



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway

Internationally Accredited Institution Registered under Tamilnadu Govt Act

CURRICULUM STRUCTURE OF POST GRADUATE DIPLOMA IN CHILD PSYCHOLOGY (PGDCP)

Eligibility : Any Bachelor Degree

Duration : 1 Year

Examination : Academic (June) / Calendar (December)

POST GRADUATE DIPLOMA IN CHILD PSYCHOLOGY

Sl. No	Course Code	Course Description	Maximum Marks
01	PGDCP1	General Psychology	100
02	PGDCP2	Child Psychology	100
03	PGDCP3	Dynamics of Healthy Child Development	100
04	PGDCP4	Exceptional Children	100
05	PGDCP5	Counselling and Guidance	100
06	PGDCP6	Family Interventions	100

1. GENERAL PSYCHOLOGY

UNIT- I

- Nature & Scope of Psychology
- Branches and fields of psychology
- Historical perspectives of psychology
- The modern age of Psychology – Structuralism, Functionalism, Behaviourism, Gestalt, Psychoanalysis
- Methods of Psychology – Observational method, Case study, Correlational Research, Content Analysis, Survey method, Experimental methods, Psychological testing

UNIT- II

- Physiological Basis of behaviour – Nervous system, Neuron, Neural impulse, Brain, Spinal cord, Endocrine system
- Emotions - Definition and Nature of Emotions, Psychological changes during Emotion, Expression of Emotion-Theories of emotion - James-Lange Theory, Cannon-Bard theory, Schechter-Singer theory, The Facial Feedback hypothesis, Cognitive-Meditational theory, Opponent-Process theory

UNIT- III

- Senses & Sensitivity – Introduction, Types of Senses, Sensation & Sensitivity
- Perception & Illusion
- Motivation - Definition and Nature of Motivation (Motivation Cycles), Measurement of Motives, Primary Motives (Hunger, Thirst and Sex drive), Social Motives (Affection and Affiliation, Social approval and Esteem, Achievement motivation)
- Theories of motivation - Freud's unconscious motivation theory, Maslow's Hierarchy of Needs, McClelland's Human motivation theory

UNIT- IV

- Learning – Meaning and Nature, Types of learning, Trial and error theory, Laws of learning, Transfer of learning

- Memory – Definition, Mechanism of the process of memorization, Remembering & memory, Types of Memory
- Intelligence – Definition; Theories - Unitary, Multifactor, Two factor, Group factor, Vernon’s hierarchical theory, Guilford’s model of intellect, Assessment of intelligence, Mental age and IQ

UNIT- V

- The organization of Personality, Scope and Concept of the study of personality, Biological-Physiological and Genetic, Environmental – Socialization, society and culture
- Freud’s Psychoanalytic approach
- Neo-Freudian theories – Jung, Adler, Mahler
- Dispositional aspects of personality – Eysenck, Allport, Cattell, Big five factor theory
- Phenomenological approach – Kelly, Carl Rogers
- Behavioural and Cognitive approach – Skinner, Miller and Dollard, Rotter, Michel

2. CHILD PSYCHOLOGY

UNIT-I INTRODUCTION

- Definition & Nature of Child Psychology
- Scope of Child Psychology
- Historical Perspectives
- Methods in Child Psychology
- Importance of child study
- Significance of mental health problems among children
- Causes of mental health problems – Biological, Psychological, Family, Social and Cultural Perspectives

UNIT-II HEREDITARY & ARTIFICIAL INSEMINATION

- Mechanisms of Hereditary
- The Genetic Code

- Genetic and Chromosomal Abnormalities
- Genetic Testing
- Artificial Insemination [AI]
 - Types: Intracervical Insemination, Intrauterine Insemination, Intrauterine Tuboperitoneal Insemination, Intratubal Insemination.
- Assisted Reproductive Technology [ART]
 - Types: In Vitro Fertilization, Gamete Intrafallopian Transfer, Pronuclear Stage Tubal Transfer, Tubal Embryo Transfer, Zygote Intrafallopian Transfer
- Surrogacy
 - Traditional and Gestational

UNIT-III ADJUSTMENT

- Concept of Adjustment
- Types of Adjustment
- Factors leading to Maladjustment
- Family stress situations
- Personal factors
- Frustration and Sources of Frustration
- Effects of Frustration

UNIT-IV BEHAVIOURAL & EMOTIONAL DISORDERS

- Conduct disorders
- Depressive and Bipolar disorder
- Anxiety and Obsessive-Compulsive disorder
- Trauma and Stressor-Related disorders

UNIT-V PROBLEMS RELATED TO PHYSICAL AND MENTAL HEALTH

- Health related disorders
- Feeding and Eating disorders

3. DYNAMICS OF HEALTHY CHILD DEVELOPMENT

UNIT-I

- Nature of Development
- Stages of Development
- Theories of development – Freud, Erickson
- Learning Theories – Classical conditioning, Operant Conditioning
- Piaget's theory of Cognitive Development
- Vygotsky's Sociocultural Theory
- Kohlberg's Theory of Moral Development

