महाविद्यालय ,हल्द्वानी द्वारा आवेदित पाठ्य समिति की बैठक को कुमाऊँ विश्वविद्यालय, नैनीताल, द्वारा आनलाइन संपादित करवाया गया।

इसके अन्तर्गत तीन सदस्यीय विषय विशेषज्ञों एवं सदस्यों की समिति द्वारा संशोधित पाठ्यक्रम को समाहित किया जा चुका है एवं कुमाऊँ विश्वविद्यालय, नैनीताल को प्रेषित किया जा रहा है।

सहसंयोजक

डॉ० रश्मि पंत

विभागाध्यक्ष (मनोविज्ञान)

एम0बी0 राजकीय स्नातकोत्तर महाविद्यालय हल्द्वानी।

M. B. Govt. P. G. College

HALDWANI (Nainital)

संयोजक

प्रो० आर०के० पाण्डे

कला संकायाध्यक्ष


कुमाऊँ विश्वविद्यालय

हल्द्वानी।

**POST GRADUATE DIPLOMA
IN
GUIDANCE AND COUNSELING SKILLS
(KUMOUN UNIVERSITY, NAINITAL (UTTARAKHAND))**

ACADEMIC YEAR -2021-22

**DEPARTMENT OF PSYCHOLOGY
M.B. GOVERNMENT P.G. COLLEGE,
HALDWANI**


**M. B. Govt. P. G. College
HALDWANI (Nainital)**

SYLLABUS

SEMESTER I

Paper 1.01

Basics of Counseling Process

Objectives: *To introduce the students about the various processes of guidance, counseling, counseling skills, and Ethical considerations.*

UNIT-I Introduction of Guidance and Counseling - Meaning, Principles, Need and Importance and Goals of Guidance and Counseling. Difference between Guidance and Counseling. Qualities of the good Counselors, Role and functions of counselors, Characteristics and skills of counselors. Stages of counseling process.

UNIT -II Counseling Relationship - Importance of relationship, Nature of client- therapist relationship, Dimensions and stages of client therapist relationship. Types of counseling - Individual and group, Directive, Non directive and Eclectic and Online.

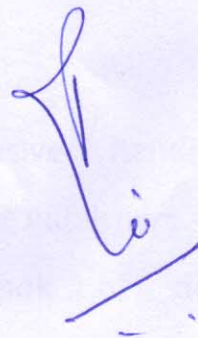
UNIT – III Areas of Guidance and Counseling – Personal, Educational and Vocational, Social, Moral, Health. Difference between Counseling and Psychotherapy. Counseling Techniques: Structuring, observation, role play, leading and questioning, paraphrasing, micro skills. Indian Approaches of Counseling

UNIT – IV Ethical Considerations of Counseling- Codes of professional ethics, Ethical principles: Respect of autonomy, Beneficence, Non - maleficence, Justice, Fidelity.

UNIT -V Training Skills- Progressive muscular relaxation, Mental relaxation, Improving client skills- Improving clients self-talk, clients rules and client perception.

Suggested Reading

- 1 Brems, C. (2001). Basic skills in psychotherapy and counseling. Singapore: Brooks/Cole.
- 2 Corey, G. (1996). Therapy and practice of counseling and psychotherapy (5th ed.). Pacific Grove, CA: Thomson Brooks/Cole.
- 3 Gerald Corey et.al.(2019) .Theory and practice of counseling and psychotherapy. Cengage India.
- 4 Nelson, R., Jones(1900).Basic Counseling Skills, Sage publication, New Delhi
- 5 Palmer, S., Mc Mohan(1997), Hand book OF Counseling. Routledge publication
- 6 Rao, S.N. (2006).Counseling and guidance. New Delhi :Tata McGraw-Hill Publishing Co. Ltd
- 7 Smith, E.J. (2016) Theories of Counseling and Psychotherapy: An Integrative Approach, 2nd Edition Singapore, Sage Publications.
- 8 Kothari, Vasant (2019). Counseling Psychology, Spring Season Publication
- 9 अग्रवाल, विमल (2017) परामर्श मनोविज्ञान, साहित्य भवन पब्लिसिंग हाउस, आगरा।
- 10 बसंत, एसके एवं अन्य (2020) परामर्श एवं निर्देशन, साहित्य भवन पब्लिसिंग हाउस, आगरा
- 11 Amritnath Rai & Madhu Asthana (2007) Modern Counseling Psychology ,Motilal Banarsidas Publications
- 12 Amritnath Rai & Madhu Asthana (2006) Guidance and Counseling Psychology, Motilal Banarsidas Publications



Psychopathology

Objective:- To introduce the students with various manifestations of psychopathology, introduce them to different perspectives.

