SANT GADGE BABA AMRAVATI UNIVERSITY GAZETTE

Official Publication of Sant Gadge Baba Amravati University

PART- TWO

(Extra Ordinary)
Friday, the 17th April, 2026

NOTIFICATION

No. 57/2026 Date : 17/04/2026

Subject : Implementation of the syllabus of Semester V & VI of the new Course Bachelor of Counselling & Psychotherapy as per C.B.C.S. Pattern.

It is notified for general information of all concerned that the authorities of the University have accepted to implement the syllabus of Semester V & VI of the new Course Bachelor of Counselling & Psychotherapy in the Faculty of Humanities under C.B.C.S. Pattern to be implemented from the Academic Session 2025-2026 onwards as given below:

Sd/-
(Dr.Avinash Asanare)
Registrar

DRAFT SYLLABUS OF SEMESTER V OF BACHELOR OF COUNSELLING & PSYCHOTHERAPY (CBCS)

BCAP-51: ENGLISH (DSC)

Total Periods:= 60 hr | **Credits:** 03

Title of the book- **Ways to Success**

- By Board of Editors and Published by Orient Black Swan

Unit 1- Prose-
1) Rakhmabai Raut : The first practicing woman doctor
2) Vijay Bhatkar
3) L.M.Thapar

Unit 2- Poetry-
1) When I was one – and - twenty - Alfred Edward Housman
2) To India – My native land – Henry Derozio
3) Freedom –Rabindranath Tagore

Unit 3-Communication and Soft Skills
1) Soft skills and employability skills
2) Tips for effective communication
3) Use of technology and recent concepts in business

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BCAP-51A: COMMUNICATION SKILL IN ENGLISH (AEC)

Credits: 01

Course Objectives:

- To develop foundational understanding of the psychology of language learning and communication
- To strengthen grammatical accuracy for effective professional communication
- To enhance speaking, reading, and writing skills through practical exercises
- To build confidence in group communication and self-expression

UNIT 1: PSYCHOLOGY OF ENGLISH

Topics:

1. Language Acquisition vs. Language Learning
2. Psychological barriers in learning English
3. Affective factors: Motivation, Attitude, and Anxiety
4. Memory and Language Retention Techniques
5. Building Confidence in English Communication
6. Neuro-Linguistic Programming (NLP) basics for language learning

UNIT 2: GRAMMAR

Sr. No.	Grammar Topic	Sub-topics
1	Tenses	Present, Past, Future - all forms (Indefinite, Continuous, Perfect, Perfect Continuous)
2	Voice	Active Voice, Passive Voice (all tenses)
3	Conjunction	Coordinating, Subordinating, Correlative Conjunctions
4	Article	Definite (The), Indefinite (A, An), Omission of Articles
5	Preposition	Time, Place, Direction, Agency, Phrasal Prepositions
6	Direct/Indirect Speech	Statements, Questions, Commands, Exclamations

UNIT 3: SPEAKING SKILLS
Number of Periods: 6

TOPICS:

3.1 Group Communication Skills:
- Group Discussion techniques
- Turn-taking and interrupting politely
- Agreeing and disagreeing diplomatically
- Reaching consensus
- Leadership in group conversations

3.2 Mirror Monologuing:
- Concept and benefits of mirror practice
- Self-observation and correction techniques
- Facial expressions and body language awareness
- Fluency building through mirror practice
- Recording and self-evaluation

UNIT 4: READING SKILLS
Number of Periods: 5

TOPICS:

4.1 Newspaper Reading:
- Skimming and scanning techniques
- Identifying main ideas and supporting details
- Vocabulary building from editorials
- Understanding different sections of newspaper
- Critical reading of news articles

4.2 Novel Reading:
- Extensive reading habits
- Comprehension and interpretation
- Character analysis and plot understanding
- Summarization skills
- Recommended novels for practice (see reference list)

UNIT 5: WRITING SKILLS
Number of Periods: 5

TOPICS:

5.1 Thinking and Writing:
- Free writing techniques
- Brainstorming and mind mapping
- Organizing thoughts logically
- From thought to paragraph
- Reflective writing and journaling

5.2 Essay Writing:

- Structure of an essay: Introduction, Body, Conclusion
- Types of essays: Descriptive, Narrative, Argumentative, Expository
- Thesis statement development
- Coherence and cohesion
- Editing and proofreading

Reference Books:

Psychology of English & General Linguistics

English:

1. Krashen, Stephen D. (1982). *Principles and Practice in Second Language Acquisition*. Pergamon Press.
2. Brown, H. Douglas. (2007). *Principles of Language Learning and Teaching* (5th ed.). Pearson Education.
3. Lightbown, Patsy M. & Spada, Nina. (2013). *How Languages are Learned* (4th ed.). Oxford University Press.
4. Arnold, Jane. (1999). *Affect in Language Learning*. Cambridge University Press.
5. Revell, Jane & Norman, Susan. (1997). *In Your Hands: NLP in ELT*. Saffire Press.

Marathi:

1. देशपांडे, डॉ. मधुकर. (2021). *भाषा शिक्षणाचे मानसशास्त्र.* महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
2. जोशी, डॉ. प्रवीण. (2022). *इंग्रजी भाषा शिक्षण: मानसशास्त्रीय दृष्टिकोन.* यशवंत प्रकाशन.

Grammar
English:

1. Wren, P.C. & Martin, H. (2017). *High School English Grammar and Composition*. S. Chand Publishing.
2. Murphy, Raymond. (2019). *English Grammar in Use* (5th ed.). Cambridge University Press.
3. Thomson, A.J. & Martinet, A.V. (2014). *A Practical English Grammar* (4th ed.). Oxford University Press.
4. Swan, Michael. (2016). *Practical English Usage* (4th ed.). Oxford University Press.
5. Sinha, R.P. (2020). *Current English Grammar and Usage with Composition*. Oxford University Press.

