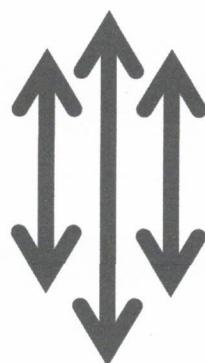


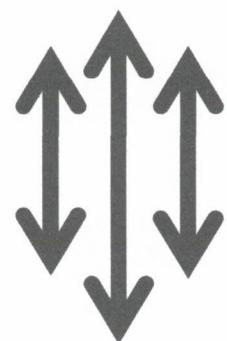
नेपाली सेना

श्री भर्ना छनौट निर्देशनालय, कार्यरथी विभाग,

जंगी अड्डा



प्रा.उ.से.साईकोसोसल पद (खुला र आन्तरिक) को  
लिखित परीक्षाको पाठ्यक्रम



२०८०

## प्रा.उ.से.साईकोसोसल पद (खुला र आन्तरिक) को लिखित परीक्षाको पाठ्यक्रम

पूर्णाङ्क: १५०

उत्तीणाङ्क: ६०

यो पाठ्यक्रम नेपाली सेना प्रा.उ.से.साईकोसोसल पदका उम्मेदवार छनौट परीक्षाको लागि निर्धारण गरिएको हो । लिखित परीक्षामा सरिक हुने उम्मेदवारहरूको पेशा सम्बन्धि विषयलाई आधारमानी प्रश्नहरू सोधिने छ ।

- (क) लिखित परीक्षाको माध्यम नेपाली/अंग्रेजी वा दुवै भाषा हुनेछ ।
- (ख) लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अर्को चरणको परीक्षामा सम्मिलित गराईने छ ।
- (ग) प्रश्नपत्र निर्माण गर्दा पाठ्यक्रममा समावेश भएका सबै विषयहरूलाई यथासंभव समेटिनेछ ।
- (घ) नेपाली सेनाको आवश्यकता तथा विविध परिस्थितिमा नेपाली सेना अनुकूल हुने गरी उल्लिखित विवरणहरूमा हेरफेर हुन सक्नेछ ।
- (ङ) पाठ्यक्रमको रूपरेखा देहायमा उल्लेख गरे अनुसार हुनेछ ।
- (च) पाठ्यक्रम लागु मिति २०८०/०३/२१ गते ।

### लिखित परीक्षाको योजना र पाठ्यक्रम

बिषय	पूर्णाङ्क	उत्तीणाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्क	समय	
पेशा सम्बन्धि	७५	६०	बस्तुगत (Objective)	बहुबैकल्पिक प्रश्न (MCQs)	७५ प्रश्न x १ अङ्क=७५	१ घण्टा १५ मिनेट
	७५		बिषयगत (Subjective)	छोटो उत्तर	९ प्रश्न x ५ अङ्क=४५	३ घण्टा
				लामो उत्तर	३ प्रश्न x १० अङ्क=३०	

## लिखित परीक्षाको पाठ्यक्रम

### **Description**

This syllabus is based on the tasks required for psychosocial counseling at counseling centers, related community centers, nursing homes, schools, orphanages, elderly homes, private homes, and hospital/health centers, rehabilitation centers in country and abroad. This syllabus consists of four modules:

- a. Psychosocial intervention
- b. Case Management
- c. Counseling Skill and Process
- d. Capacity Building and On the Job Training (OJT).

#### **Module 1: Counseling Skills and Process**

It deals with the knowledge and skills related to applying counseling approaches, basics of counseling, counseling skills, counseling process & alternative tools.

##### a. **Sub module 1: Psychosocial Wellbeing, Intervention and Community Based Intervention (CBI)**

It deals with the knowledge and skills related to concept of psychosocial intervention

- i. Concept of psychosocial well-being/health
- ii. Concept of psychosocial Intervention
- iii. Basic Rights and Psychosocial work
- iv. Multi-disciplinary holistic approach
- v. Community based intervention

##### b. **Sub module 2: Counseling approaches**

It deals with the knowledge and skills related to applying counseling approaches.

