

PhD Course
Department of Educational and Counselling Psychology
Session: 2015-16 and onwards

For admission to PhD courses, candidates should have qualification as designed by the University of Dhaka and should have the basic knowledge and experiences in Educational and Counselling Psychology. In the first years of the study the students of PhD degrees should be required to undertake and appear at written examinations in two theoretical courses as approved by their respective supervisors and a full unit Viva voce. The PhD student will complete and present their thesis work in two years as per direction of their respective thesis supervisors. During the progress of courses the students shall deliver at least two seminars related to their research work.

PhD in Educational and Counselling Psychology

Year - I

Paper	Course Title	Marks	No. Of Units
Paper – I:	Applying Advanced Psychological Theory	100	1.0
Paper – II:	Professional Issues and therapeutic Intervention	100	1.0
	Placement (Internship) Viva Voce	100	1.0

Total = 300 3.0

Paper I

1. Attachment Theory (John Bowlby)

- 1.1: Conceptual Understanding
- 1.2: Phases of Attachment
- 1.3: Types of Attachment
- 1.4: Internal Working Model
- 1.5: Application in children and adult's development
- 1.6: Relationship and discrepancies among other attachment theories

2. Mediated Learning Experience Theory (Feuerstein)

- 2.1 Definition/ Conceptual Understanding

- 2.2 Parameters: Universal and situational or Reinforcing
- 2.3 Application in Educational/ Conselling setting
- 2.3: Criticism

3. Intersubjectivity Theory (Colwyn Trevarthen)

- 3.1: Background of Trevarthen's Intersubjectivity Theory
- 3.2: Major concepts of Understanding Infant
- 3.3: Application of Infant development
- 3.4: Relationship among other theorists.

4. Pamela Levin's Cycles of Development theory

- 4.1 Levin's stages of Child Development
- 4.2 Specific strokes important at each stage
- 4.3 Relation with other theories
- 4.4 Application of this theory in Practice

5. Eric Berne's Transactional Analysis (Advanced Level)

- 5.1 Life Script Analysis
- 5.2 Justifying our beliefs: Racket and Games
- 5.3 Changing: TA in Practice

Paper II

1. Professional Issues:

- 1.1 Value conflict between Counsellor & Client
- 1.2 Resolving transference issues
- 1.3 Boundary of Counsellor-Client relationship

2. Intervening through counselling skills

- 2.1 Intervening with special need children e.g. abuse, negligence, broken families

- 2.2 Techniques for communicating with children
- 2.3 Developing trust with children
- 2.4 Observing children
- 2.5 Case Management

3. Crisis intervention and Tele-counselling

- 3.1 What is Tele-counselling
- 3.2 Skills in Tele-counselling
- 3.3 Do's and Don'ts of Tele-counselling
- 3.4 Ethical consideration of Tele-counselling

4. Creative Therapy: Activities with Children and Adolescents

- 4.1 Feelings
- 4.2 Increasing Motivation to Change
- 4.3 Becoming Less Stressed
- 4.4 Promoting Positive Self-Esteem

5. EMDR- Eye Movement Desensitization and Reprocessing

- 5.1 Development
- 5.2 EMDR, Psychotraumatology and Stabilization
- 5.3 Treatment phases of EMDR
- 5.4 Application of EMDR

6. Mindfulness exercise

- 6.1 Mindfulness for Stress Reduction
- 6.2 Mindfulness Exercise for Anxiety and Depression

7. Dance/Movement therapy

- 7. 1 History
- 7. 2 Principles
- 7. 3 The therapy process

7. 4 Dance styles used

8. Music therapy

8.1 History

8.2 Forms - Children & Adolescents with mood disorders

8.3 Referrals and assessments

8.4 Treatment techniques

8.5 Application in Heart disease, Neurological disorders and Psychiatric disorders

9. Psychodrama

9.1 Sociometry

9.2 Group Psychotherapy

9.3 Psychological application

10. Solution Focused Brief Therapy

9.1 History of Solution Focused Brief Therapy

9.2 Solution-Focused counselling

9.3 Solution-Focused consulting

9.4 Solution-Focused hypnotherapy

Year- II & III

Continuous professional growth is needed through fulltime internship of one year as placement at a professional educational and/or counselling setting, research work and supervision.

80% of course time the trainees shall be required to work in professional educational and/or counselling setting as placement. During the placement the trainees are required to complete a minimum of 800 hours of approved internship, 600 hours of which are in direct service with clients, and 90 hours of supervised practice. In addition to the on-site requirements for internship, a monthly seminar is required to ensure that students are familiar-with professional, ethical, and legal issues. Participation in the seminar counts towards the 800 hours required for internship.

The trainee shall be involved in intensive application of theoretical construct of educational and/or counselling psychology with specific focus in assessment, treatment planning, methodology, and referral of clients. The trainee will gain clinical skills and judgment through

continuous supervision and personal work to help people evaluate and deal with personal, social, academic, and career problems to improve people's lives towards success and comfort at varying levels through psychotherapy.

Trainees will need to submit placement report with 10 case assessment and intervention report, process account, need assessment, official testimonial, etc.

Supervision: The trainees will be under continuous supervision. 20% of course time will be supervision hour. Trainees need to provide supervision report,

Thesis work: During the second year the trainee require to further extend the first year individual research in form of thesis related to problems encountered in educational and/or counselling setting and submit a report and present at least 2 seminars.

Personal work: It is mandatory that trainees undergo a specified hours of personal counselling for coping with own stress and burnout.

References

1. Horwitz A. V.; Scheid T. L. 'A Handbook for the Study of Mental Health' Social context, theories & systems. Cambridge University Press; ISBN: 0521561337
2. Introductory Course (TA 101) Hand out
3. James R. K., Crisis Intervention Strategies (6thed), Thomson. Brooks/Cole. ISBN 10:0-495-10026-9,
4. Jhon M. (2009), An Introduction to Counselling, 4th Edition, McGraw Hill/Open University Press, ISBN No 0335225519, 9780335225514
5. Kaplan R. M. & Saccuzzo D. P. (2008) Psychological Testing: Principles, Applications, and Issues, 7th edition, Wadsworth Publishing, ISBN-10: 0495095559 | ISBN-13: 978-0495095552
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