

UNIVERSITY OF MUMBAI  
No.UG/517 of 2008.

CIRCULAR :-

The Principal, College of Social Work, Nirmala Niketan, 38, Marine Lines, Mumbai-400 020 and the Principals of the affiliated colleges in Arts are hereby informed that the recommendation made by the Board of Studies in Social Work at its meeting held on 1<sup>st</sup> September, 2008 has been accepted by the Academic Council at its meeting held on 25<sup>th</sup> September, 2008 vide item No. 4.23 and subsequently approved by the Management Council at its meeting held on 4<sup>th</sup> October, 2008 vide item No. 4 and that, in accordance therewith, the **Post-Graduate Diploma in Therapeutic Intervention Skills for Psycho-Social Disorders** will be introduced by the University and that the same will be brought into force with effect from the academic year 2009-2010.

Further that in exercise of the powers conferred upon the Management Council under Section 54(1) and Section 55(1) of the Maharashtra Universities Act, 1994, it has made the Ordinances 5791 and 5792 and Regulations 5957, 5958, 5959, 5960, 5961, 5962, 5963, 5964, 5965, 5966 and 5967 including syllabus and scheme of examination relating to **Post-graduate Diploma in Therapeutic Intervention Skills for Psycho-Social Disorders** is as per Appendix and that the same will be brought into force with effect from the academic year 2009-2010.

MUMBAI-400 032  
25<sup>th</sup> November, 2008.

PRIN. K. VENKATARAMANI  
REGISTRAR

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To,

The Principal, College of Social Work, Nirmala Niketan, 38, Marine Lines, Mumbai-400 020 and the Principals of the affiliated colleges in Arts.

A.C/4.23 /25.09.2008

M.C/4/04.10.2008

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No.UG/517-A of 2008 MUMBAI-400 032 25<sup>th</sup> November, 2008.

Copy forwarded with compliments for information to :-

- 1) The Dean, Faculty of Arts.
- 2) The Chairperson, Ad-hoc Board of Studies in Social Work.
- 3) The Controller of Examinations.
- 4) The Co-ordinator, University Computerization Center.

(D. H. KATE)  
DEPUTY REGISTRAR  
(U.G./P.G. Section)



# UNIVERSITY OF MUMBAI



## ORDINANCES, REGULATIONS AND SYLLABUS

FOR

POST-GRADUATE DIPLOMA

IN

THERAPEUTIC INTERVENTION SKILLS  
FOR PSYCHO-SOCIAL DISORDERS

introduced with effect from the academic year 2009-2010.)



**Ordinance Regulations and Syllabus relating to the Course:**  
**PG DIPLOMA IN THERAPEUTIC INTERVENTION SKILLS FOR PSYCHO-**  
**SOCIAL DISORDERS**  
To read as under

**Preamble**

Persons in helping professions such as social work, medicine, police, law, and teaching are the first level contacts that a person-in-distress gets in touch with. These professionals are faced with difficulties in terms of inadequate knowledge of the social problem and its impact on the person. Moreover very often, there is also a lack of appropriate skills to address the issues and to help the people with problems. Most of the problems faced by their client system are generic in nature and can be addressed effectively at the initial stage. However, such help doesn't come forth due to inadequacies felt by these professionals. Their performance can be enhanced if they develop basic skills in dealing with some of the generic psycho social disorders of their client system who reach to them at the initial level. The increase in the occurrence of disasters and man made crisis also call for immediate response to provide basic counseling for the victims suffering the trauma. This course is aiming to fill up this gap in the professionals and make them functional in most of the situations which affect their client system. This course provides knowledge and skills on psycho social therapies for many of the psycho social disorders suffered by women, children, youth, handicapped and other target groups in society.

**Objectives:**

- o To enable professionals in the helping professions to have a better understanding of human behaviour and normal / abnormal Psychology.
- o To acquire knowledge of contemporary approaches and psycho social therapies in working with individuals, groups and families facing problems of mental and social disorders.
- o To develop sensitivity towards and concerns when working with special groups such as people living with HIV-AIDS, children/youth in conflict situation, disability, the elderly, families in conflict and victims of domestic violence.
- o To develop basic skills for working with individuals, groups, families and communities.

