



POST GRADUATE DIPLOMA IN PSYCHOLOGICAL COUNSELLING
Programme Guide

Programme Overview

In today's dynamic world, change is fast and often unpredictable. Adaptation of the mind to these changes is not always an easy or smooth process. People engaged in different fields of profession find it daunting to cope with the new demands faced by them. The methods to engagement with fellow human being have changed. It can be witnessed in every sphere of life- be it the technique of parenting and communicating to children, the negotiation skills required to manage a team in a corporate sector or the ability to empathize with patients in a medical setting. There are no training programmes available for professionals to learn, apply and practice the skills required to engage with people problems in their respective sector. 'Quick fix' strategies available in the market are not dependable and authentic. To get back to the field of psychology and study in a Master's programme is time consuming.

Realizing the immense need, the Department of Psychology, Jain University has developed a Programme that is short but would not compromise on the applicative skills of psychology based on a sound foundation of theoretical psychology. The PG Diploma in Psychological Counselling provides the perfect opportunity for those who have always been interested in the subject but couldn't pursue it. Additionally it would immensely benefit them by training them in a combination of effective communication skills and emotional intelligence. Such a 'ready-to-use' skill set can be dove-tailed to their unique circumstances and their professional context.

Programme Name

Post Graduate Diploma in Psychological Counselling

Programme Code

5206

Duration

1 Year

Degree Awarded

Post Graduate Diploma in Psychological Counselling

Total Credits

48 credits

Eligibility Criteria

The programme is open to candidates with Bachelor's degree in any field. They may be pursuing a career in any field.

Medium of Instruction / Examination

English

Study Campus

**School of Graduate Studies
JC Road, Bangalore - 560 027**

Programme Advisor

**Dr. Shailaja Shastri
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Programme Objectives

- To provide a condensed but a sound theoretical knowledge of psychology to people who have not studied Psychology as a discipline earlier
- To provide the basic skills of psychological counselling that could be applied in various professional contexts
- To provide opportunity to professionals to learn, apply and practice the skills required to engage with people related issues in their respective domain

Programme Features

- The Post Graduate Diploma in Psychological Counselling is specifically designed to cater to people interested in pursuing psychology but who do not have a background in psychology
- Special attention has been given to ensure that foundation concepts have been delivered in the syllabus. The Programme work and syllabus has been designed to ensure that students are trained in micro skills of counselling and also get ample opportunities to practice the same
- Internship is therefore emphasized along with acquisition of theoretical knowledge
- The learning lab additionally focuses on training the students in administration of psychological assessments that are important in the context of counselling
- On the whole, the Programme aims at equipping students in skill sets in counselling along with a theoretical orientation that they could apply in their specific domain

Curriculum Structure

Semester 1:

3 theory papers

3 learning labs

Counselling skills training

Internship

Semester 2:

3 theory papers

3 learning labs

Minor Research Project

Internship

Examinations & Assessments

Theory papers will have a semester end examinations which will be assessed for 80 marks & other 20 for IA (assignments, internal tests, class presentations, attendance, regularity of submissions, effort)

Learning Labs:

- **Laboratory related practical work will have Continuous Assessments:** 20 marks are allotted for each of the nine experiments. Criteria are quality of plan procedure and conduction of the experiment (5marks) analysis and interpretation (5marks) effort, regularity of submission (5marks) viva (5marks). An additional 20 marks is for the final overall performance- conduction, written plan, procedure, interpretation and viva. This would be assessed at the end of the semester
- **Internship:** The student will have to put in minimum 60 hours of work in place selected by the student for the internship. There would be an external (from the place of internship) and internal (from the department) evaluator of the internship undertaken by the student. 60 marks out of 100 will be assigned to the report submitted and for quality and nature of work undertaken. This would also include depth of analysis, skills demonstrated and the quality of report. There would be a final presentation given by the student. This would be assessed -20 for viva and 20 for presentation of learning
- **Minor Project:** marks would be divided as below: 60 for written project (quality of research) 20 for CIA (regularity of submissions, attendance, effort) 20 for Viva voice