Marathi:

1. भिडे, डॉ. श्रीकांत. (2020). *इंग्रजी व्याकरण आणि लेखन.* विद्या प्रकाशन.
2. कुलकर्णी, डॉ. आनंद. (2021). *सोपे इंग्रजी व्याकरण.* साकेत प्रकाशन.
3. गोरे, डॉ. अभिजीत. (2022). *इंग्रजी व्याकरण मार्गदर्शिका.* विद्या प्रकाशन.

Speaking Skills

English:

1. Carnegie, Dale. (2010). *The Quick and Easy Way to Effective Speaking*. Pocket Books.
2. Lucas, Stephen E. (2019). *The Art of Public Speaking* (13th ed.). McGraw-Hill Education.
3. Sharma, R.C. & Mohan, Krishna. (2017). *Business Correspondence and Report Writing*. McGraw-Hill Education.
4. Gangal, J.K. (2018). *A Practical Course in Effective English Speaking Skills*. PHI Learning.
5. Raman, Meenakshi & Sharma, Sangeeta. (2015). *Technical Communication: Principles and Practice*. Oxford University Press.

Marathi:

1. देशपांडे, डॉ. मधुकर. (2022). *प्रभावी इंग्रजी संभाषण कौशल्य.* महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
2. जोशी, डॉ. प्रवीण. (2021). *समूह संवाद आणि भाषण कला.* यशवंत प्रकाशन.

Reading Skills
English:

1. Greilet, Francoise. (2010). *Developing Reading Skills*. Cambridge University Press.
2. Mikulecky, Beatrice S. & Jeffries, Linda. (2007). *Advanced Reading Power*. Pearson Education.
3. Wallace, Catherine. (2003). *Reading*. Oxford University Press.
4. Nuttall, Christine. (2005). *Teaching Reading Skills in a Foreign Language*. Macmillan Education.

Recommended Novels for Practice (Abridged/Simplified Versions):

- *The Old Man and the Sea* – Ernest Hemingway
- *Animal Farm* – George Orwell
- *The Pearl* – John Steinbeck
- *Three Men in a Boat* – Jerome K. Jerome
- *The Strange Case of Dr Jekyll and Mr Hyde* – Robert Louis Stevenson
- *Great Expectations* (Simplified) – Charles Dickens
- *Pride and Prejudice* (Simplified) – Jane Austen

Marathi:

1. साळुंके, डॉ. स्मिता. (2021). *वाचन कौशल्य विकास.* विद्या प्रकाशन.
2. पाटील, डॉ. सुरेश. (2022). *वृत्तपत्र वाचन आणि आकलन.* दिनकर प्रकाशन.

Writing Skills

English:

1. Bailey, Stephen. (2018). *Academic Writing: A Handbook for International Students* (5th ed.). Routledge.
2. Zemach, Dorothy E. & Rumisek, Lisa A. (2005). *Academic Writing: From Paragraph to Essay*. Macmillan Education.
3. Oshima, Alice & Hogue, Ann. (2006). *Writing Academic English* (4th ed.). Pearson Education.
4. Swales, John M. & Feak, Christine B. (2012). *Academic Writing for Graduate Students* (3rd ed.). University of Michigan Press.
5. Strunk, William & White, E.B. (2009). *The Elements of Style* (4th ed.). Longman.

Marathi:

1. भिडे, डॉ. श्रीकांत. (2022). *प्रभावी इंग्रजी लेखन.* विद्या प्रकाशन.
2. देशपांडे, डॉ. मधुकर. (2023). *निबंध लेखन कला.* महाराष्ट्र ग्रंथोत्पत्ती मंडळ.

Comprehensive Communication Skills

English:

1. Kumar, Sanjay & Lata, Pushp. (2018). *Communication Skills*. Oxford University Press.
2. Koneru, Aruna. (2016). *Professional Communication*. McGraw-Hill Education.
3. Thorat, Ashok & Singh, Lokraj. (2019). *A Textbook of English Communication Skills*. Orient Black Swan.
4. Dhanavel, S.P. (2019). *English and Communication Skills for Students of Science and Engineering*. Orient Black Swan.

Marathi:

1. जोशी, डॉ. प्रवीण. (2023). *व्यावहारिक इंग्रजी संवाद कौशल्य.* यशवंत प्रकाशन.
2. गोरे, डॉ. अभिजीत. (2023). *समग्र इंग्रजी संवाद कौशल्य मार्गदर्शिका.* विद्या प्रकाशन.

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BCAP-52: ADVANCED COUNSELLING THEORIES & INTEGRATION-I (DSC)

Total Periods: 60 hr **Credits:** 03

Unit 1: Postmodern and Constructivist Approaches
Postmodernism in psychotherapy, Social constructionism, Narrative Therapy (Michael White & David Epston): Externalizing conversations, re-authoring, therapeutic documents. Solution-Focused Brief Therapy (Steve de Shazer & Insoo Kim Berg): Miracle question, scaling questions, exception finding. (12 Hr)

Unit 2: Integrative and Eclectic Models
Transtheoretical Model (Prochaska & DiClemente): Stages of Change. Multimodal Therapy (Arnold Lazarus): BASIC ID framework. Technical eclecticism vs. theoretical integration. Common Factors Approach: Therapeutic alliance, client factors, hope/expectancy, model/technique. (12 Hr)

Unit 3: Culturally Responsive and Social Justice-Oriented Counselling
Cultural humility vs. cultural competence. Addressing power, privilege, and oppression in therapeutic context. Adaptation of interventions for diverse Indian cultural contexts (caste, class, religion, regional). Advocacy role of the counsellor. (12 Hr)

Unit 4: Application to Complex Cases
Case formulation using integrative frameworks. Treatment planning for co-morbid conditions (e.g., depression with substance use). Documentation of integrative treatment. Use of supervision in complex cases. (12 Hr)