5791

0....Title of the Course:

**PG DIPLOMA IN THERAPEUTIC INTERVENTION SKILLS FOR PSYCHO-**  
**SOCIAL DISORDERS**

5792

0... Eligibility: Candidates should have passed the graduation degree in Social Work or in Education or in Psychology or nursing. Any other degrees from the University of Mumbai or equivalent thereto will be considered if the candidate has work experience in the field related to social issues .

5957

R... Intake Capacity: A maximum of 40 students

R... Duration of the course: One academic year

5959

R... Medium of Instruction: English

5960  
R... Faculty  
MSW Graduate with 3 years of experience in teaching/working with client system in the field.

5961

R...

### Attendance:

Seventy five per cent of attendance is required in each paper to be eligible to appear for the University examinations as per the university Ordinance 119.

5962

R...

### Examination Pattern.

- The final examination shall be held by the University of Mumbai at the end of the course.
- There will be an internal assessment of 40 per cent of the maximum marks assigned to each paper and a final examination for the remaining 60 per cent of the maximum marks assigned to each paper at the end of the course, except for paper IV – Field Practicum.  
The internal assessment in each paper will be based on the:  

|                                   |                       |
|-----------------------------------|-----------------------|
| Written assignment of 20 per cent | } Total = 40 per cent |
| Term end test of 20 per cent      |                       |
- The internal assessment of 40 per cent for paper I, II and III will be done by the course teachers and the marks of written assignments will be communicated to the University before the commencement of the written examination of each academic year.
- The Final University Examination carrying 60 per cent of the total marks assigned to each paper will cover the entire syllabus of section I & II, prescribed for the respective papers. Each paper will be of 3 hours duration, with eight questions, four from each unit. The candidate will answer any five questions out of which two of them will be compulsory, one from each unit.
- The student will put in 120 hours of field work for the Field Practicum in any one organisation related to health, education, police or care providing institution, recognized by the college. A project report will be prepared by the student at the end of the field work and submitted for the assessment and for the viva voce exam conducted internally by the course teacher along with one external expert.

5963

### Paper Pattern

| Paper No. | Paper Title                                      | Marks allotted | No of hours |
|-----------|--------------------------------------------------|----------------|-------------|
| Paper I   | Introduction to Psychology and to Human Behavior | 100            | 60          |
| Paper II  | Counseling in Social Work                        | 100            | 60          |
| Paper III | Psycho Social Disorders I                        | 100            | 60          |
| Paper IV  | Psycho Social Disorders II                       | 100            | 60          |
| Paper V   | Psycho Social Therapeutic intervention I         | 100            | 60          |
| Paper VI  | Psycho Social Therapeutic intervention II        | 100            | 60          |
| Paper VII | Field Practicum                                  | 100            | 120         |
| Total     |                                                  | 700            | 480         |





## 5964 R STANDARD FOR PASSING

R... The PG Diploma in Therapeutic Skills for the Helping Professions will not be conferred upon a candidate unless he/she passes in all the subjects including Field Practicum.

The candidate will be declared passed when he or she obtains minimum marks of 45 per cent out of 100 marks allotted to each paper including Field Work Practicum. The candidates who have failed in any papers may claim exemption in the other papers where they have obtained minimum marks of 45 per cent out of the total marks allotted to that paper.

The candidates who have failed in the first attempt and passed in the second or subsequent attempts will be declared to have passed in P grade.

The candidates who have passed in the theory papers but have not passed in field work project will have to repeat the entire field work practicum hours and appear for the viva voce examination.

Students must complete the diploma course within a period of 3 years from the time of registration for the course failing which the student will have to re-register.

## 5965 R... Award of Grades

Grades will be awarded as under:

| Percentage of Marks                                 | Grade |
|-----------------------------------------------------|-------|
| 75% and above                                       | O     |
| 65% and above but less than 75%                     | A+    |
| 60% and above but less than 65%                     | A     |
| 55% and above but less than 60%                     | B+    |
| 50% and above but less than 55%                     | B     |
| 45% and above but less than 50%                     | C     |
| Less than 45%                                       | F     |
| Passing the course in second or subsequent attempts | P     |

5966  
R Fees: Rs. 13,900/-

(The additional Enrolment Fee and the Examination Fee as per the University rules)