- i. Familiarize with psychodynamic approach
- ii. Familiarize with behavioral approach
- iii. Familiarize with humanistic approach
- iv. Familiarize with cognitive behavioral approach
- v. Familiarize with exposure technique
- vi. Familiarize with socio-cultural approach

##### c. **Sub module3: Forms/Types Of Counseling**

It deals with the knowledge and skills related to applying various forms of counseling.

- i. Individual counseling
- ii. Family counseling
- iii. Group counseling
- v. Crisis counseling
- vi. Supportive counseling
- vii. Couple/ marriage counseling
- viii. Task oriented counseling

**d. Sub module 4: Basics of counseling**

It deals with the knowledge and skills related to basics of counseling necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Making oneself aware
- ii. Counseling
- iii. Counseling in Nepal
- iv. Mode of counseling
- v. Ethics of counseling

**e. Sub module 5: Applying Communication Skills**

It deals with the knowledge and skills related to applying non-verbal communication skills (SOLER, humming and nodding, silence, observation) and verbal communication skills (questioning, repetition of key words, reflection of feeling, paraphrasing, summarizing, challenge, feedback, information giving, self-disclosure, psycho education, brainstorming, reflection of meaning) necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Applying SOLER (sitting position, leaning towards client, open posture, eye contact, relax)
- ii. Applying nodding, humming (affirming)
- iii. Applying silence
- iv. Applying observation
- v. Applying questioning skills
- vi. Applying paraphrasing
- vii. Applying summarizing
- viii. Applying repetition of key words
- ix. Applying reflection of feeling
- x. Applying challenge
- xi. Applying feedback
- xii. Providing information
- xiii. Applying self-disclosure
- xiv. Providing psycho- education
- xv. Applying brainstorming
- xvi. Observing / applying nonverbal communication
- xvii. Applying reflection of meaning

**f. Sub module 6: Counseling process**

It deals with the knowledge and skills related to counseling process necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Setting environment
- ii. Identifying client/problem
- iii. Self-introduction
- iv. Talking about confidentiality
- v. Finding out client's expectation
- vi. Informing client about counseling
- vii. Assessment of psychosocial problems
- viii. Assessment of daily functioning
- ix. Assessment of family environment

- x. Assessment of work/school environment
- xi. Assessing the childhood history of the client
- xii. Assessment of decision making
- xiii. Assessment of suicidal thoughts
- xiv. Assessment of coping behavior
- xv. Assessment of social support
- xvi. Identification of psychotic features in client
- xvii. Identifying core problems
- xviii. Making formulation (vulnerable Concept and need of strategy and strategy formulation, maintaining, triggering and protective factor)
- xix. Goal setting
- xx. Implementing strategies
- xxi. Evaluating counseling process
- xxii. Follow up of client
- xxiii. Termination of cases
- xxiv. Dealing With Client Counselor Relationship Problem

**g. Sub module 7: Alternative Tools and Skills**

It deals with the knowledge and skills related to alternative tools and techniques necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Applying activities (play, game, drawing):
- ii. Applying check lists (sentence completion test):
- iii. Applying relaxation techniques (deep breathing, imaginary, safe place,
- iv. Progressive muscles techniques):
- v. Applying dairy maintaining/journal writing
- vi. Applying narrative exposure/retelling:
- vii. Applying "tree of life"/ "river of life"

**Module 2: Psychosocial Intervention**

It deals with the knowledge and skills related to psychosocial/ Mental health & intervention.

**a. Sub module1: Mental Health**

It deals with the knowledge and skills related to mental health.

- i. Concept on Mental health
- ii. Causes of mental illness
- iii. Types of mental illness (Common Mental Disorders)
- iv. Child's mental Illness

**b. Sub module2: Culture and Counseling**

It deals with the knowledge and skills related to the Gender, Culture and Counseling.