Unit 5: Developing Personal Theoretical Orientation
Critical evaluation of major theories. Self-reflection on personal values, worldview, and therapeutic style. Synthesizing elements from different models. Writing a statement of personal theoretical orientation. (12 Hr)

Text Books & References (English):

1. Corey, G. (2022). *Theory and Practice of Counseling and Psychotherapy* (11th ed.). Cengage Learning.
2. Norcross, J. C., & Goldfried, M. R. (Eds.). (2019). *Handbook of Psychotherapy Integration* (3rd ed.). Oxford University Press.
3. Ivey, A. E., D'Andrea, M., & Ivey, M. B. (2011). *Theories of Counseling and Psychotherapy: A Multicultural Perspective* (7th ed.). Sage Publications.
4. Seligman, L., & Reichenberg, L. W. (2014). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills* (4th ed.). Pearson.

Text Book & References (Marathi):

1. पाटील, डॉ. सुरेश. (2018). मानसोपचार: सिद्धांत आणि प्रयोग. दिनकर प्रकाशन.
2. देशपांडे, डॉ. मधुकर. (2020). समुपदेशनाची मूलतत्त्वे. महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
3. जोशी, डॉ. प्रवीण. (2019). सांस्कृतिक संवेदनशील समुपदेशन. यशवंत प्रकाशन.

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BCAP-53: PSYCHOTHERAPY FOR SPECIFIC POPULATIONS-I (DSC)

Total Periods: 60 Hr | **Credits:** 03

Unit 1: Counselling LGBTQIA+ Individuals
Affirmative Therapy principles and practices. Issues of identity development, coming out process, internalized homo/trans-negativity. Working with families of LGBTQIA+ individuals. Legal and social advocacy in Indian context. (12 Hr)

Unit 2: Counselling Persons with Disabilities
Medical vs. Social vs. Biopsychosocial models of disability. Accessibility in counselling practice (physical, communication, attitudinal). Empowerment approach and strength-based perspective. Intersectionality with caste, class, gender. (12 Hr)

Unit 3: Counselling in Context of Substance Use Disorders
Motivational Interviewing (MI) techniques: OARS skills (Open questions, Affirmations, Reflections, Summaries). The Transtheoretical Model applied to addiction. Harm Reduction philosophy. Working with families affected by addiction (Narcotics Anonymous, Al-Anon models). (12 Hr)

Unit 4: Counselling Survivors of Violence
Understanding trauma: Simple vs. complex PTSD. Trauma-Informed Care (TIC) principles: Safety, Trustworthiness, Choice, Collaboration, Empowerment. Safety planning for survivors of domestic violence. Processing sexual assault trauma. Vicarious trauma and counsellor self-care. (12 Hr)

Unit 5: Counselling in Medical Settings
Adjustment to chronic illness (diabetes, cancer, HIV/AIDS) and disability. Adherence counselling for medical regimens. Working with palliative care teams and end-of-life issues. Consultation-liaison model in hospital settings. (12 Hr)

Text Books & References (English):

1. Singh, A. A., & Moss, L. (2016). *Affirmative Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients*. American Psychological Association.
2. Miller, W. R., & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change* (3rd ed.). Guilford Press.
3. Herman, J. L. (2015). *Trauma and Recovery: The Aftermath of Violence*. Basic Books.
4. Wenzel, A. (Ed.). (2017). *Handbook of Evidence-Based Therapies for Children and Adolescents*. Springer.

Text Books & References (Marathi):

1. कुलकर्णी, डॉ. आनंद. (2019). अपंग व्यक्तींचे समुपदेशन. महाराष्ट्र राज्य मराठी विश्वकोश निर्मिती मंडळ.
2. सावंत, डॉ. रजनी. (2021). हिंसाग्रस्तांचे मानसोपचार. लोकवाङ्मय गृह.
3. पटवर्धन, डॉ. विद्याधर. (2020). व्यसनमुक्तीचे मार्ग. प्रज्ञा प्रकाशन.

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BCAP-54: RESEARCH METHODS IN COUNSELLING-I (DSC)

Total Periods: 60 | **Credits:** 03

Unit 1: Advanced Research Design in Counselling
Single-case experimental designs (ABAB, multiple baseline). Qualitative research designs: Phenomenology, grounded theory, ethnography. Mixed-methods research. Program evaluation in counselling settings. (12 Hr)

Unit 2: Advanced Data Collection Methods
Structured and semi-structured interviews. Focus group discussions. Participatory action research. Ethical issues in data collection with vulnerable populations. (12 Hr)

Unit 3: Qualitative Data Analysis
Thematic analysis. Content analysis. Narrative analysis. Using software for qualitative analysis (NVivo/ATLAS.ti basics). Ensuring trustworthiness: credibility, transferability, dependability, confirmability. (12 Hr)

Unit 4: Writing Research Proposals
Components of research proposal: Introduction, literature review, methodology, timeline, budget. Ethical considerations and obtaining ethical clearance. Common mistakes in proposal writing. (12 Hr)

Unit 5: Research Dissemination and Application
Writing research reports in APA format. Publishing in academic journals. Presenting at conferences. Applying research findings to practice: Evidence-based practice in counselling. (12 Hr)

Text Booka & References (English):

1. Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (5th ed.). Sage Publications.
2. Heppner, P. P., Wampold, B. E., Owen, J., & Wang, K. T. (2015). *Research Design in Counseling* (4th ed.). Cengage Learning.
3. McLeod, J. (2011). *Qualitative Research in Counselling and Psychotherapy*. Sage Publications.
4. American Psychological Association. (2020). *Publication Manual of the American Psychological Association* (7th ed.). APA.