## Syllabus

### Paper – I - Introduction to Psychology and Human Behaviour

Hours: 60

Total Marks: 100

| Unit | Topics                                                                                                                                                                                                                                                                                         | Hours |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I    | Basic Concepts in Psychology- Psychology as a science, Addressing definitions, processes and theories in concepts of perception, cognition, emotion, learning, attitudes, stereotypes, prejudices, conflict, stress; decision-making, problem-solving. Individual differences in each of them. | 12    |
|      | Human Behaviour-What is meant by human behaviour, influences on human behaviour. Development and Assumptions underlying human nature.                                                                                                                                                          | 8     |

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| II           | Nature-Nurture controversy-Importance of genetics on behaviour and importance of environment on behaviour. Influences of each on behaviour. Importance of personality traits and situational aspects on behaviour. Which holds more importance - different theorists viewpoints                                                                                                                                                     | 20        |
|              | Theories of Personality Development-Meaning of personality, formation, development, different theories of personality, Freudian Theory – background of the theorist, Personality structure, personality dynamics, psycho-sexual stages, defence mechanisms, limitations<br>Learning and Behavioural schools, Humanistic schools. Person-situation controversy. Conducting exercises on personality differences and knowing oneself. | 20        |
| <b>Total</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>60</b> |

## BIBLIOGRAPHY

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McGraw Hills Book Co, New York.
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Authors Press, New Delhi.
- Social Work Interventions in Schools-The Indian Journal of Social Work.Vol L (4) Oct,1989.Whole Issue
- Johnson, L.C. (2<sup>nd</sup> ed) 1986 Social Work Practice-A Generalist Approach  
Allyn & Bacon, London.
- Kassim,F.E. (1989) Nature of Casework Practice in India-Study Of Social Worker's Perceptions in Bombay
- Cox,F. Psychology
- Dorfman,R.A. (1996) Clinical Social Work-Definition, Practice and Vision  
Brunner/Mazzel Inc., New York.
- Bischof,L.J (2<sup>nd</sup> ed) (1964) Interpreting Personality Theories  
Harper and Row, London.

## Paper –II – Counseling in Social Work

Hours: 60

Total Marks: 100

| Unit | Topics                                                                                                                                                                                                                                                                                                           | Hours |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I    | Social Work settings: Schools, health services, police stations, child care institutions/clinics, mental health practice, services for the handicap, family welfare agencies, de-addiction centres, HIV counseling centres, women's organizations, institutions for the elderly, settings for sexual minorities. | 15    |

|    |                                                                                                                                                                                                                                                                                         |           |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|    | Principles and Techniques - Tools of counselling, communication skills of non-verbal and verbal, active listening skills, observation skills through case study examples and role play demonstrations                                                                                   | 15        |
| II | Counselling: Knowledge, Skills, Attitudes and Qualities, of Counsellor, Knowledge of Self, Counsellor-client relationship, Process and Stages in Counselling, Role of Counsellor.                                                                                                       | 10        |
|    | Social Work ethics in Counselling - Concept of ethics, difference between ethics, values and morals, Principles and guidelines in dealing with ethical dilemmas. Workshops on ethical practices in counseling: Case Studies from field, Case Conferences, patient-initiated counseling. | 20        |
|    | <b>Total</b>                                                                                                                                                                                                                                                                            | <b>60</b> |

## BIBLIOGRAPHY

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- Currie, J.  
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(1992)      Counselling and Guidance  
Tata Mc.Graw Hill, New Delhi.
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(1965)      Interviewing-Its Forms and Functions  
Basic Books Inc., London.



## Paper III - Psycho-social Disorders I

Hours : 60

Total Marks : 100

| Unit  | Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Hours |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I     | Stress and Anxiety –Categories of disorders by ICD-10 under stress and anxiety. Stress and its effects on body and mind, difference between stress and anxiety, Application of Behaviour and Rational Emotive Therapy.                                                                                                                                                                                                                                                      | 15    |
|       | Schizophrenia– symptoms, types, causes, impact on family, social work intervention with patient and family. Eclectic approach in dealing with the client and family. Use of family therapy techniques<br>Mood disorders- symptoms, types, causes, impact on family, social work intervention with patient and family. Eclectic approach in dealing with the client and family. Use of family therapy techniques. Visit to mental health hospital/department. Showing Films. | 15    |
| II    | Drug and Alcohol Addiction – meaning of addiction, various drugs and alcohol usage, symptoms, types of drinkers, effects on the body and mind, burden on family, social work intervention, use of behavioural modification techniques and family therapy. Visit to a de-addiction centre.                                                                                                                                                                                   | 15    |
|       | Suicide and Deliberate Self Harm (DSH) – causes, methods used, ways to identify a victim, difference between suicide and DSH, ways to deal with stress, social work interventions with individuals, groups and families. Strengths based perspective, rational emotive therapy and relaxation techniques-workshop. Trauma care during and post disaster situations.                                                                                                         | 15    |
| Total |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60    |

