Post Graduate Diploma in Child - Adolescent and Family Counselling (PGD CAFC)

Scheme of Examination

No students shall be presented for the examination unless he or she secures 80% attendance at the contact classes. There shall be an examination at the end of the course, consisting of four papers of three hours duration as detailed below:

<table>
<thead>
<tr>
<th>Name of Paper</th>
<th>Duration of Exam hrs</th>
<th>Marks</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Child Guidance</td>
<td>3</td>
<td>80</td>
<td>100</td>
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<tr>
<td>Principles and Process of Counselling</td>
<td>3</td>
<td>80</td>
<td>100</td>
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<tr>
<td>Child Adolescent Care</td>
<td>3</td>
<td>80</td>
<td>100</td>
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<tr>
<td>Adolescent &amp; Family Counselling</td>
<td>3</td>
<td>80</td>
<td>100</td>
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<tr>
<td>Project work</td>
<td>100</td>
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</tbody>
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Syllabus:

Paper I: Child guidance
Part A Principles & Practice of Guidance
Part B Behavioural problems in children
Part C Educational guidance

Paper II: Principles & Process of counselling
Part A Theories of Personality Development
Part B Principles & Process of counselling
Part C Counselling Techniques
  Behaviour Modification & Systematic desensitization
  Assertion training & Operant Conditioning techniques
  Cognitive Behaviour modification

Paper III: Child & Adolescent Care
Part A Normal & Abnormal Growth & Development
Part B Development of Life Skills
Part C Organising services for Adolescents
* Teenage Care Clinics & Family Life Education & Teen Clubs

Paper IV: Adolescent and Family counselling
Part A Adolescent & Premarital Counselling
Part B Marriage & Family Counselling
Part C Research Methods in Child Guidance & Adolescent Counselling

Paper V: Project Work
Paper I: Child Guidance
Part A - Principles & Practice of Guidance
- What is guidance
- Guidance and other related fields
- Type of guidance

Part B - Behavioural problems in children
- Understanding adjustment problems of children
- Helping children with behavioural problems

Part C - Educational guidance
- Need for guidance program in schools and colleges
- School / College guidance program in India

Paper II: Principles & Process of Counselling
Part A - Theories of Personality Development
- Psychoanalytic Theory
- Theories of Motivation
- Psycho-social Development

Part B - Principles & Process of counselling
- Introduction to counselling
- Steps in counselling
- Definition of counselling
- Characteristic of counsellor
- Counsellor-counselee relationship
- Different approach
- Counselling process

Part C: Counselling Techniques
- Behavior Modification and systematic desensitization
- Assertion training & Operant Conditioning technique
- Cognitive Behavior modification

Paper III: Child & Adolescent Care

Part A - Normal & Abnormal Growth and Development
- Physiological growth and changes
- Adjustment problems

Part B - Development of Life Skills
- Decision Making
- Problem solving
- Creative Thinking
- Critical Thinking
- Effective Communication
- Interpersonal Skills
- Self-Awareness
- Empathy
- Coping with Emotions Stress

**Part C - Organizing services for Adolescents**
- Teenage Care Clinic, Family Life Education, & Teen clubs

**Paper-IV: Adolescent and Family Counseling**

**Part A: Adolescent and Premarital Counseling**
- Understanding adolescents
- Need for adolescent counseling
- Common problems related to adolescents
- How adolescents can be helped through community
- What is pre-marital counseling
- Need for pre-marital counseling
- Contents and methods

**Part B - Marriage and Family Counselling**
- Personality and adjustment
- Happiness
- Definition of marriage and family
- Characteristic of family (related theories)
- Role and functions of family
- Pattern of family interaction (theory)
- Counseling family with various problems
  - Husband and wife relation
  - Parent and child relation
  - Chronic illness
  - Mentally ill person with the family
  - Crisis intervention

**Part C - Research Methods in Child Guidance & Adolescent Counselling**

**Introduction to Research Methodology**
- Introduction to basic concepts of statistics
- Research designs
- Sampling Techniques
- Questionnaire designing
- Report Preparation
- Research issues Specific to Adolescents

**Paper-V: Project Work**
Reference Books:

- Disabled Village Children by David Werner. 2nd Edition. Published by the Hesperian Foundation, PO Box 11577, Berkeley.
- Counselling Edited by Stephen Palmer, Sheila Dainow and Pat Milner, Published by SAGE Publications 32, M Block Market, Greater Kailash-1, New Delhi.