Text Books & References (Marathi):

1. शिर्के, डॉ. दिपाली. (2018). संशोधन पद्धती: समुपदेशनातील उपयोग. विद्या प्रकाशन.
2. गायकवाड, डॉ. अरविंद. (2020). प्राथमिक संशोधन लेखन. साकेत प्रकाशन.

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BCAP-55: DISCIPLINE SPECIFIC ELECTIVE (DSE) – I

(Choose any one of the following)

BCAP-55A: REHABILITATION COUNSELLING-I (DSE)

Total Periods: 60 | **Credits:** 03

Unit 1: Foundations of Rehabilitation
Historical development and philosophy of rehabilitation. Models of rehabilitation: Medical, social, biopsychosocial. Roles and functions of rehabilitation counsellor. Interdisciplinary team approach. (12 Hr)

Unit 2: Specific Disabilities and Interventions
Visual Impairment: Counselling for adjustment, orientation and mobility training.

Hearing Impairment: Communication strategies, cochlear implant counselling.
Physical Disabilities: Spinal cord injuries, cerebral palsy, amputation.
Intellectual Disabilities: Levels, adaptive skills training, family counselling.
Psychiatric Disabilities: Serious mental illness, recovery model, supported employment. (12 Hr)

Unit 3: Vocational Assessment and Career Development
Transferable skills analysis, vocational evaluation, job analysis. Labor market information. Career counselling for people with disabilities. Assistive technology in workplace. (12 Hr)

Unit 4: Case Management and Service Coordination
Case management process: Intake, assessment, planning, implementation, monitoring, evaluation. Documentation and record keeping. Navigating social welfare systems and disability benefits in India. (12 Hr)

Unit 5: Job Placement and Supported Employment
Job development strategies, employer education. Job coaching, natural supports, follow-along services. Workplace assessments and reasonable accommodations. Self-employment and micro-enterprise development. (12 Hr)

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BCAP-55B: POSITIVE PSYCHOLOGY AND WELL-BEING INTERVENTIONS-I (DSE)

Total Periods: 60 | **Credits:** 03

Unit 1: Foundations of Positive Psychology
Historical development: From pathology to strengths. Key figures: Martin Seligman, Mihaly Csikszentmihalyi. PERMA model: Positive Emotion, Engagement, Relationships, Meaning, Accomplishment. Indian perspectives on well-being. (12 Hr)

Unit 2: Character Strengths and Virtues
VIA Classification of Character Strengths (24 strengths under 6 virtues). Strengths assessment and profiling. Strengths-based interventions. Using strengths in therapeutic settings. (12 Hr)

Unit 3: Positive Interventions
Gratitude interventions: Gratitude journal, gratitude visit. Savouring techniques. Acts of kindness. Best possible self exercise. Mindfulness-based interventions. (12 Hr)

Unit 4: Flow and Engagement
Concept of flow (Csikszentmihalyi). Conditions for flow experience. Finding flow in daily activities. Applications in education and workplace. (12 Hr)

Unit 5: Resilience and Post-traumatic Growth
Building resilience: Protective factors. Growth mindset (Carol Dweck). Post-traumatic growth: domains and facilitating factors. Applications with trauma survivors. (12 Hr)

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BCAP-56P: COUNSELLING & PSYCHOTHERAPY PRACTICAL - V

Total Periods: 60 | **Credits:** 02 | **Marks:** 50

Focus: Advanced Micro-skills and Specific Technique Demonstration

Activities (Any 5 out of the following 10):

1. Recorded role-play demonstrating Solution-Focused Brief Therapy techniques (miracle question, scaling).
2. Narrative Therapy session demonstrating externalizing conversations.
3. Motivational Interviewing practice with substance use case scenario.
4. Trauma-informed care approach with survivor of violence.
5. Cultural formulation interview with client from different background.
6. Integrative case formulation presentation.
7. Advanced empathy and confrontation skill demonstration.
8. Supervision session role-play (as supervisee).
9. Ethical dilemma resolution demonstration.
10. Treatment planning for complex case (co-morbid conditions).
11. Documentation practice: Progress notes, treatment plans.
12. Crisis intervention role-play.

Assessment Pattern:

- Practical Record File: 15 marks
- Skill Demonstration: 20 marks
- Viva Voce: 15 marks
  Total: 50 marks

Reference for Practical's:

1. Hill, C. E. (2014). *Helping Skills: Facilitating Exploration, Insight, and Action* (4th ed.). American Psychological Association.
2. नातू, डॉ. सुहास. (2019). प्रयोगात्मक समुपदेशन. विद्या प्रकाशन.

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BCAP-57I: INTERNSHIP / FIELD WORK PROJECT (PHASE-I)

Duration: 120-150 hours (Cumulative) | **Credits:** 02 | **Marks:** 50

Nature of Work:

1. **Observation (40 hours):**
   - Observation of counselling sessions (with consent).
   - Observation of multidisciplinary team meetings.
   - Observation of assessment procedures.
   - Observation of group therapy sessions.
2. **Assisted Practice (50 hours):**
   - Conducting intake interviews under supervision.
   - Administering basic assessments under supervision.
   - Assisting in maintaining case records.
   - Participating in case conferences.
3. **Case Work (30 hours):**
   - Carrying 1-2 cases under close supervision.
   - Developing case formulations.
   - Implementing treatment plans.
   - Progress monitoring and documentation.

Deliverables:

- Internship Logbook (verified by supervisor).
- Reflective Journal (minimum 10 entries).
- Agency Evaluation Report.