- i. Concept of culture and Context
- ii. Culture in counseling

c. **Sub module3:** Human Development and Behavior

It deals with the knowledge and skills related to human development and behavior necessary for psychosocial counselor to carry out counseling in a professional way.

- i. Determinants of human development: 0020
- ii. Human needs and behavior;
- iii. Human development

d. **Sub module 4:** Special Issues

It deals with the knowledge and skills related to some special issues necessary for psychosocial counselor to carry out counseling in a professional way.

- i. Be familiar with the case of HIV/AIDS
- ii. Be familiar with the case of substance Abuse
- iii. Be familiar and dealing with the case of suicidal ideation
- iv. Be familiar with concept of Gender and GBV
- v. Deal with medically unexplained symptoms
- vi. Trauma (Post Traumatic Stress, Post Traumatic Stress disorder) and dealing with Trauma survivors
- vii. Psychosocial Support in Emergency situation

**Module 3: Case Management**

It deals with the knowledge and skills related to managing counseling center, documentation, supervision, linkage, coordination & referral of cases necessary for psychosocial counselor to carry out counseling activities in a professional way.

a. **Sub module: 1:**Managing Counseling Center

It deals with the knowledge and skills related to managing counseling center necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Choosing peaceful / confidential place:
- ii. Arrange relaxation materials(relaxing chair, cushions, CDs, CD players, scripts )
- iii. Collecting Materials (chair, color, paper, cushion, dolls, games, play, tissue paper, first aid box, water):
- iv. Managing waiting space/materials:
- v. Managing documents/format:
- vi. Maintain safety/ Managing barriers (noise, smokes, alcohols, other interference)
- vii. Maintaining /keeping/circulating information regarding the client
- viii. Circulating messages / information regarding counseling center and its activities

b. **Sub module: 2:** Documentation

It deals with the knowledge and skills related to keeping and maintaining documents necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Keeping/maintaining intake form
- ii. Keeping/maintaining register /daily record file

- iii. Keeping/maintaining individual file
- iv. Keeping/maintaining session note / report
- v. Keeping/maintaining case study report
- vi. Keeping/maintaining supervision form / report
- vii. Keeping/maintaining check lists

**c. Sub module 3: Supervision**

It deals with the knowledge and skills related to supervision necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Supervision of subordinate staff/CPSWs
- ii. Supervision with/in peer group
- iii. Communicating with clients' family about client's behavior/problem
- iv. Communicating with client regarding time/ fixing sessions/follow ups:
- v. Communicate with the supervisor via mail, fax or in person regarding the case

**d. Sub module 4: Linkage, coordination and referrals**

It deals with the knowledge and skills related to linkage, coordination and referral of cases necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Networking with teacher / schools:
- ii. Coordinating/networking with referral channels:
- iii. Coordinating/networking with security persons:
- iv. Participating in meeting / seminar with Stakeholder:
- v. Coordination and networking with club (child, Youth, mother, woman) members and other social organizations:
- vi. Coordination and networking Health Post Workers (HPW) trained in psychosocial health:
- vii. Coordination and networking with existing government and non-government committees (including child protection committee):
- viii. Coordination and networking with traditional healers:
- ix. Establish/strengthen network with individual organizations/psychosocial workers
- x. Referring to senior counselor / psychologist/ psycho therapist:
- xi. Referring severe mental cases to psychiatrist:
- xii. Referring to lawyer:
- xiii. Referring physical health cases to Doctor/ hospital
- xiv. Referring to Volunteer counselor/ therapist in relevant issue (Volunteer Counseling and testing (VCT) counselor/drug counselor ):
- xv. Referring to physiotherapist:
- xvi. Referring to rehab center/ shelter / home:
- xvii. Referring for community services
- xviii. Referring to vocational training:
- xix. Referring to human rights organization

## **Module 4: Capacity Building**

It deals with the knowledge and skills related to facilitation & professionalism development necessary for psychosocial counselor to carry out counseling activities in a professional way.

