Professional course of Counselling Psychology
M. Phil in Counselling Psychology

Year - I

<table>
<thead>
<tr>
<th>Paper</th>
<th>Course Title</th>
<th>Marks</th>
<th>No. Of Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper – I:</td>
<td>Applying Advanced Counselling skills in Practice</td>
<td>100</td>
<td>1.0</td>
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<tr>
<td>Paper – II:</td>
<td>Special issues related to counselling practice</td>
<td>100</td>
<td>1.0</td>
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<tr>
<td></td>
<td>Placement (Internship)</td>
<td>100</td>
<td>1.0</td>
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<td></td>
<td>Thesis and Seminar</td>
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<td></td>
<td>Viva Voce</td>
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<td></td>
<td>Total</td>
<td>300</td>
<td>3.0</td>
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Course description: Requirements of Professional Counselling Course typically include the completion of one year master's degree in Counseling Psychology leading to 2 years M.Phil degree along with supervised clinical internship experience.

The three years professional course in Counseling involve intensive training in understanding and application of psychological principles and theories of human behavior with specific focus of Psychology involving assessment, treatment planning, methodology, and referral of counseling patients or clients. Counseling is a profession that aims to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort. A degree in Counseling provides the training to cope with and understand problems of others on varying levels through psychotherapy. The trainees in Professional Counseling course are encouraged to develop strong interpersonal communication skills as well as analysis. The graduates in Counseling Psychology will dedicate their careers to helping patients make sense of their lives. Counselors work in many different work environments and can specialize in many different areas. Specific duties will depend on the place of work and the population a counselor works with.
Paper – I: Applying Advanced Counselling skills in Practice


2. Advanced Counselling skills: Personalizing, advanced empathy, confrontation, self-disclosure, using transference as a tool, handling counter-transference, issues of termination

3. Family therapy: Families and their development, basic theoretical concepts, Practical aspects of assessment and treatment of families.

4. Use of group to help people: Working with groups, planning and conducting groups

5. Understanding Attachment and attachment disorder: Role of attachment in personality development, Assessment of attachment, Attachment disorder and interventions

6. Understanding the adolescents: Pro-active process for counselling adolescents, counseling micro-skills for adolescents.

7. Peer support counseling: Benefit of peer support in college community, developing peer support programme, peer support network.


9. Managing counsellor’s own stress and burn out

Paper – II: Special issues related to counselling practice

2. Overcoming social anxiety: Understanding social anxiety, strategies to deal with social anxiety, performance anxiety

3. Anger control: Dealing with anger, REBT and ABC’s of anger, learning to relax.

4. Relationship cure: Connecting emotionally, Examining emotional heritage, emotional communication skills, applying learning in various relationships

5. Counselling difficult clients: The counseling transaction, some practical points.

6. Grief counseling: Normal grief reaction, resolving pathological grief, grief and family system.

7. Trauma counseling: An integrated model of trauma, trauma assessment, working with trauma, overcoming childhood trauma.


9. Crisis intervention and tele-counselling, EMDR, Dance and drama therapy.

Placement: 60% of course time the trainees shall be required to be involved in practicum work in professional counseling settings of various areas. During the placement the trainees are
required to complete a minimum of 400 hours of approved internship, 300 hours of which are in
direct service with clients, and 85 hours of supervised practice. This provides trainees with
opportunities to refine advance assessment and counselling skills well as working in specialized
areas of interest. The placement, similar to internship, is regarded as a summative clinical
experience leading to the master’s degree in Counselling Psychology. The primary objective of
the internship is to provide an opportunity for integration and practice of knowledge and skills in
a professional counselling setting.

In addition to the on-site requirements for internship, a monthly seminar is required to ensure
that students are familiar with professional, ethical, and legal issues. Participation in the seminar
counts towards the 400 hours required for internship.

Trainees will need to submit individual placement report with in total 24 case assessment and
intervention report, process account, official testimonial, supervision report, etc.

Supervision: The trainee will be under continuous supervision. 20% of placement time will be
supervision hour.

Research and seminar: During the course the trainee will require to plan and carry out individual
research (based on case studies) in counselling setting and submit a report and present seminar.