UNIT – I The Nature, Classification and Causal factors in abnormal psychology- Definitions of normality and abnormality, classification systems of mental disorders -DSM-V, ICD-10, Risk factors for abnormal behavior -biological, Psychosocial and socio cultural factors.

UNIT II - Anxiety and Mood disorders – Meaning and Symptoms Causes and Diagnosis Of Generalized Anxiety Disorder(GAD) , Phobia, Obsessive Compulsive Disorder(OCD), Post Traumatic Stress Disorder(PTSD), Bipolar affective disorders.

UNIT III - Personality Disorders – Meaning and Symptoms Of Paranoid, Schizoid, Antisocial, Borderline, Avoidant ,Dependent personality .

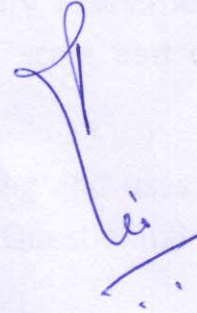
UNIT IV - Behavioral and emotional Disorders - Symptoms, causes and diagnosis Of Learning Disability, Mental retardation, ADHD, Autism Spectrum disorder.

UNIT V- Substance Related Disorders - Meaning, Symptoms, Types and Causes Of substance related disorders. Drug Related Disorders - Major Types and Causes.

Suggested Reading

1. Adams,H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3rd Ed.). New York: Kluwer Academic Publishers.
2. Christody, R.J.,Simali Jayati (2019). Text book of descriptive psychopathology, Paras medical publisher.

3. Singh, S.N, Bhatt Nirupama (2013). Text book of psychopathology, Pointer Publisher Edition.
4. Weigner, I.V. (1982) Child and Adolescent Psychopathology, New York: John Wiley & Sons.
5. सिंह, ए०के० (2005) असामान्य मनोविज्ञान, मोतीलाल बनारसी दास, नई दिल्ली।
6. सिंह.आर.एन. (2005) आधुनिक असामान्य मनोविज्ञान. अगवाल पब्लिसिंग हाउस, आगरा।



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Psychological Assessment and Diagnostic Techniques

Objectives: To introduce the students about psychological assessments and different diagnostic techniques.

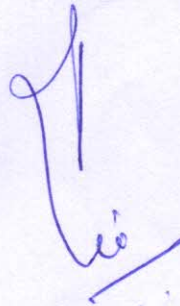
Unit I –Psychological Assessment and Diagnosis- Meaning, nature and purpose of assessment and diagnosis in counseling, preliminary assessment, screening. Uses of clinical data– Behavioral assessment, rating scale and checklists and psychological tests, making psychological report.

Unit II –Qualitative testing for assessment – Meaning and uses of qualitative assessment ,Observation, Case Study , Rating Scale, Questionnaires, Interview, and Mental status examination.

UNIT III- Standardized testing for assessment- Meaning and types of standardized assessment in counseling. Intelligence tests- WAIS, Draw a man test, Raven's Progressive matrix and Bhatia Battery. Interests and Aptitude tests- Allport and Vernon, Differential Aptitude test. Specific Aptitude tests: mechanical, scientific, clerical.

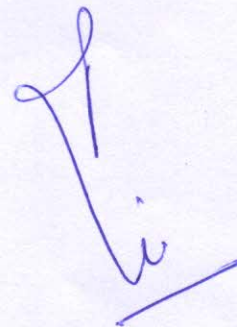
Unit IV– Assessment of Personality - Objective tests Meaning and uses , MMPI-2, 16 PF , Projective Tests - TAT, CAT , Rorschach Ink Blot test,

Unit V- Neuropsychological assessment- AIIMS Battery; WMS-II I, Luria-Nebraska Neuropsychological Test Battery ,Bender-Gestalt Test.