UNIT-II

- Biological Influences on Development – Hereditary transmission, Abnormal genes & Chromosomal disorders, Heredity & behaviour, Nature and Nurture
- Prenatal development & Birth – Stages, Factors affecting prenatal development
- Early Experience & Learning

UNIT-III

- Physical Growth
- Motor Development
- Perceptual development
- Cognitive development

UNIT-IV

- Language development – Functions of language, Components of language, Theories of language development, Prelinguistic development, Phonological development, Semantic

development, grammatical development, Pragmatic development, Bilingualism

- Emotional development – The functions of emotions, Development of emotional expression, Development of attachment

UNIT-V

- Self & Social Understanding – Emergence of self & Self – Concept, Social Understanding
- Moral development – Self-control & Aggression
- Context for development – Family, Peer & School

4. EXCEPTIONAL CHILDREN

UNIT-I INTRODUCTION

- Meaning & Concept of Exceptionality
- The concept of positive, negative & multiple deviations
- Causes lying behind exceptionality – Hereditary factors, Environmental factors, Interaction of Nature and Nurture
- Classify Exceptionality Children
- Needs & problems of Exceptional children

UNIT-II SPECIAL EDUCATION

- Meaning & definition of Special Education
- Nature and Characteristics of Special Education
- Historical perspectives
- Objectives of special education
- Alternative programs
- Integrated & Inclusive Education
- Types of Inclusive Education

UNIT-III PHYSICAL DISABILITIES

- Orthopaedic Impaired Children – Meaning & definition, Functional limitations, Causes, Preventive measures and Treatment
- Visually Impaired Children – Meaning & definition, Causes, Identification & Assessment, Educational provisions
- Hearing Impaired Children – Meaning & Types, Hearing Apparatus and its mechanism, Causes, Identification & Assessment, Education and Adjustment
- Cerebral Palsy – Definition & Types, Causes, Diagnosis, Preventive measures, Treatment

UNIT-IV NEURODEVELOPMENTAL DISORDERS

- Intellectual disability
- Autism
- Learning disabilities
- Communication disorders
- Attention Deficit Hyperactive Disorder (ADHD)

UNIT-V Other Exceptional Children

- Emotionally disturbed children
- Deprivation & Deprived Children
- Slow learners or educationally backward Children
- Juvenile Delinquents
- Gifted Children
- Creative Children

5. COUNSELLING AND GUIDANCE

UNIT- I INTRODUCTION

- Nature and Scope of Counselling
- Factors contributing to the emergence of counselling
- Counselling and psychotherapy
- Related fields
- Counselling goals

UNIT-II APPROACHES TO COUNSELLING

- Directive or Authoritarian Approach
- Humanistic Approach
- Roger's Self-theory
- Development of Self
- Behaviouristic approach to counselling
- Reciprocal inhibition technique
- Behavioural modification
- The Eclectic approach

UNIT-III COUNSELLING PROCESS

- Preparation for counselling
- Counselling relationship
- Counselling process
- Counselling interactions
- Variables affecting the process
- Counsellor's Skills
- Affective Counsellor

UNIT-IV COUNSELLING INTERVIEW

- Non – verbal communication in interview

- Counsel-counsellor relationship
- Interviewing techniques
- Relationship techniques
- Sharing of experience
- Resistance
- Group Counselling – Structuring groups, Mechanism of counselling, Types of groups, Counselling & Process

UNIT-V COUNSELLING IN EDUCATIONAL AND PERSONAL GUIDANCE

- Educational Guidance – Relationship between education and counselling, Importance of guidance, Functions and Responsibilities of Guidance Personnel
- Vocational Guidance – Vocational counselling, Occupational information
- Personal Social Guidance – Adjustment problems, Exceptional Children and Problems of guidance

6. FAMILY INTERVENTIONS

UNIT-I INTRODUCTION

- Definition of Family
- Similarities and Differences of Families across societies
- Family Values
- Nature and Scope of Family interventions
- Theoretical Perspectives on Families
- Historical perspectives on family

UNIT-II TO BE OR NOT TO BE A PARENT

- Becoming a parent
- Postponing Parenthood
- Infertility

- Adoption
- Abortion

UNIT-III RAISING CHILDREN

- Contemporary Parenting Roles
- Parenting Variations by Ethnicity and Social class
- Parenting Changes over the life course
- Parenting styles and discipline
- Child care arrangements
- Current social issues and children's well-being

UNIT-IV CONFLICTS, CRISES AND TRANSITIONS

- Child Maltreatment
- Sibling and adolescent abuse
- Combating family abuse and violence
- Effects of divorce on children
- Positive outcomes of separation and divorce for children
- Forming stepfamily
- Living in a step family – Parenting and effects of stepfamilies on children

UNIT-V FAMILY THERAPY

- Bowen family systems theory
- Contextual Family therapy
- Cognitive behavioural models of Family therapy
- Rational Emotive behaviour therapy
- Symbolic-Experiential Family therapy
- Satie Human Validation process model
- Milan systemic Family therapy
- Structural Family therapy

- Strategic Family therapy
- Solution focused brief therapy with families
- Narrative therapy
- Emotionally focused therapy
- Family Psycho education