

UNIVERSITY OF KERALA
DEPARTMENT OF PHILOSOPHY
CENTRE FOR PHILOSOPHICAL COUNSELLING AND RESEARCH

Subject: **P.G. Diploma Course in Philosophical Counselling**

AIM OF THE COURSE:

To develop and interpret the concepts of philosophy for finding a solution to the issues that everybody faces. The course attempts to develop the practical implications of philosophical methods to enable the students to develop their thinking skills. The study promotes all the positive thoughts and equip with the knowledge for supportive applications of philosophical theories and to offer good mental health. It helps the students to think critically and understand the reasoning capacity for the development of their behaviour and personality.

OBJECTIVES:

- To guide the students to strengthen their will to face issues with strong will and mental equilibrium.
- To equip the participants for guiding and counselling.
- To familiarize the learners with the various concepts in Eastern and Western Philosophy
- To make the learners capable of utilizing the philosophical teachings in both systems as the finger posts to self-management and self-realization.
- To provide the learners for developing training in techniques of stress management, attitude modification and holistic harmonizing.
- To develop awareness about latest counselling areas in Philosophy
- To ensure their capability of thinking with reasoning

REGULATIONS

- a) Duration of P.G. Diploma Course is of 1 year which comprises of Two Semesters with 350 hours of lectures 150 hours of practical.
- b) The course will be conducted once in a year from July/August to June/July
- c) There will be four papers in Semester I and Three papers in Semester II and practical.

Eligibility:

Graduation (Bachelor's degree) in any discipline with minimum 50% of marks (Preference to be given to Philosophy, Psychology, Sociology and Science graduates).

Age : No age limit

No. of seats : 30 (General-24, SC-5, ST-1)

Application fee : Rs. 100/ -

Course fee : Rs. 20000/- (For SC/ST Candidates as per University rules).

Refundable caution deposit : Rs. 1000/- (In addition to be the course fee)

Structure of the Programme

No.	Name of Paper	Theory (Hrs.)	Practical (Hrs.)	Total (Hrs.)
1.	Introduction to Philosophical Counselling	50		50
2	Philosophical Counselling – Eastern Systems	50		50
3	Philosophical Counselling–Western Systems	50		50
4	Logical Reasoning and Critical Thinking	50		50
5	Ethical Principles of Counselling	50		50
6	Health: Psychological and Social Perspectives	50		50
7	Research Methodology and Report Writing	50		50
8	Counselling - Practical		150	150
Total		500		

Scheme of Evaluation

No	Name of Papers	Theory	Practical	CE	Project or Viva	Total Marks
1	Introduction to Philosophical Counselling	75		25		100
2	Philosophical Counselling – Eastern Systems	75		25		100
3	Philosophical Counselling – Western Systems	75		25		100
4	Logical Reasoning and Critical Thinking	75		25		100
5	Ethical Principles of Counselling	75		25		100
6	Health: Psychological and Social Perspectives	75		25		100
7	Research Methodology and Report Writing	50				50
8	Counselling - Practical		200		50	250
	Comprehensive Viva				100	100
Total		1000				

REQUIREMENT FOR PASS

A candidate shall be declared to have passed the examination if he/she secures not less than 50% of the maximum in each of the components.

FACULTIES:

As the course of interdisciplinary nature experts from different areas are required. Guests faculties may be appointed for the conduct of classes. The panel of experts may be prepared by the Department and approved by the Departmental council at the time of starting of the course. Remuneration to the faculties may be paid the rate of **Rs 1000/** hour. Out station faculties be paid TA and DA as per existing norms of University.

Continuous Evaluation: 25 Marks

Attendance: 5

Assignment: 10

Test paper: 10

SCHEME OF EXAMINATION OF THEORY PAPERS

- The duration of the examination shall be three hours
- The Question paper shall consist of two types of questions: Essays and Short answers
- The question paper shall consist of
 - 1) Four essays of **15** marks each, of which the candidates have to answer any two in not more than 1000 words
 - 2) Nine short answer questions of **9** marks each, of which the candidates have to answer any five in not more than 250 words

STRUCTURE OF REPORT WRITING AND COMPREHENSIVE VIVA

The marks allocation for Report Writing and research

Relevance of the Topic : 20

Methodology : 10

Chapterisation and content : 20

Comprehensive Viva : 100

SCHEME AND SYLLABUS

SEMESTER I

PAPER I

INTRODUCTION TO PHILOSOPHICAL COUNSELLING

(Total credits 2/week)

Objectives: This course will introduce the basic concepts and principles of Philosophical Counselling. It tends to focus on individuals; what goes on within and between them. It focuses on the awareness of underlying philosophies with a broader perspective and a more tentative, questioning to our lives.

