

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:

Name of Paper	Duration of Exam hrs	Marks		Total
		Written	Internal Assessment	
Child Guidance	3	80	20	100
Principles and Process of Counselling	3	80	20	100
Child Adolescent Care	3	80	20	100
Adolescent & Family Counselling	3	80	20	100
Project work		100		100

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 counseling

- 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 counselling
- 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:

- Child Development 2000 and Beyonds by MKC Nair,(Ed.) Ranjan K.Pejawer. Pub.ByPrism Books ltd., 1865 BSK II Stage, Bangalore.
- Child Development —A Thematic Approach by Danuta Bukatko, Marvin W Deahler, 3rd Edition. Published by Houghton Mifflin Company, Boston, New york.
- Child Development by Elizabeth B Hurlock.6th Edition.Published by McGraw-Hill Book company. 1978.
- Nutrition &Child Development by K.E. Elizabeth By PARAS Medical Publishers, 1st Edition,1998.
- Disabled Village Children by David Werner. 2nd Edition. Published by the Hesperian foundation, PO Box 11577, Berkeley.
- Research Methodology, Editors S. Jayam & Vijaya Srinivasan. National Neonatology Forum and CEU Medical College, Thiruvananthapuram.
- Adolescent Care 2000 and Beyond by MKC Nair,(Ed.) Ranjan K.Pejawer. Pub. By Prism Books ltd., 1865 BSK II Stage, Bangalore.
- Counselling Edited by Stephen Palmer, Sheila Dainow and Pat Milner, Published by SAGE Publications 32, M Block Market, Greater Kailash-1, New Delhi.