Assessment (Internal Assessment at College Level):

- Internship Logbook and Attendance: 20 marks
- Reflective Journal: 15 marks
- Agency Evaluation Report: 15 marks [**Total: 50 marks]**

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DRAFT SYLLABUS OF SEMESTER VI OF BACHELOR OF COUNSELLING & PSYCHOTHERAPY (CBCS)

SEMESTER - VI

BCAP-61: ENGLISH (DSC)

Total Periods: 60 hr | **Credits:** 03
Title of the book- **Ways to Success**
- By Board of Editors and Published by Orient Black Swan
Unit 1- Prose-
1) Black money and the black economy – C. Rammanohar Reddy
2) Louis -Braille
3) Stephan Hawking

Unit 2- Poetry-
1) Never love unless you can - Thomas Campion
2) Nightingales - Robert Bridges
3) A prayer for my daughter - W. B. Yeats

Unit 3-Communication and Soft Skills
1) Interviews
2) Public speaking
3) English for corporate field.

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BCAP-61A: COMMUNICATION SKILL IN ENGLISH (AEC)

Credits: 01

Course Objectives:

- To understand the historical development of English language
- To master advanced grammatical structures for precise communication
- To develop accurate pronunciation through phonetic training
- To integrate advanced language skills for professional and academic contexts

UNIT 1: HISTORY OF ENGLISH LANGUAGE **[Number of Periods:** 8]

TOPICS:

1.1 Origins and Development:
- Indo-European Family of Languages
- Germanic Origins and Old English (450-1100 AD)
- Key features of Old English: vocabulary, grammar, pronunciation
- Important works: *Beowulf*

1.2 Middle English Period (1100-1500):
- Norman Conquest and its influence
- French and Latin borrowings
- Geoffrey Chaucer and *The Canterbury Tales*
- Dialects and the rise of London English

1.3 Modern English (1500-Present):

- Early Modern English: The Great Vowel Shift
- Shakespeare's contributions
- The King James Bible (1611)
- The Renaissance and classical borrowings
- Late Modern English: Industrial Revolution and scientific vocabulary
- English as a Global Language

1.4 English in India:
- Arrival of English in India
- Macaulay's Minute (1835)
- Indian English: Characteristics and variations
- Role of English in contemporary India

UNIT 2: ADVANCED GRAMMER

Sr. No.	Grammar Topic	Sub-topics
1	Gerund	Definition, formation, functions (subject, object, complement), gerund after prepositions, gerund vs. present participle
2	Infinitive	Bare infinitive, to-infinitive, split infinitive, functions (noun, adjective, adverb), infinitive phrases
3	Present Participle	Formation (-ing form), functions as adjective, in continuous tenses, participial phrases
4	Past Participle	Formation (-ed/-en forms), functions as adjective, in perfect tenses, in passive voice
5	Perfect Participle	Formation (having + past participle), functions, expressing completed action
6	Possessive Sentences	Possessive adjectives, possessive pronouns, possessive case ('s and s'), double possessives, of + possessive

UNIT 3: PHONETICS

Topics:

3.1 History of Phonetics:

- Origins of phonetic study
- International Phonetic Alphabet (IPA): Development and purpose
- Daniel Jones and English phonetics
- Phonetics vs. Phonology

3.2 Speech Mechanism:

- Respiratory system (lungs)
- Phonatory system (vocal cords)
- Articulatory system (tongue, lips, palate, teeth)

3.3 Classification of Sounds:

- Vowels: Monophthongs (12) and Diphthongs (8)
- Consonants: Place and manner of articulation
- Voiced and voiceless sounds

3.4 Word Stress:

- Primary and secondary stress
- Stress rules and patterns
- Stress shift in derived words

3.5 Intonation:

- Rising tone, falling tone, fall-rise
- Functions of intonation (attitude, grammar, discourse)

3.6 Connected Speech:

- Weak forms
- Elision
- Assimilation
- Linking (liaison)

Prescribed Text for Phonetics:

- O'Connor, J.D. (1980). *Better English Pronunciation* (2nd ed.). Cambridge University Press.
    - **Units to be covered:** Introduction, Units 1-6 (Speech Mechanism, Vowels, Consonants, Word Stress, Intonation, Connected Speech)

UNIT 4: PRACTICAL APPLICATION **[Number of Periods:** 6]

Topics:

4.1 Phonetic Transcription:

- Transcribing words using IPA symbols
- Identifying sounds in words
- Practice with dictionary pronunciations

4.2 Grammar in Context:

- Identifying gerunds, infinitives, participles in texts
- Correcting common errors
- Sentence transformation exercises

4.3 Pronunciation Practice:

- Minimal pairs practice
- Reading aloud with correct stress and intonation
- Recording and self-assessment

4.4 Historical Text Analysis:

- Reading excerpts from Old, Middle, and Modern English texts
- Observing language change.

Reference Books:

Unit 1: History of English Language

English:

1. Baugh, Albert C. & Cable, Thomas. (2013). A History of the English Language (6th ed.). Routledge.
2. Crystal, David. (2004). The Stories of English. Penguin Books.
3. Barber, Charles, Beal, Joan C. & Shaw, Philip A. (2009). The English Language: A Historical Introduction (2nd ed.). Cambridge University Press.
4. Wood, F.T. (2015). An Outline History of the English Language. Macmillan Education.
5. Pyles, Thomas & Algeo, John. (2009). The Origins and Development of the English Language (6th ed.). Wadsworth Publishing.
6. Mugglestone, Lynda. (2006). The Oxford History of English. Oxford University Press.

Indian English:

1. Kachru, Braj B. (1983). The Indianization of English: The English Language in India. Oxford University Press.
2. Mukherjee, Joybrato. (2010). The Development of English in India. In A. Kirkpatrick (Ed.), The Routledge Handbook of World Englishes. Routledge.
3. Parasher, S.V. (1991). Indian English: Functions and Form. Bahri Publications.

Marathi:

1. देशपांडे, डॉ. मधुकर. (2022). इंग्रजी भाषेचा इतिहास. महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
2. जोशी, डॉ. प्रवीण. (2023). इंग्रजी भाषा: उगम आणि विकास. यशवंत प्रकाशन.
3. कुलकर्णी, डॉ. आनंद. (2022). इंग्रजी साहित्य आणि भाषेचा इतिहास. साकेत प्रकाशन.