Module I

Introduction, General Counselling, Defining and Meaning, Basic Assumptions, Forms of Counselling, Steps in Counselling Procedure, Personal qualities of a Counsellor, Characteristics of Effective Counselling.

Module II

What is Philosophical Counselling? Early contributions. Features of Philosopher-Counsellor, Philosophy-an activity, Philosophical Consultancy, Therapeutic Philosophy

Module III

Types of Therapies - Existential Therapy- Capacity for Self-awareness, Freedom and Responsibility, Personal Identity, Anxiety as a Condition, Awareness of Death; Reality Therapy- Choice Theory, Characteristics of reality therapy.

Module IV

Cognitive Behavior Therapy- View of Emotional Disturbance, Therapeutic Process, Rational Emotive Behavior Therapy, Cognitive Methods, Behavioral Techniques; Person-centered Therapy- Functional Role, Reflection of Feelings, Crisis intervention, Creativity and Stimulating Experiences.

Module V

Narrative Therapy- personal construct therapy, externalizing the problem, alternative and positive narratives, theories in action, Family system Therapy, communication patterns in families, differentiation of self, family projection process, sibling position.

References

1. Bitter, James Robert (2014),” Theory and Practice of Family Therapy and Counseling 2nd Edition”. Brooks/Cole, Canada.
2. Corey, Gerald (2008), “Theory and Practice of Group Counselling”, 7th edition, Brooks/Cole, Belmont.
3. Corey, Gerald (2013),” Theory and Practice of Counselling and Psychotherapy 9th Edition”. Brooks/Cole, Canada.
4. Howard, Alex (2000),” Philosophy for Counselling and Psychotherapy”. Palgrave Macmillan.
5. Minuchin, S. (1974), “Families and Family Therapy”, Harvard University Press, Cambridge.
6. Neimeyer, R. A. (2009), “Constructivist psychotherapy: Distinctive Features”, Routledge, New York.
7. Richard Nelson-Jones (2011), “Theory and Practice of Counselling and Therapy” Fifth Edition, SAGE Publications India Ltd.
8. Rogers, C. R. (1951), “Client-centred Therapy”, Houghton Mifflin, Boston.
9. Wubbolding, R. (2000), “Reality Therapy for the 21st Century”, Brunner-Routledge, Philadelphia.
10. Sharf, S. Richard (2012), “Theories of Psychotherapy and Counselling Concepts and Cases” Brooks/Cole, Australia.

PAPER II

PHILOSOPHICAL COUNSELLING - EASTERN SYSTEMS

(Total credits 2/week)

Objectives: The aim of the study is to develop philosophical wisdom, **which** is an enlightened life led with far sight, foresight and insight. It promotes truths of spirit and in the light of them actual life has to be refined. It emphasize the need of spiritual and practical realization of truth. It develops the knowledge of self which is essential for the knowledge of the whole universe.

Module I

Upanishads – Self-transcendence, *Panchakōsa* theory, Four Grades of Consciousness (*Jāgrat*, *Swapna*, *Susupti* and *Turīya*), Analogy of chariot.

Module II

Bhagavat Gita - Emotional Stability, Ideal of *Samatvam*, *Nishkāmakarma*; Jainism – *Anēkandavāda*, Relativity theory; Buddhism – Analysis of mental suffering, Doctrine of Middle-path; Zen Buddhism- Self-realization; Taoism- inner freedom.

Module III

Nyāyavaisesika System –Theories of consciousness, Ultimate goal of life, Pleasure and Pain; *Sāmkhya* System - *Triguna* and Personality, Yoga and Meditation, *Astāngayoga*, *Cittavrtti*, *Samadhi* and levels of consciousness; Vedanta - Appearance and reality, Sankaracharya’s levels of reality, *Abādita*, *Cidabhāsa*.

Module IV

Swami Vivekananda – Four yogas- Acceptance theory; Sri Aurobindo - Integral yoga; Gandhi - Practical non-violence; Dr Radhakrishnan - Intellect and Intuition; J Krishnamurthy - Total freedom.

Module V

Sri Ramana Maharshi - Method of self-inquiry; Sree Narayana Guru- Atmopadesa Satakam

References

1. Sankaracarya. *Self-knowledge (Atmabodha)*. Swami Nikhilananda. Tr. New York: Ramakrishna-Vivekananda Center, 1946.
2. Radhakrishnan, S. *The Philosophy of the Upanisads*. London: Allen & Unwin, 1924.
3. Radhakrishnan, S. (1940), “Indian Philosophy”, Vol II, Oxford University Press, NewDelhi.
4. Chandradhar Sharma (1991); “A Critical Survey of Indian Philosophy”, Motilal Banarsidass publishers pvt. Ltd., Delhi.
5. A Parthasarathy (1971), “Atma Bodha of Sri Sankaracharya”, Bharatiya Vidya Bhavan, Bombay.

