

Centre for Studies in Applied Psychology

DIBRUGARH UNIVERSITY
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Profile:

With effect from the academic session 2019-20, the **Centre for Studies in Applied Psychology (CSAP)**, has introduced the **Post Graduate Diploma in Counselling Psychology (PGDCP)** Programme in the Centre. The Syllabus of the Programme has been prepared as per the **New Dibrugarh University Regulations for the Post Graduate Programmes in Choice Based Credit System (CBCS) approved by the Academic Council of Dibrugarh University in its Meeting held in November 2018.**

The PGDCP has been designed keeping in mind the demand for skilled and competent Counsellors in Secondary schools, as psycho-social workers in the health sector, social organizations like NGOs and other Government organizations and in other institutions in society. The Main Objective of the Post Graduate Diploma in Counselling (PGDCP) Programme is *to create a force of skilled personnel having advanced knowledge and skills of counselling members of the society with sensitivity and responsible social awareness.*

The Courses in the Programme are designed to emphasize an experiential style of learning. Central to counselling skills practice is the idea that to understand the experience of the other, one has to first understand 'the Self'. The Programme is structured in a manner so as to ensure that students learn not only from what is taught, *but also by actively engaging in the various exercises including self-exploration.* Much of the learning is held in small groups, and there is an emphasis on the learner (wherever appropriate), sharing and reflecting on the learner's own experiences. Besides being a value-addition programme for the adult learner, the Post Graduate Diploma in Counselling Programme (PGDCP) is also an advanced skills programme. As part of their learning experiences and curricular requirements, students are expected to apply and integrate this learning to their existing places of work (as psycho-social health workers) in their period of internship, during which they will be mentored and/or supervised by the Faculty members of the Centre.

Objectives of the PGDCP Programme:

The Programmes of the CSAP, DU are designed to:

1. *equip* the students with the requisite skills for identifying, classifying and diagnosing psychological maladjustments and disorders and providing necessary support services.
2. *provide* hands-on training in managing actual clinical/ rehabilitation/

organisational/ educational cases.

3. *enable* the students to design and effectively implement intervention programme and strategies for management and treatment of psychological maladjustments and disorders.
4. *empower* the students with requisite skills in order to take up counselling services across diverse need-based requirements.
5. *acquire* a thorough understanding of preventive and control measures to maintain or promote well being of self and act as instruments of positive mental health in community.

Name of the Programme :

Post Graduate Diploma in Counseling Psychology (PGDCP)

Duration of the Programme:

1(One) year is being divided into a total no. of 2 (two) Semesters

Intake Capacity:

18 + 02 (Endowment Seats) = 20 seats

Eligibility Criteria for Admission:

➤ **For PG Diploma in Counselling Psychology (PGDCP) Programme:**

Desirable:

- Candidates having a Post graduate degree with Specialization in subjects like ***Psychology/Applied Psychology, Human Development and Family Studies, Child Development, Human Development and Childhood Studies, Child Development and Family Relationships, Home Science, Social Work***, or other allied disciplines will be given preference for admission. “**Allied disciplines**” include ***Anthropology, Sociology, Social Work, Education, Philosophy***, etc. from a recognized University.
- Working Professionals with ***2 or more years of relevant work experience*** in the social sector and/or in people-oriented professions such as ***Teacher Education, Health and Well-being, MBBS or Nursing, Law and Human Resource Management*** and the like.
- Candidates should have at least 50% marks at the **Master’s level** to be eligible for admission to the Post Graduate Diploma in Counseling Psychology (PGDCP) Programme.
- There will be a relaxation of 5% marks at the **Master’s level** for candidates from the SC/ST/OBC categories.
- Reservation of seats in the PGDCP shall be as per the specified norms of Dibrugarh University.

Method of Selection:

PG Diploma in Counselling Psychology - **Through Interview**

Important Dates:

Date of Online Application process will begin from	As per the main Notification
Last date of receiving the Online filled in Application Form	As per the main Notification
Declaration of Merit List of PGDCA	As per the main Notification
Date of admission of PGDCA	As per the main Notification

**COURSE STRUCTURE
OF
P.G. DIPLOMA IN COUNSELLING PSYCHOLOGY PROGRAMME
TOTAL CREDITS = 40 CREDITS**

SEMESTER I (20)	<p>CORE COURSES (CC) – 4 Courses of 4 Credits each</p> <ul style="list-style-type: none"> ▪ CP 10100 Concepts in Psychology ▪ CP 10200 Mental Health and Understanding Psychological Problems ▪ CP 10300 Introduction to Counselling and Other Helping Professions ▪ CP 10400 Practicum-I (Theory + Testing) <p>ABILITY/ SKILL ENHANCEMENT COURSES-2 Courses of 2 Credits</p> <ul style="list-style-type: none"> ▪ CP 10500 Introduction to Counselling and Inter Personal Skills ▪ CP 10600 Self and Personal Growth
SEMESTER II (20)	<p>CORE COURSES (CC) – 4 Courses of 4 Credits each</p> <ul style="list-style-type: none"> ▪ CP 20100 Theoretical Approaches: Psychodynamic and Behavioural ▪ CP 20200 Theoretical Approaches: Humanistic and Existential ▪ CP 20300 Counselling for Special Groups ▪ CP 20400 Practicum-II (Testing + Field Visit/Case Studies) <p>ABILITY/ SKILL ENHANCEMENT COURSES-2 Courses of 2 Credits</p> <ul style="list-style-type: none"> ▪ CP 20500 Community Mental Health ▪ CP 20600 Personality Development

Sd by:



Prof. Neeta Kalita Barua

Chairperson:

Centre for Studies in Applied Psychology (CSAP)

Dibrugarh University, Dibrugarh – 786004.

Dated: 17th August 2022