Unit 2: Advanced Grammar:

English:

1. Greenbaum, Sidney & Quirk, Randolph. (1990). A Student's Grammar of the English Language. Longman.
2. Swan, Michael. (2016). Practical English Usage (4th ed.). Oxford University Press.
3. Thomson, A.J. & Martinet, A.V. (2014). A Practical English Grammar (4th ed.). Oxford University Press.
4. Murphy, Raymond. (2019). English Grammar in Use (5th ed.). Cambridge University Press.
5. Huddleston, Rodney & Pullum, Geoffrey K. (2005). A Student's Introduction to English Grammar. Cambridge University Press.
6. Leech, Geoffrey & Svartvik, Jan. (2013). A Communicative Grammar of English (3rd ed.). Routledge.
7. Wren, P.C. & Martin, H. (2017). High School English Grammar and Composition. S. Chand Publishing.
8. Sinha, R.P. (2020). Current English Grammar and Usage with Composition. Oxford University Press.

Marathi:

1. भिडे, डॉ. श्रीकांत. (2021). प्रगत इंग्रजी व्याकरण. विद्या प्रकाशन.
2. गोरे, डॉ. अभिजीत. (2023). इंग्रजी व्याकरण: सखोल अभ्यास. विद्या प्रकाशन.
3. कुलकर्णी, डॉ. आनंद. (2022). इंग्रजी व्याकरणाचे बारकावे. साकेत प्रकाशन.

UNIT 3: PHONETICS
Prescribed Text Book:

1. O'Connor, J.D. (1980). Better English Pronunciation (2nd ed.). Cambridge University Press.
    - **Specific units to be covered:**
        - Introduction (pp. 1-8)
        - Unit 1: The speech mechanism (pp. 9-18)
        - Unit 2: The English vowels (pp. 19-42)
        - Unit 3: The English consonants (pp. 43-70)
        - Unit 4: Word stress (pp. 71-90)
        - Unit 5: Intonation (pp. 91-110)
        - Unit 6: Connected speech (pp. 111-130)

Additional Reference Books (English):

1. Jones, Daniel. (2011). Cambridge English Pronouncing Dictionary (18th ed.). Cambridge University Press.
2. Roach, Peter. (2009). English Phonetics and Phonology: A Practical Course (4th ed.). Cambridge University Press.
3. Gimson, A.C. (2014). Gimson's Pronunciation of English (8th ed.). Routledge.
4. Wells, J.C. (2008). Longman Pronunciation Dictionary (3rd ed.). Pearson Education.
5. Cruttenden, Alan. (2014). Gimson's Pronunciation of English (8th ed.). Routledge.
6. Ladefoged, Peter & Johnson, Keith. (2014). A Course in Phonetics (7th ed.). Cengage Learning.
7. Balasubramanian, T. (1981). A Textbook of English Phonetics for Indian Students. Macmillan Education.

History of Phonetics:

1. Kemp, J.A. (2006). The History of Phonetics. In K. Brown (Ed.), Encyclopedia of Language & Linguistics (2nd ed.). Elsevier.
2. Abercrombie, David. (1965). Studies in Phonetics and Linguistics. Oxford University Press.

Marathi:

1. देशपांडे, डॉ. मधुकर. (2023). इंग्रजी उच्चारशास्त्र. महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
2. जोशी, डॉ. प्रवीण. (2023). ध्वनिशास्त्र आणि इंग्रजी उच्चार. यशवंत प्रकाशन.
3. पाटील, डॉ. सुरेश. (2022). व्यावहारिक इंग्रजी उच्चारशास्त्र. दिनकर प्रकाशन.

Comprehensive References:

English:

1. Crystal, David. (2018). The Cambridge Encyclopedia of the English Language (3rd ed.). Cambridge University Press.
2. Yule, George. (2022). The Study of Language (8th ed.). Cambridge University Press.
3. Fromkin, Victoria, Rodman, Robert & Hyams, Nina. (2018). An Introduction to Language (11th ed.). Cengage Learning.

Marathi:

1. जोशी, डॉ. प्रवीण. (2024). समग्र इंग्रजी भाषा अभ्यास. यशवंत प्रकाशन.
2. गोरे, डॉ. अभिजीत. (2024). इंग्रजी भाषा: इतिहास, व्याकरण आणि उच्चार. विद्या प्रकाशन.

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BCAP-62: ADVANCED COUNSELLING THEORIES & INTEGRATION - II (DSC)

Total Periods: 60 | **Credits:** 3

Unit 1: Neuroscience and Counselling Integration
Understanding neurobiology for counsellors: brain structure, plasticity, and implications for therapy; Interpersonal Neurobiology (Siegel); Integration of mindfulness and body-based approaches; Trauma and the brain: implications for integrative treatment; Neurobiologically informed case conceptualization. (12 Hr)

Unit 2: Advanced Integrative Psychotherapy Models
Cognitive-Behavioural Analytic Therapy (CBAT); Cyclical Psychodynamics (Wachtel); Assimilation Model (Stiles); Systematic Treatment Selection (Beutler); Meta-theoretical frameworks for integration; Application to complex personality disorders. (12 Hr)

Unit 3: Contemporary Approaches and Future Directions
Third-wave behaviour therapies: Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT) – integration potential; Emotion-Focused Therapy (Greenberg); Telehealth and digital mental health integration; Culturally adapted integrative approaches for Indian populations. (12 Hr)

Unit 4: Integration with Severe and Persistent Mental Illness
Applying integrative frameworks to schizophrenia, bipolar disorder, severe personality disorders; Psychopharmacology basics for counsellors; Collaborative care models; Rehabilitation and recovery-oriented integrative practice; Working with treatment-resistant conditions. (12 Hr)

