



# Vanita Vishram Women's University

(1<sup>st</sup> Women's University of Gujarat)

Athwagate, Surat, Gujarat, India-395001

(Recognized under the Provisions of Gujarat Private Universities Act, 2009)

## P.G. Diploma in Counselling & Mental Health Professional

### Introduction of the Course:

Looking to worldwide and India, the scenario of mental health and training in the field is most significant for upcoming mental health issues and challenges. We need more mental health professionals such as counselors, psychologists and psychotherapists who are the basic frontline professionals for mental health issues. Some of the duties of frontline professionals in mental health are detail case history taking, analysis, basic assessments, psycho education, counseling and psychotherapy.

The need for a counselor is always on demand since they are very important in basic care giving and prolong parallel alternative therapy. These counselors are required to have a certain skill for understanding mental health and to be at right place at right time for mental health issues. This course is designed to meet this requirement. The course helps a candidate in becoming a competent counselor. The course trains candidates on matters like history taking, provisional diagnosis, basic psychological assessment, psychology theories, communication skills, mental disorders, counseling skill and techniques. The course provides new opportunities for those who have graduated in any UG course. This course helps graduates to start a career in a new field or for those who are already in the field of mental health as well.

### Program Specific Objectives (PSOs):

- It aim to make student learn about the concept of mental health and its significant in daily life
- To empower students to help spread awareness about mental health and reducing social stigma.
- To develop an understanding of the basic theories of psychology, which will help students to know and learn about different type of personalities and human behavior.
- To prepare the student with history taking this is a significant aspect during the entire process of any mental treatment.
- To recognize the ethical and moral concerns in the field of mental health.
- Mental issues (psychological disorders), stress and other general physical issues with human are one the major part to learn before treatment procedures. The course will make student learn about all major issues with physical and mental problem of human behavior to treat them.

### Minimum Eligibility:

Graduation in any Stream

### Program Specific Outcomes (PSOs):

- Student will learn skills, techniques and method of counseling with accurate communication skills which is required during the process of counseling.
- It will make student confident and skillful for communicating with mental issues clients.
- Course will make student independent practitioner as counselor in the field of mental health.

### Fee Structure:

Semester 1 | Rs.24,950/-

Semester 2 | Rs.20,800/-

### Duration of the Program:

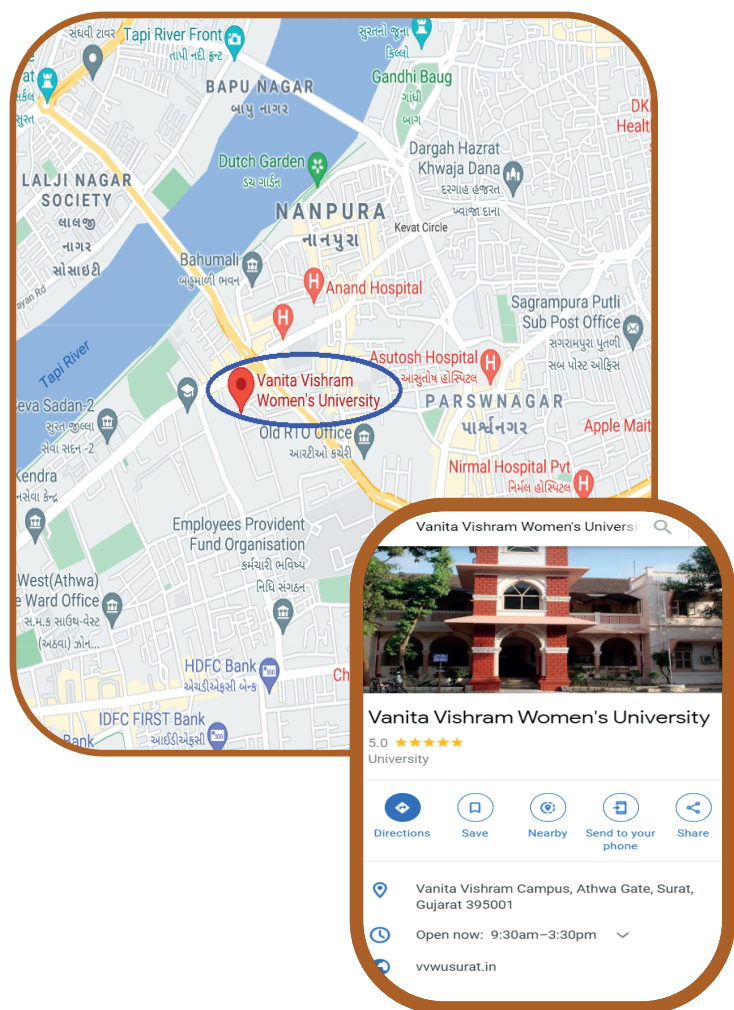
One Year

### Salient Features of the Program/Course:

- Interdisciplinary as well as multidisciplinary
- Practical-oriented, skill-based & vocation-based
- Based on experiential learning
- Greater exposure to internship, hands-on training, project work, field work, presentation etc.
- Mode of teaching shall be hybrid (Online + Offline)
- Qualified & Competent Faculty Members for effective teaching-learning
- Employment-Generating

## Course Structure:

Semester 1	Semester 2
<b>Core Course 1</b> Introduction to psychology	<b>Core Course 4</b> Counseling theories
<b>Core Course 2</b> Mental health and Introduction to counseling	<b>Core Course 5</b> Health and Positive Psychology
<b>Core Course 3</b> Case history and Psychological assessment	<b>Core Course 6</b> Counseling techniques and skills



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