### a. **Sub module 1: Facilitation skill**

It deals with the knowledge and skills related to facilitation skills necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Preparing plan for conducting awareness program:
- ii. Selecting target group for awareness program
- iii. Circulating information about the program:
- iv. Arranging for conducting the program:
- v. Preparing program schedule:
- vi. Conducting awareness programs:
- vii. Evaluating/ following up of the programs:
- viii. Preparing program reports:
- ix. Concept of training program
- x. Preparing training materials:
- xi. Assigning role / responsibilities:
- xii. Managing venue:
- xiii. Preparing session / lesson plan:
- xiv. Managing human resources
- xv. Administering pretest:
- xvi. Administering posttest:
- xvii. Preparing action plans:
- xviii. Evaluating expected outcomes:
- xix. Following up of the training:
- xx. Conducting refresher training for CPSWs :
- xxi. Minimizing communication barriers:

### b. **Sub module 2: Professionalism Development**

It deals with the knowledge and skills related to professionalism development necessary for psychosocial counselor to carry out counseling activities in a professional way.

- i. Improving situational analysis skill:
- ii. Dealing cases regularly:
- iii. Reading related books, journals, articles and manuals:
- iv. Browsing WWW:
- v. Consulting with seniors:
- vi. Advocating for psychological counseling services:
- vii. Participating in meeting, seminars, workshops & training:
- viii. Conducting exposure visits:
- ix. Being member in professional association:
- x. Attending relevant refresher training:
- xi. Watching hear related electronic medias
- xii. Attending for higher studies:
- xiii. Participating in care for caregiver training:

**माथि उल्लेखित पाठ्यक्रमका एकाईहरुबाट सोधिने प्रश्नहरुको संख्या निम्नानुसार हुनेछ**

<b>Module Number</b>	<b>MCQ</b>	<b>Marks</b>	<b>Module Number</b>	<b>Long Answer Question</b>	<b>Marks</b>	<b>Module Number</b>	<b>Short Answer Question</b>	<b>Marks</b>	<b>Total</b>
1	20	75 Questions x 1 mark each	1	10	3 Questions x 10 marks each	1	15	9 Questions x 5 marks each	
2	20		2	10		2	10		
3	20		3	10		3	10		
4	15					4	10		
<b>Total Marks</b>	<b>75</b>			<b>30</b>			<b>45</b>		<b>150</b>

**P.N: Marks distribution:**

1. MCQ: 75 MCQ questions of 01 marks each may be from any of the Sub Modules of the 4 Modules.
2. Long Answer Questions: 3 Long answer questions of 10 marks each may be from 3 of the 4 Modules.
3. Short Answer Questions: 9 Short answer questions of 05 marks each may be from all the Sub Modules of the 4 Modules.

**प्रयोगात्मक परिक्षा पाठ्यक्रम**

समय: १२० मिनेट

पूर्णाङ्क: ५०  
उत्तिर्णाङ्क: २५

<b>S.No</b>	<b>Topic</b>	<b>Full Marks</b>	<b>Time</b>	<b>Remarks</b>
1.	History Taking	10	45 min	
2.	Mental Status Examination	10	10 min	
3.	Psychological Intervention			
	a. Psychological assessment	10	45 min	
	b. Treatment plan	10	10 min	
4.	Viva	10	10 min	
	<b>Total</b>	<b>50</b>	<b>120 min</b>	

**P.N:**

1. Each individual will be given 45 minutes with the patient for the History and examination of patient (Mental Status Examination).
2. Subsequently there will be 10 minutes for presentation of the history and examination during which the examiners assess the examinees.
3. In the third phase individuals will be given 45 minutes to prepare for psychological intervention which will be presented to the examiners. For this 10 minute is allotted.