Unit 5: Developing an Integrative Professional Identity
Deepening personal theoretical orientation: revising and refining the statement; Ethical considerations in integration; Integration of supervision and consultation; Lifelong learning in psychotherapy integration; Case study: presenting an integrative approach to a complex case. (12 Hr)

Text Books & References: (English):

1. Siegel, D. J. (2012). *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (2nd ed.). Guilford Press.
2. Norcross, J. C., & Goldfried, M. R. (Eds.). (2019). *Handbook of Psychotherapy Integration* (3rd ed.). Oxford University Press. (Selected chapters)
3. Wachtel, P. L. (2011). *Thermunicative Communication: Knowing What to Say When* (2nd ed.). Guilford Press.
4. Greenberg, L. S. (2015). *Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings* (2nd ed.). APA.
5. Hayes, S. C., & Hofmann, S. G. (Eds.). (2018). *Process-Based CBT: The Science and Core Clinical Competencies of Cognitive Behavioral Therapy*. New Harbinger Publications.

Text Books & References (Marathi):

1. देशपांडे, डॉ. मधुकर. (2022). *प्रगत समुपदेशन: सिद्धांत आणि व्यवहार.* महाराष्ट्र ग्रंथोत्पत्ती मंडळ.
2. जोशी, डॉ. प्रवीण. (2021). *मानसोपचारातील नवे प्रवाह.* यशवंत प्रकाशन.

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BCAP-63: PSYCHOTHERAPY FOR SPECIFIC POPULATIONS - II (DSC)

Total Periods: 60 | **Credits:** 3

Unit 1: Counselling Refugees, Asylum Seekers, and Migrants
Understanding forced migration, trauma, and loss; Cultural considerations in assessment and intervention; Post-migration stressors and resilience; Working with interpreters; Advocacy and systemic barriers; Trauma-informed care with displaced populations. (12 Hr)

Unit 2: Counselling First Responders and Military Personnel
Occupational culture and mental health challenges (police, fire, emergency medical services); PTSD, moral injury, operational stress injuries; Critical Incident Stress Debriefing/Management; Evidence-based treatments; Organizational interventions and peer support programs; Working with veterans and families. (12 Hr)

Unit 3: Counselling in Forensic and Correctional Settings
Mental health needs of incarcerated individuals; Assessment of risk, violence, and malingering; Rehabilitation and reintegration programs; Therapeutic alliance in mandated treatment; Ethical challenges in correctional settings; Restorative justice approaches. (12 Hr)

Unit 4: Counselling Individuals with Eating Disorders
Anorexia nervosa, bulimia nervosa, binge-eating disorder; Medical complications and multidisciplinary care; Evidence-based treatments: FBT, CBT-E, DBT; Body image work; Family involvement; Cultural factors in eating disorders. (12 Hr)

Unit 5: Advanced Trauma Interventions and Complex PTSD
Beyond stabilization: advanced phase-oriented treatment; Evidence-based trauma therapies: EMDR, Trauma-Focused CBT, Prolonged Exposure, Cognitive Processing Therapy; Dissociation and structural dissociation; Working with early trauma and attachment disruption; Vicarious traumatization and organizational support. (12 Hr)

Text Books & References (English):

1. Murray, K. E., & Davidson, G. R. (2020). *Handbook of Refugee Mental Health*. Cambridge University Press.
2. Figley, C. R. (Ed.). (2019). *Encyclopedia of Trauma: An Interdisciplinary Guide*. Sage Publications.
3. Treasure, J., Schmidt, U., & MacDonald, P. (Eds.). (2020). *The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method*. Routledge.
4. Courtois, C. A., & Ford, J. D. (Eds.). (2015). *Treating Complex Traumatic Stress Disorders in Adults* (2nd ed.). Guilford Press.
5. Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures* (3rd ed.). Guilford Press.

Text Books & References (Marathi):

1. सावंत, डॉ. रजनी. (2022). *प्रगत आघात मानसोपचार.* लोकवाङ्मय गृह.
2. गोरे, डॉ. अभिजीत. (2021). *न्यायवैद्यक समुपदेशन.* विद्या प्रकाशन.

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BCAP-64: RESEARCH METHODS IN COUNSELLING - II (DSC)

Total Periods: 60 | **Credits:** 3

Unit 1: Advanced Quantitative Data Analysis
Review of descriptive statistics; Inferential statistics: t-tests (independent, paired), ANOVA (one-way, two-way, repeated measures), Chi-square, correlation (Pearson, Spearman), simple and multiple linear regression; Assumptions testing; Interpreting statistical output. (12 Hr)

Unit 2: Using Statistical Software for Data Analysis
Introduction to SPSS (or equivalent): data entry, cleaning, transformation; Performing and interpreting: t-tests, ANOVA, correlation, regression; Generating graphs and tables; Exporting output for reports; Introduction to R or JASP (optional). (12 Hr)

Unit 3: Non-parametric Tests and Advanced Topics
When to use non-parametric tests: Mann-Whitney U, Wilcoxon signed-rank, Kruskal-Wallis, Friedman; Logistic regression; Factor analysis (exploratory and confirmatory – basic concepts); Introduction to structural equation modelling (SEM) and multi-level modelling (conceptual overview). (12 Hr)

Unit 4: Writing and Presenting a Research Dissertation
Structure of a dissertation/thesis: Introduction, Literature Review, Methodology, Results, Discussion, Conclusion; Writing for coherence and clarity; Integrating qualitative and quantitative findings in mixed-methods studies; Preparing for viva voce; Poster and oral presentations at conferences. (12 Hr)

Unit 5: Ethical Issues in Research and Publication
Plagiarism and self-plagiarism; Authorship issues; Research with vulnerable populations (revisited); Data falsification and fabrication; Ethical issues in data sharing and storage; Responding to reviewer comments; Publication ethics and predatory journals. (12 Hr)

Text Books & References (English):

1. Field, A. (2018). *Discovering Statistics Using IBM SPSS Statistics* (5th ed.). Sage Publications.
2. Pallant, J. (2020). *SPSS Survival Manual: A Step by Step Guide to Data Analysis Using IBM SPSS* (7th ed.). Open University Press.
3. American Psychological Association. (2020). *Publication Manual of the American Psychological Association* (7th ed.). APA.
4. Creswell, J. W., & Creswell, J. D. (2017). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (5th ed.). Sage Publications.
5. Heppner, P. P., Wampold, B. E., Owen, J., & Wang, K. T. (2015). *Research Design in Counseling* (4th ed.). Cengage Learning.