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Dealing with the Aftermath: A Qualitative Analysis of Mental  
Health Social Worker's Reactions After a Client's Suicide.  
Social Work Vol 51(4)Oct 2006.pp329-342

## Paper IV - Psycho-social Disorders II

Hours : 60

Total Marks : 100

| Unit  | Topics                                                                                                                                                                                                                                                                                      | Hours |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I     | Childhood and Behaviour Problems – behavioural, emotional, academic, adjustment, post-traumatic stress disorder, causes, diagnosing a child, how to identify child, use of home-visits, family-centred interventions                                                                        | 15    |
|       | Personality and Habit Disorders – types, symptoms, causes, person-centred interventions. Family interventions, home-visits, use of cognitive behavioural therapy.                                                                                                                           | 15    |
| II    | Rehabilitation – meaning, importance, various concepts-self-help group, half-way homes, day care centres, sheltered workshops, multi-disciplinary team, role of a social worker in rehabilitation. Establishing rehabilitation or trauma centres. Visit to a rehabilitation centre.         | 15    |
|       | Psycho-social treatment of mental health problems – Importance of psycho-social interventions, Different interventions used by social workers, skills and strategies, Advocacy level work, Important laws and Acts, use of home-visits, different approaches used, role of a social worker. | 15    |
| Total |                                                                                                                                                                                                                                                                                             | 60    |

## BIBLIOGRAPHY

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Macmillan India, Mumbai.

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Indian Journal Of Social Research, Vol 32(2),June 1991-  
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NIMHANS Journal Vol 14(4) Oct 1996-pp325-330.

Dealing with the Aftermath: A Qualitative Analysis of Mental

Health Social Worker's Reactions After a Client's Suicide.

Social Work Vol 51(4)Oct 2006.pp329-342

## Paper V - Psycho-Social Therapeutic Interventions - I

Hours : 60

Total Marks : 100

| Unit | Topics                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Hours |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I    | Contemporary approaches to therapies- Client centred, behaviour, cognitive, rational emotive, transactional analysis, existential, gestalt (background of therapist, foundation of therapeutic base, main concepts and principles, techniques, process of therapy, role of therapist, limitations). Workshops and role play demonstrations.                                                                                                                          | 15    |
|      | HIV/AIDS: Magnitude, difference between HIV and AIDS, causes, myths and misconceptions, symptoms, stages, testing, treatment, pre and post test counseling, positive living, grief counseling for patients and families. Use of client-centred therapy, existentialism and family therapy. Rehabilitation and policies at work place. Rights of the positive people, government schemes and concessions. Importance of Eclectic approach in dealing with this group. | 15    |



|    |                                                                                                                                                                                                                                                                                                                 |           |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| II | Terminally ill / Chronically ill – causes, types, symptoms, dealing with death, trauma on patient and family, Issues faced by families, treatment, counseling issues, burn-out, dealing with burn-out syndrome in care givers, Use of eclectic approach in helping them.                                        | 15        |
|    | Crisis Intervention- what is crisis, types, stages, impact, intervention strategies, counseling in crisis. Use of client-centred, rational emotive therapy, existentialism and behavioural approach. Workshops on positive living, formation of support groups, mobilization of resources and advocacy efforts. | 15        |
|    | <b>TOTAL</b>                                                                                                                                                                                                                                                                                                    | <b>60</b> |

## BIBLIOGRAPHY

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(1978) Addison Wesley Public Co, California.
- Glasser, W. Reality Therapy-A New Approach to Psychiatry  
(1975) Harper and Row, New York.
- NACO Handbook on HIV counseling  
2006 12-day training program. New Delhi
- Perls, F. et al Gestalt Therapy  
(1980) Crown Publishers,
- Street, E. Counselling for Family Problems  
(1994) Sage Publications, New Delhi.