Personal work: It is mandatory that trainees undergo a specified hours of personal counseling for
coping with own stress and burnout

Year - II
Continuous professional growth through fulltime internship of one year as placement at a professional counseling setting, thesis work and supervision.

80% of course time the trainees shall be required to work in professional counselling setting as placement. During the placement the trainees are required to complete a minimum of 600 hours of approved internship, 500 hours of which are in direct service with clients, and 75 hours of supervised practice. In addition to the on-site requirements for internship, a bi-monthly seminar is required to ensure that students are familiar with professional, ethical, and legal issues. Participation in the seminar counts towards the 600 hours required for internship.

The trainee shall be involved in intensive application of theoretical construct of counseling psychology with specific focus in assessment, treatment planning, methodology, and referral of counseling patients or clients. The trainee will gain clinical skills and judgment through continuous supervision and personal work to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort at varying levels through psychotherapy.

Trainees will need to submit placement report with 5 case assessment and intervention report, process account, need assessment, official testimonial, etc.

Supervision: The trainees will be under continuous supervision. 20% of course time will be supervision hour. Trainees need to provide supervision report,

Thesis work: During the second year the trainee require to further extend the first year individual research in form of thesis related to problems encountered in counselling setting and submit a report and present at least 2 seminars.

Personal work: It is mandatory that trainees undergo a specified hours of personal counseling for coping with own stress and burnout

Note:
Course evaluation: 60% written examination and 40% attendance, mid course evaluation, assignments and presentation.

Specified hours of supervised internship and personal work are mandatory for accreditation of M.Phil degree. The authority will have the power to withhold the certificate in case of failure until the requirements are fulfilled.
References:

27. Introductory Course (TA 101) Hand out
Professional course of Counselling Psychology
PhD in Counselling Psychology

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<tr>
<td>Paper – II:</td>
<td>Professional Issues and Decisions</td>
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Total = 300 3.0

PhD Course

For admission to PhD courses, candidates should have qualification as designed by the University of Dhaka and should have the basic knowledge and experiences in Educational Psychology or Counselling Psychology. In the first years of the study the students of PhD degrees should be required to undertake and appear at written examinations in two theoretical courses as approved by their respective supervisors and a full unit Viva voce. The PhD student will complete and present their thesis work in two years as per direction of their respective thesis supervisors. During the progress of courses the students shall deliver at least two seminars related to their research work.
Year - II & III

Continuous professional growth through fulltime internship of one year as placement at a professional counseling setting, research work and supervision.

80% of course time the trainees shall be required to work in professional counselling setting as placement. During the placement the trainees are required to complete a minimum of 800 hours of approved internship, 600 hours of which are in direct service with clients, and 90 hours of supervised practice. In addition to the on-site requirements for internship, a bi-monthly seminar is required to ensure that students are familiar with professional, ethical, and legal issues. Participation in the seminar counts towards the 800 hours required for internship.

The trainee shall be involved in intensive application of theoretical construct of counseling psychology with specific focus in assessment, treatment planning, methodology, and referral of counseling patients or clients. The trainee will gain clinical skills and judgment through continuous supervision and personal work to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort at varying levels through psychotherapy.

Trainees will need to submit placement report with 10 case assessment and intervention report, process account, need assessment, official testimonial, etc.

Supervision: The trainees will be under continuous supervision. 20% of course time will be supervision hour. Trainees need to provide supervision report,

Thesis work: During the second year the trainee require to further extend the first year individual research in form of thesis related to problems encountered in counselling setting and submit a report and present at least 3 seminars.

Personal work: It is mandatory that trainees undergo a specified hours of personal counseling for coping with own stress and burnout.
In which year did you join this university, 1980 or 1981? What was the year when you joined this university? Hope I am able to make it clear.

I have been trained in carnatic music for the past 10 years under the guidance of my guru, 'Srimathi Prabha Sriram'. Writing this exam would not only boost my profile on co-scholastic activities but also enlighten me about the vast ocean of music. This exam would give me better access to pursue music in my future endeavors. Thanking you, Sai Santoshi.

Dear Madam, I am a Student of Sri Thyagaraja Government College of Music & Dance. Translations of the phrase "YEAR I" from English to Indonesian and examples of the use of "YEAR I" in a sentence with their translations: Every year I choose four students to come...