Text Books & References (Marathi):

1. शिर्के, डॉ. दिपाली. (2021). *सांख्यिकी आणि संशोधन.* विद्या प्रकाशन.
2. गायकवाड, डॉ. अरविंद. (2022). *प्रगत संशोधन लेखन.* साकेत प्रकाशन.

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DISCIPLINE SPECIFIC ELECTIVE (DSE) - II (CHOOSE ANY ONE)

BCAP-65A: CHILD AND ADOLESCENT COUNSELLING (DSE)

Total Periods: 60 | **Credits:** 3

Unit 1: Developmental Considerations
Cognitive, emotional, and social development from childhood through adolescence; Impact of family systems, school, and peer groups; Developmental psychopathology perspective.
(12 Hr)

Unit 2: Play Therapy Techniques
Principles of play therapy, therapeutic powers of play; Child-Centered Play Therapy (Landreth); Directive vs. non-directive approaches; Use of toys, art, sandplay, and storytelling. (12 Hr)

Unit 3: Common Childhood and Adolescent Issues
Assessment and intervention for: Anxiety disorders, depression, ADHD, conduct disorders, school refusal; Bullying and cyberbullying interventions; Self-harm and suicide prevention in youth. (12 Hr)

Unit 4: Working with Parents and Schools
Parent consultation and training models; Teacher collaboration strategies; Individualized Education Plans (IEPs); School-based mental health programs. (12 Hr)

Unit 5: Ethical and Legal Issues
Informed consent with minors, confidentiality and its limits; Mandatory reporting of child abuse; Custody and access issues; Record keeping with minor clients. (12 Hr)

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BCAP-65B: GERIATRIC COUNSELLING AND THANATOLOGY (DSE)

Total Periods: 60 | **Credits:** 3

Unit 1: Aging Process and Psychosocial Aspects
Biological, psychological, and social aspects of aging; Theories of aging: disengagement, activity, continuity; Ageism and its impact; Indian cultural context of aging. (12 Hr)

Unit 2: Common Mental Health Issues in Elderly
Depression in elderly: assessment and intervention; Anxiety disorders; Dementia: stages, caregiving challenges, interventions; Delirium: identification and management. (12 Hr)

Unit 3: Loss, Grief and Bereavement
Types of loss: death, health, independence, relationships; Stages of grief (Kübler-Ross); Complicated grief; Cultural variations in grief expression; Grief counselling techniques. (12 Hr)

Unit 4: End-of-Life Issues
Palliative care and hospice; Advance directives and living wills; Dignity therapy; Supporting family caregivers; Counsellor's self-care in end-of-life work. (12 Hr)

Unit 5: Interventions and Resources
Life review and reminiscence therapy; Reminiscence groups; Community resources for elderly; Intergenerational programs; Legal and financial planning issues. (12 Hr)

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BCAP-66: COUNSELLING & PSYCHOTHERAPY PRACTICAL - VI

Total Periods: 60 | **Credits:** 2 | **Marks:** 50 (Internal: 25 + External: 25)

Focus: Integration, Case Presentation, and Specialized Techniques

Activities (Any 5 out of the following 10):

1. Conducting a complete intake and assessment interview
2. Administering, scoring, and interpreting a personality test
3. Developing a comprehensive case formulation and treatment plan
4. Role-play demonstrating an intervention with a child (e.g., play therapy)
5. Role-play demonstrating an intervention with an elderly client (e.g., life review)
6. Demonstration of a group counselling session (as leader/co-leader)
7. Presenting a complete case study from internship
8. Critical analysis of an ethical dilemma in a complex case
9. Demonstration of a termination and follow-up session
10. Preparing a psychological assessment report

Assessment Pattern:

- Practical Record File: 10 marks
- Skill Demonstration / Case Presentation: 25 marks
- Viva Voce: 15 marks

Total: 50 marks

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BCAP-67: INTERNSHIP / FIELD WORK PROJECT (PHASE-II)

Credits: 2 | **Marks:** 50

Nature of Work:
Building on Phase-I, the student will demonstrate greater independence in clinical work, carry a slightly larger caseload, and submit a comprehensive final case report.

Case Report Requirements (1500-2000 words):

1. **Introduction:** Client demographics, presenting problem, referral source
2. **Assessment Data:** Interviews, observations, test results
3. **Case Formulation:** Biopsychosocial formulation, diagnosis (if applicable)
4. **Treatment Plan:** Goals, interventions, theoretical rationale
5. **Process Notes:** Selected session summaries
6. **Evaluation:** Progress assessment, outcome measures
7. **Reflection:** Personal learning, challenges, ethical considerations
8. **Supervisor Comments:** Feedback and recommendations

Deliverables:

- Internship Logbook (verified by supervisor)
- Detailed Case Report (1500-2000 words)
- Reflective Journal (minimum 10 new entries)
- Agency Evaluation Report
- Final Presentation

Assessment:

- Internship Logbook and Attendance: 10 marks
- Case Report: 20 marks
- Presentation: 20 marks

Total: 50 marks.

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