Suggest Reading

1. American Psychological Association. (2005). diagnostic and statistical manual of mental disorders (5th Ed.): text revision (DSM-V). New Delhi: Jaypee brother's medical publishers (p) Ltd.
2. American Psychological Association. (2005). diagnostic and statistical manual of mental disorders (5th Ed.): text revision (DSM-V). New Delhi: Jaypee brother's medical publishers (p) Ltd.
3. Hersen, M. (2004) Comprehensive handbook of psychological assessment. Volumes I to IV.
4. Flanagan D.P. & Kaufman, A.S. (2004) Essentials of WISC IV assessment. New York: John Wiley and Sons.
5. Prifitera, A., Saklofske, D.H. & Weiss, L.R. (Eds.) (2005). WISC-IV: Clinical use and interpretation.
USA: Elsevier Press.
6. Robert, J. Gregorg (2017). Psychological testing: Pearson Publisher.
7. Singh, A.K. (2019) Tests, Measurements and Research Methods in Behavioural Sciences: Bharti Bhawan
8. Weiver, B (1983). Clinical methods in psychology. New York: Wiley



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Psychological Assessments/ Practicals

Objective: This course will provide the required knowledge to students about various types of appropriate assessment tools for various client concerns.

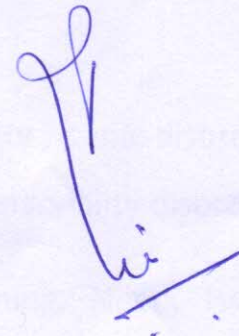
(Any Ten from the tests given below)

1. Adolescent anger rating scale
2. Ravens Intelligence test
3. Bhatia battery for Intelligence
4. Achievement test
5. Bells adjustment Inventory
6. WAIS
7. Draw a man Intelligence test
8. Raven's Progressive Intelligence matrix
9. Allport and Vernon Interest Test
10. Differential Aptitude test
11. Thematic apperception test (TAT)
12. Children apperception test (CAT)
13. Draw a person Test
14. Minnesota Multiphase Personality inventory (MMPI)
15. Personality inventory test
16. NIMHANS Neuropsychological Battery
17. Rorschach Ink Blot Test
18. Marital Adjustment Inventory
19. Parent-Child Relationship Inventory
20. Children Depression Inventory
21. Suicide probability scale

Paper1.04 (b)

Dissertation/ Field Work

The students will administer any 10 tests of above and prepare a Dissertation /field work on the basis of above scales used. They will prepare a report use different statistical methods and submit it to the department.



M. B. Govt. P. G. College
HALDWANI (Nainital)

SEMESTER II

PAPER 2.01

Basic Areas Of Counseling

Objective: To introduce the students to basics skills counseling strategies used in the context of Vocational, Marriage ,clinical problems , Family, old age and Parental counseling.

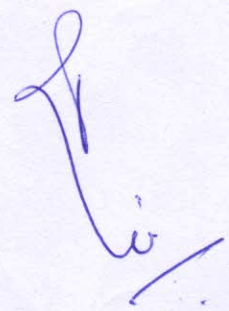
UNIT I - Counseling for Clinical Problems-Counseling of Anxiety , panic disorders, Depression ,Phobias , Obsessive compulsive disorder(OCD) , personality disorders.

UNIT II- Educational and Vocational Counseling – Meaning, Need, Issues, Importance and scope of career counseling. Career development theories: Trait and factor theory, Social Cognitive career theory. Career counseling with children, adolescents and adults.

UNIT III - Marital Counseling- Meaning and need of marital counseling and related problems, marriage and couple counseling, Inter spouse relationship and adjustment ,Factors involving in good marital adjustment.

UNIT IV- Family and Old Age Counseling- Concept and Process of family counseling, Need, Principles and goals of family and old age counseling.

