

Post Graduate Diploma in Counselling and Family Therapy

PGDCFT

- 1) To develop the requisite knowledge, understanding, attitudes, and skills in the field of Counselling and Family Therapy.
- 2) To enable the capacity for tackling psychosomatic problems, stress related issues, and life style disorders.
- 3) To foster mental health and wellbeing, and promote positive family and societal relationships.

MCFT-001 & MCFTL-001
Human Development and Family Relationships

1. To describe human development in various domains, from conception to late adulthood, within the context of the family and society.
2. To analyse and evaluate major theoretical frameworks that explain individual and family development across the lifespan.

Assessment

LOs 1 & 2: Assignment, Supervised Practicum, Term-end exam.

MCFT-002 & MCFTL-002
Mental Health and Disorders

1. To develop an understanding about mental health and related concepts.
2. To discuss the characteristics, clinical features, etiology, assessment, diagnosis, management and treatment modalities of various mental disorders.

Assessment

LOs 1 & 2: Assignment, Supervised Practicum, Term-end exam.

MCFT-003 & MCFTL-003
Counselling and Family Therapy: Basic Concepts and Theoretical Perspectives

1. To explain the basic constructs and theoretical approaches in counselling and family therapy.
2. To analyze the various schools of counselling and family therapy.

Assessment

LOs 1 & 2: Assignment, Supervised Practicum, Term-end exam.

MCFT-004 & MCFTL-004
Counselling and Family Therapy: Applied Aspects

1. To acquire knowledge and sensitivity related to practical aspects and ethical issues in counselling and family therapy.
2. To discuss the various processes and techniques involved in counselling and family therapy.

Assessment

LOs 1 & 2: Assignment, Supervised Practicum, Term-end exam.

MCFT-005 & MCFTL-005
Counselling and Family Therapy: Research Methods & Statistics

1. To explain the fundamental concepts in research methods and statistics.
2. To analyse the essentials of qualitative and quantitative research in counselling and family therapy, and acquire skills in conducting research in the field.

Assessment

LOs 1 & 2: Assignment, Supervised Practicum, Term-end exam.

MCFTL-008
Reflective Journal

1. To discuss the need and salience of reflection in counselling and family therapy.
2. To develop the requisite sensitivity and competence needed to engage in critical reflective thinking.

Assessment

LOs 1 & 2: Supervised Practicum and Term-end exam (evaluation of the Reflective Journal)