6. Umesh Mishra, 2006; “Nyaya-Vaisesika conception of matter in Indian Philosophy”, Bharatiya Kala Prakashan, Delhi.
7. Basant Kumar Lal (2005), “Contemporary Indian Philosophy”, Motilal Banarsidass Publishers Pvt. Ltd. Delhi.
8. Raghunath Safaya (1976), “Indian Psychology”, Munshiram Manoharlal Publishers Pvt. Ltd. New Delhi.
9. Judith Blackstone and Zoran Josipovic (2003); “Zen for Beginners”, Orient Longman pvt. Ltd. Hyderabad, India.

PAPER III

PHILOSOPHICAL COUNSELLING - WESTERN SYSTEMS

(Total credits 2/week)

Objectives: The objective of the study is to explore the ideas of western thinkers which enables one to discover what kind of life is well- worth living. It examines the realities of universe and detect new symptoms and diagnose what it finds. It teaches about the true nature of the world and stimulate human environment.

Module I

Greek Philosophy: Pythagoras- Number theory; Heraclitus - Everything is Flux; Socrates- Unexamined life is not worth-living; Plato-Purpose of City-state; Aristotle- Happiness is an activity; Epicurus- Self-discipline and identity, Stoic – Maturity of Perception and self-control.

Module II

Medieval Philosophy: St. Augustine- Transmitter of divine love and insight; St. Thomas Aquinas- Faith and Reason.

Module III

Modern philosophy- Rationalist Thinkers: Rene Descartes- Cogito-ergo-sum, Interactionism; Benedict Spinoza-Parallelism; Leibnitz- Pre-established harmony.

Module IV

Empiricist Thinkers: John Locke- Primary and secondary qualities; George Berkely - *Esse-est-percipii*; David Hume- Skepticism; Immanuel Kant- Categorical Imperative, Hegel-Thesis-Antithesis-Synthesis.

Module V

Jean Jacques Rousseau- Freedom and authenticity; Arthur Schopenhauer- Satisfaction as fleeting gratification; Jeremy Bentham- Utilitarianism; John Stuart Mill- Protected individual autonomy; Karl Marx- Identity and actions; Sigmund Freud- Theory of Unconscious, Ego and super ego.

References

1. B A G Fuller (1976), "A History of Philosophy" Oxford & IBH Publishing Co., New Delhi
2. Thilly, Frank (1982), "A History of Philosophy" Central Book Depot, Allahabad.
3. Howard, Alex (2000)," Philosophy for Counselling and Psychotherapy". Palgrave macmillan.
4. David Stewart, H.Gene Blocker, James Petrik (2013), "Fundamentals of Philosophy", Pearson, Newyork.
5. Y.Masih (1988), "A Critical History of Modern Philosophy", Motilal Banarsidass, Delhi. Thilly, Frank (1982), "A History of Philosophy" Central Book Depot, Allahabad.
6. Sharf, Richard S (2012), "Theories of Psychotherapy and Counselling Concepts and Cases 5th Edition". Brooks/Cole, Canada.
7. May, R.Angel,E., & Ellenberger, H.F.[Eds].(1958). "Existence: A new dimension in psychiatry and psychology". New York: Basic Books
8. Yalom, I. D. (1980), "Existential Psychotherapy", Basic Books, New York.

PAPER IV

LOGICAL REASONING AND CRITICAL THINKING

(Total credits 2/week)

Objectives: This course will introduce that thinking is a mental process or activity that results in having a thought whether it is positive or negative. It teaches that through rational reflection philosophy offers a means of coming to an understanding of human kind, the world and our responsibilities in the world. It makes us to develop the capacity to think and the process of thinking is a purposeful mental activity. It develops critical thinking which brings conscious awareness, skills and standards to the process of observing, analysing, reasoning, evaluating, reading and communicating.

Module I

Introduction – Logical Reasoning; Reflective Thinking; Define Reasoning; Definition of Critical Thinking; Reasoning and Arguments

Module II

Fundamental Measures - Observation Skills, Word Analysis, Facts and Reliability, Inference and Generalizations; Propositions and Arguments

Module III

Categorical Syllogism-Hypothetical and Disjunctive Reasoning; Assumptions and Beliefs, Opinions and Arguments, Viewpoints and Recognizing.