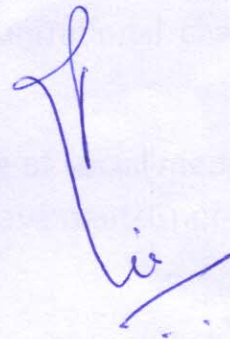

M. B. Govt. P. G. College
HALDWANI (Nainital)



UNIT V- Parental Counseling- Parental style and counseling effectiveness, Understanding cultural difference in parenting. Understanding parent-child relationship and communication patterns.

Suggested Reading

1. Blando, John (2011). Counseling older adults, Routledge Publication
2. Clinton, Tim. (2009). Marriage and Family Counseling. Baker Books Publishing Group
3. Mathur, S.S.(2019) Educational psychology and guidance and counseling. SVPM Publication
4. Nelson, Rechar, -Jones(2012) Theory and practice of counseling and therapy. SAGE South Asia
5. Srivastava, Sushil.(2015). Career Counseling and Planning. Atlantic Publisher & Distribution Pvt. Ltd.
6. उपाध्याय राधाबल्लभ (2016). निर्देशन एवं परामर्श अग्रवाल पब्लिकेशन्स।



Specific Areas Of Counseling

Objective: To introduction the students to the specific areas of counseling strategies used in the context of Addition, Suicide and Disability and workplace Counseling.

Unit– I Drug Addiction and Suicide Counseling– Characteristics of Addiction, etiology, model and assessment in addiction. Concept of suicide, perspective on suicide, identifying suicidal tendencies, counseling for suicide prevention.

Unit – II Disability Counseling- Concept and definition of disability. Counseling of Mentally retarded, Learning disabled and Emotionally disturbed children, Children with Autism and ADHD.

Unit - III Workplace Counseling - Need and scope of work place counseling. Models of workplace counseling -problem focused models, work oriented models, manager based models, welfare based models, organizational change models. Evaluation of workplace counseling

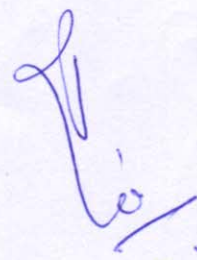
Unit –IV Counseling for specific problems- Counseling of Social media and Sexual deviation ,Counseling of Anger control and Bereavement/Grief and mental health.

UNIT V- Counseling in Community - Meaning, Basic nature and challenges of community counseling. Major Areas - School, Hospitals, Clinics, Mental health centers. Develop an understanding of the issues in community counseling.

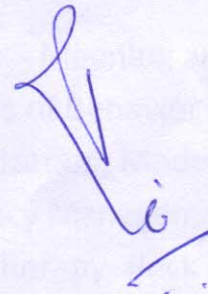
Suggested Reading

1. Covey, Charles (2020). Relationship Workbook of couples, Lomoro Publication Ltd.


M. B. Govt. P. G. College
HALDWANI (Nainital)



2. Corey, Gerald(2013) Theory and practice of counseling, Wadsworth publication
3. Dana, R.Q. & Blevins A, G (2011). Substance abuse counseling. 4th edition, Books/ Cole. Cengage, Belmont, U.S.A.
4. James, R.K. & Gilliland B.E., (2013). Crisis intervention strategies, 7th Edition. Belmont, C.A: Brooks/Cole.
5. Kapur, Mlvika (2011).Counseling children with psychological problems. Pearson Education India
6. Nichols, P.M. & Schwartz C.R. (2006). Family Therapy- concepts and methods, 7th edition, Allyn and Bacon, Boston, Pearson education, Inc. Press, Inc.
7. Rao, Alla Appa (2016). Learning Disabilities, Neelkamal publisher ,India
8. Wilson, Shula (2003). Disability counseling and psychotherapy, Palgrave Mcmillan publication



M. B. Govt. P. G. College
HALDWANI (Nainital)

Psychotherapeutic Interventions

Objective: To introduce the students about the overview of different therapies and their applications.

UNIT –I Introduction of Psychotherapy and Psychoanalytic therapy - Meaning , Nature and scope of Psychotherapy and Psychoanalytic therapy Ingredients of psychotherapy. Modes of Psychotherapy. Types of psychotherapeutic intervention. Freudian Psychoanalytical Therapy.

UNIT I I– Humanistic - Existential Therapies – Nature and Goals of Humanistic and Existential therapy. Client –centered Therapy and Gestalt therapy, Logo therapy. Existential therapy and Evaluation of Humanistic - Existential Therapies.