## Paper VI - Psycho-Social Therapeutic Interventions II

Hours : 60

Total Marks : 100

| Unit | Topics                                                                                                                                                                                                           | Hours |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| I    | Women and Violence – Nature and Concept of violence, types, causes, abuse cycle, personality of abuser and abused, impact on family, communal violence on women, management, counseling and legal interventions. | 15    |
|      | Disability – causes, types, needs, treatment, trauma care of patient and family, issues faced                                                                                                                    | 15    |

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |           |
|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|    | by family, counseling, rehabilitation. Rights of the disabled, legal provisions, government schemes and concessions related to disability groups.                                                                                                                                                                                                                                                                                                                                    |           |
| II | Adolescence crisis – Problems, Causes, Characteristics, Physiological and psychological changes, Issues, skills in counselling adolescents. Eclectic approach.                                                                                                                                                                                                                                                                                                                       | 15        |
|    | Parenting- different styles and its impact on children, attitudes, effects of parenting on children, skills in parenting of children belonging to different age groups.<br><br>Elderly: Development stage, Problems, Causes, Abuse, support systems, networking, Rights of the elderly, advocacy, counseling for and with the elderly, legal provisions.<br><br>Workshops/Panel discussions on best practices in parenting, violence mitigation, rehabilitation, geriatric care etc. | 15        |
|    | <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>60</b> |

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Validating School Social Work: An evaluation of a Cognitive-  
Behavioural Approach To Reduce School Violence-Research  
Social Work Practice Vol. 9(4) July 1999, pp399-426.

## **Paper VII – Field Practicum**

Hours : 120

Total Marks : 100

### **Objective:**

- a. Integrate the theoretical inputs to practice.
- b. Provide an opportunity to students to use and sharpen the intervention skills.
- c. Help students to develop appropriate attitudes, values in their practice.
- d. Help students to gain an understating of the role of the professional counselor.

### **Criteria for field practicum:**

- **Analytical Ability** 20 marks  
Analyse the profile of the client system and the causes and the effects of the problem.  
Integrates various personality theories in understanding the client.  
Ability to identify appropriate therapies for addressing the disorders.  
Write diagnostic reports with the use of available research knowledge and findings.
- **Problem solving skills** 20 marks  
To reflect skills of active listening, observing, questioning, case recording  
Developing rapport with the client system.  
Establishing working relationship with the client  
Mobilisation of resources  
Advocacy efforts at micro level
- **Professional Development** 20 marks
  - Discipline
  - Punctuality
  - Professional distance from client
  - Use of field instruction and theory
- **Use of field instruction** 10 marks
  - Regularity in attending individual conferences.
  - Active participation in the conferences with questions and reflections.
  - Efforts put in carrying out suggestions given by the instructor
  - Gradual progress shown in handling tasks independently.
- **Viva Voce Examination** 30 marks

The students will maintain a daily dairy and a process report of activities conducted in the field. They will also prepare a project report at the end of the field work which they will submit for assessment and viva-voce examinations on the above areas.



- Tasks:
  - i. Observation of cases or doing case work
  - ii. Understanding clients profile, problem, situation.
  - iii. Diagnosis formulation & planning of session.
  - iv. Conducting therapy sessions.
  - v. Recording of intake sheet and session recordings.
  - vi. Discussion with course coordinator regarding session input and recordings.
  - vii. Further therapy session with client.

#### **Placement Agencies :**

Manav Foundation, NAB, Observation home, Tata memorial hospital, Stree Mukti Sanghatana, Manav Seva Sangh, Sakhya, Child Guidance Clinics, Family Welfare Agencies, De-addiction Centres. Voluntary Testing and Counselling Centres of HIV/AIDS and Muskaan..

## Appendix

596.7

### The Fee Structure for the course on PG Diploma on Therapeutic Intervention Skills for Psycho-Social Disorders

| Particulars     | Amount                                                                                    |
|-----------------|-------------------------------------------------------------------------------------------|
| Admission       | Rs. 500                                                                                   |
| Tuition         | Rs. 7000                                                                                  |
| Course Material | Rs. 1000                                                                                  |
| Library         | Rs. 700                                                                                   |
|                 |                                                                                           |
| Establishment   | Rs 2000                                                                                   |
| Workshops       | Rs. 1700                                                                                  |
| Field visits    | Rs. 1000                                                                                  |
| <b>TOTAL</b>    | <b>Rs. 13400/- +<br/>Enrolment and<br/>Exam fees as per<br/>university<br/>prescribed</b> |

—XOX—

14