Module IV

Standards of Criteria, Reason and Judgments, Evidence and Sources; Language, Meaning and Definitions.

Module V

Science of Reasoning, Arguments, Fallacies, Inductive Reasoning, Analogical reasoning, Inductive Fallacies, Deductive Reasoning.

References

1. Marlys Mayfield (2014), “Thinking for Yourself Developing Critical Thinking Skills Through Reading and Writing”, Wadsworth, Cengage Learning, USA.
2. Ramesh Chopra, ed; (2005), “Academic Dictionary of Philosophy”, Isha Books, Delhi-110033.
3. Harry J. Gensler, (2017); “Introduction to Logic”, Routledge, New York, U K.

4. Leo A. Groarke & Christopher W. Tindale, (2004); “Good Reasoning Matters, A Constructive Approach to Critical Thinking”, 3rd Edition, Oxford University Press, Canada.
5. Roochnik, David (2016). Thinking Philosophically. UK: Wiley Blackwell.
6. Copi, Irving. M. Introduction to Logic. (1995). Delhi: Prentice- Hall of India pvt Ltd.
7. Gupta, Suman. (1978). The Origin and theories of Linguistic Philosophy. New Delhi: Ajanta Publications.
8. Hurley, Patrick. A concise Introduction to Logic. (1968). Australia: Holly, Allen.
9. Inch, S Edward (2011) Critical Thinking and Communication. Dorling Kindersley Pvt Ltd.
10. Jacquette, Dale (2002). A Companion to Philosophical Logic. USA: Blackwell Publishers Ltd.
11. Popper, Karl (1959). Philosophy of Meaning and Representation. Delhi: D.K Print world Ltd.
12. Wolfram, Sybil (1989). Philosophical Logic- An introduction. London: Routledge.
13. Cavender, Nancy and Howard Kahane (2014). Logic and Contemporary Rhetoric. Australi: Wadsworth Cengage Learning.

SEMESTER II

PAPER V

ETHICAL PRINCIPLES OF COUNSELLING

(Total credits 2/week)

Objectives: This paper give a general outline of the nature and scope of Ethics. It gives a brief account of different approaches to Ethics. It analyses various Ethical theories and their significance. The importance of rights and duties, theories of punishment and principles of justice are highlighted. It explores an overview of Environmental Ethics and its various dimensions. It also brings out the application of concepts of Ethics in Counselling.

Module I

Definition of Ethics, Desire and Will, Character and Conduct; Ethical Approaches- Anthropocentric, Eco-centric; Bio-Centric approaches- Sustainability Dimensions; Ethical Relativism.

Module II

Ethical Principles- Autonomy, Beneficence, Non- Maleficence, Justice; Classical Ethical Theories- Utilitarianism of Bentham and Mill; Immanuel Kant's Theory of Duty, Good Will.

Module III

Ecology and Environment- Ecosystem, Biosphere, Biodiversity; Origin and Development of Deep Ecology- Principles of Arnee Naess, Social Ecology of Murray Bookchin; Correlation between Ecological and Social Problems.

Module IV

Rights and Duties- Fundamental rights and human rights; Theories of Punishment.

Module V

Ethics for Counselling- Ethics and Responsibility, Ethics and Empathy; Individual Morality and Social Morality; Welfare and Social Justice; Principles of Distributive Justice; Gender Justice.

References

1. Piet, H. John (2000). An Introduction to Applied Ethics. New Delhi: Cosmo Publications.
2. Lillie William (1967). An Introduction to Ethics. New Delhi: Allied Publications.
Nadkarni, M.V(2011). Ethics for Our Times. New Delhi: Oxford University Press.
3. Olen, Jeffrey and Vincent Barry (1996). Applying Ethics. USA: Wadsworth Publishing Company.
4. Sinha, J.N (1979). A Manual of Ethics. Calcutta: Jadunath Sinha Foundation. Piet, H. John (2000). An Introduction to Applied Ethics. New Delhi: Cosmo Publications.
5. Nadkarni, M.V(2011). Ethics for Our Times. New Delhi: Oxford University Press.

6. Sinha, J.N (1979). A Manual of Ethics. Calcutta: Jadunath Sinha Foundation.

PAPER VI

HEALTH: PSYCHOLOGICAL AND SOCIAL PERSPECTIVES

(Total credits 2/week)

Objectives: This course will introduce the basic psychological concepts and principles related to personality. It introduces the basic concepts of psychological reactions of a client and mental mechanisms. This explores the basic concepts of behaviour modifications, substance abuse and personality styles. It expands the basic sociological concepts, principles and social processes. The important social institutions and various social factors affecting the family and community are highlighted. It gives an overview of social change, social control and social security.