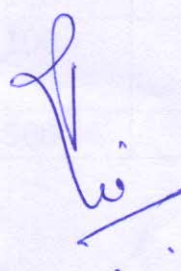

UNIT III- Behavior and Cognitive Behavior Therapies - Meaning and nature of Behavior and Cognitive Behavior Therapy. Techniques of Behavior Therapy- Flooding and Implosive therapy, systematic desensitization, Modeling and Aversion therapy , Assertiveness Therapy , Contingency Management and Biofeedback Method. Types of Cognitive Behavior Therapy- Beck's Cognitive Therapy,(CBT) , Rational Emotive Therapy(RET) and Dialectical behavioral therapy(DBT), Stress inoculation therapy and multimodal Therapy. Evaluation of Cognitive Behavior Therapy.

UNIT IV- Group and Biologically Based Therapies –Meaning and Procedure of Group and biological Therapy, Types of Group Therapy- Psychodrama, Family Therapy, Marital Therapy, Transactional Therapy. Types of Biological Therapy - Pharmacotherapy, Electroconvulsive Therapy, Galvanic Skin Response (GSR), Electroencephalogram(EEG).

UNIT V- Evaluation of Psychotherapy Outcomes – Methods of Evaluating Effectiveness of Psychotherapy, Factors influencing Outcomes of Psychotherapy. Methods of Evaluation of Psychotherapy. Ethical Issues in Psychotherapy.

Suggested Reading


1. Bennett Paul (2012) Abnormal and Clinical Psychology: Open University Press.
2. Feltham, C.&Horton,I.E.(2006).The Sage handbook of Counseling and Psychotherapy(2nd ed.) London :Sage Publication
3. Sheldon, J. Korchin(2010) Modern clinical psychology: CBS Publishers and Distributer.
4. Stewart, I. (2000). Transactional analysis counseling in action .London :Sage
5. Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th Ed.). Philadelphia: Lippincott Williams & Wilkins.
6. Sokol, Leslie(2019).Cognitive Behavior Therapy, Pesi Pub & Media publication
7. सिंह, धर्मेन्द्र कुमार (2013) निर्देशन एवं परामर्श की प्रविधियाँ एवं सिद्धान्त नोवेल्टी कारपोरेशन।
8. फॉयड मनोविश्लेषण (2013), राजपाल एण्ड सन्स।
9. गुप्ता, नरेन्द्र (2015) मनोरोग चिकित्सा, हेल्थ टुडे पब्लिकेशन ग्रुप, हिसार।



M. B. Govt. P. G. College
HALDWANI (Nainital)

PROPOSED EVALUATION SCHEMES

SEMESTER-I

NAME OF PAPER		MAX. MARKS (100)	MIN. MARKS (40)	TOTAL MARKS (100)	CREDIT
THEORY PAPERS	INTERNAL MARKS	EXTERNAL MARKS			
Basic skills of Guidance and counseling	30	70	40	100	04
Psychopathology	30	70	40	100	04
Psychological assessment and diagnostic techniques	30	70	40	100	04
PRACTICALS	30	70	40	100	04
FIELD WORK/Dissertation	30	70	40	100	04
TOTAL				500	20



M. B. Govt. P. G. College
HALDWANI (Nainital)

SEMESTER-II

THEORY PAPERS	INTERNAL MARKS	EXTERNAL MARKS	TOTAL MARKS	Credit
Basic areas of counseling	30	70	100	04
Specific areas of counseling	30	70	100	04
Psychotherapeutic interventions	30	70	100	04
Training/Internship(Project report of long and short cases)	30	70	100	04
Viva voce		100	100	04
TOTAL			500	20

###Presentation and vivo-voice of long (10) and short (10) cases will be held in the Department of Psychology M.B.G.P.G. College, Haldwani.

❖ Practical Training for 3 months (2nd semester) shall be imparted in the psychiatry and pediatrics Departments, Sushila Tiwari Govt. Medical College and Hospital (Haldwani) as well as other Government Mental Health Care Centers.


M. B. Govt. P. G. College
HALDWANI (Nainital)