Module I

Concept of Psychology-Definitions, sub-fields in psychology, Counselling Psychology, Psychological reaction of a client- egocentricity, hallucination, delusion, anger and hostility; Emotional needs and psychological factors of clients- psychological aspects of substance abuse (smoking, alcoholism and drug addiction)

Module II

Personality-Definition, Physical characteristics; Role of heredity; Basic concepts of Sigmund Freud- Psychoanalysis; Define the oral anal and phallic stages of personality development; Concept of learning proposed by Dollard and Miller; Personality assessment.

Module III

Defence Mechanisms- Definition- types -repression, identification, rationalisation, projection, reaction formation, emotional insulation; Defence mechanisms and personality development

Module IV

Sociology and Health-Meaning of socialization- Socialization in rehabilitation patients; Family- influence of family on personality and individual's health- family and psychosomatic diseases; Concepts of community- role of community in determining beliefs, practices and home remedies in treatment. Components of culture- impact of culture on human behaviour.

Module V

Social Change- Factors of social changes- Social change and health; Social control- meaning of social control- Social control in the regulation of human behaviour- social deviance and disease; Social security and social legislation in relation to health; Social worker-medical and public social workers; mental health and substance abuse social workers.

References

1. Sinha, R. S. Elements of Psychology. New Delhi: DPS publishing house, 2010.
2. Baldwin, James Mark (ed.). Dictionary of Philosophy and Psychology. New York: Mac Millan, 1902.
3. Boring, E. G. Sensation and Perception in the History of Experimental Psychology. New York: Appleton- Century, 1942.
4. Gupta, P.K. Psychology and Gender Ethics. New Delhi: Omega publications, 2012.
5. Gisbert, P. Fundamentals of Sociology. Bombay: Orient Long Man, 1973.
6. Eitzen, Stanley and Maxine Baca Zinn. Social Problems. New York Pearson, 2009.
7. Reamer, Frederic. G. Social Work Values and Ethics. New York: Columbia University press, 1953.

PAPER VII

RESEARCH METHODOLOGY AND REPORT WRITING

(Total credits 2/week)

Objectives: This course enables to develop the good understanding of method of research process, designing and quality of research. It helps the students to formulate hypothesis and independent research activity. It helps to identify interdisciplinary areas where students experience, the development and change.

Module I

Definition of Research, Research as an Activity, Methodology and Methods of Research in Philosophical Writing.

Module II

Research Preliminaries; Values of a researcher- Curiosity and skill for reasoning; Selection of research topic; Identifying the sources and materials for the study.

Module III

Types of Research Writing- Descriptive; Prescriptive; Analytical; Comparative; Historical and Expository.

Module IV

Strategies of Writing; Mechanics of Writing; Frame the questions that indicate the problems; Anticipate counter arguments if possible; Avoid plagiarism; Logical consistency and coherence in presentation.

Module V

Citations and Bibliography; Differences between MLA and APA style; MLA rules of citations and bibliographic entries.

References

1. Garg, K.K (2004). Research Methodology. Omega Publications, New Delhi.
2. Kothary, C R (2004). Research Methodology: Methods and Techniques. New Age International, New Delhi.
3. MLA Handbook for Writers of Research Papers (2014). New Delhi: Affiliated East-West Press.
4. Mukherji, Partha Nath (2000). Methodology in Social Research. Delhi: Sage Publications.
5. Seech, Zachary (2009). Writing philosophy Papers. Australia: Wadsworth Cengage Learning.
6. Sharma, Ashutosh ed (2013). Research Methodology. New Delhi: Sumit Enterprize.

PAPER VIII
COUNSELLING-PRACTICAL

(Total credits 4/week)

Philosophical counsellors help people in distress or confusion to evaluate worldviews of clients and reorient their emotional dispositions, without applying diagnostic labels or imposing clinical treatment programs. This can alleviate the sources of stress and anxiety more directly than courses of medication or programs of psychotherapy. For many people, this is a personal breakthrough. It is uniformly accepted that a sane person can do a philosophical counsellor to address his problems. Others can talk to a psychologist or a psychiatrist. Therefore, it is proposed to conduct practical sessions with the help of students or other clients identified to have fundamental problems to be redressed.

Based on this candidate have to prepare a project based on research methodology. Area of the topics and its mode will be finalized by discussing with the supervising teacher.

COMPREHENSIVE VIVA

A comprehensive viva is proposed covering all areas of study including the project.