

## **Master of Arts in Clinical Psychology**

**Duration: 2 years**

**Level: Post Graduation**

**Type: Degree**

**Eligibility: Graduation**

Clinical Psychology is one of the largest and most popular fields in psychology. It deals with the Master of Arts in Clinical Psychology which is a postgraduate Psychology course. Clinical Psychology is an integration of science, theory and clinical knowledge for the purpose of understanding, preventing and relieving psychological disorders or dysfunction and to promote subjective well-being and personal development. Clinical Psychology represents the largest sub-field of psychology. Specialty areas within clinical Psychology include mental health, emotional disturbances, learning disabilities, counseling and health psychology. The duration of the courses is two years and it has four semesters syllabus with credit system.

### **AIMS AND OBJECTIVES**

The aim of the course is to prepare the students to work as a Psychologist trained in clinical Psychology. The course is two year programme with extensive theoretical inputs and adequate clinical experience and skills to provide training in the area of clinical psychology.

### **ELIGIBILITY**

Bachelor's degree with minimum 50% marks in Psychology Hon's from any recognized university.

## PROGRAMME STRUCTURE

Semester	Paper	Course	Marks	Credits
<b>I</b>	<b>I</b>	Basic cognitive processes	100	4
	<b>II</b>	Biological foundations of Behavior	100	4
	<b>III</b>	Research Methodology	100	4
	<b>IV</b>	Positive Psychology	100	4
	<b>V</b>	Psychological Testing and Computer Applications	100	4
<b>II</b>	<b>VI</b>	Psychiatric Disorders	100	4
	<b>VII</b>	Statistics	100	4
	<b>VIII</b>	Lifespan Development & Social Correlates	100	4
	<b>IX</b>	Clinico Health Psychology	100	4
	<b>X</b>	Personality Assessment & CAA	50+50=100	4
<b>III</b>	<b>XI</b>	Clinical Psychology (Specialization)	100	4
	<b>XII</b>	Basic Counseling Process	100	4
	<b>XIII</b>	Psychotherapy	100	4
	<b>XIV</b>	Observation and Seminar presentation	100	4
	<b>XV</b>	Applied Psychology-I	100	4
	<b>XVI</b>	Applied Psychology-II	100	4
	<b>XVII</b>	Film Appreciation	100	4
<b>IV</b>	<b>XVIII</b>	Internship and Work experience	100+100=200	4+4=8
	<b>XIX</b>	Two term paper	50+50=100	4
	<b>XX</b>	Thesis / Field Study Students to be prepare thesis and presented thesis or documents in brief with Power-Point form in about 10 minutes and the work is to be evaluated by two external / internal examiners in the presence of the other faculty members to maintain transparency	100	4

**SEMESTER – 1**  
**PAPER – 1**  
**BASIC COGNITIVE PROCESS**  
**100 MARKS (4 CREDITS)**

**Objectives:** To provide the students with the knowledge of basic cognitive processes that give rise to varying forms of human behavior.

**Outcome:** Students will get the knowledge regarding basic cognitive processes which give rise to varying forms of human behavior.

**Unit – I: Introduction**

What is cognitive Psychology? Domain of Cognitive Psychology. Definition and issues of attention, processing capacity and selective attention, signals theories of attention (Filter , attenuation), visual attention, neuropsychological studies of attention.

**Unit- II: Perception**

Sensation and perception, perceptual span, iconic storage, echoic storage, function of sensory stores, visual pattern recognition, Gestalt approaches to perception: bottom up versus top down processing , template matching, prototype matching.

**Unit- III: Learning**

Basic Concepts- Classical Conditioning, Instrumental Conditioning, Paired Associate Learning, Imprinting learning, Learning and cognition, Learning and the brain, Learning and Motivation.

**Unit – IV: Memory**

Memory process, short term memory, Neurocognition of STM & LTM, the coding of information in STM, retrieval of information from STM, long term

memory, LTM storage and structure, models of memory– Information processing models of Memory. Disorders & Disruption in Memory.

### **Unit -V: Language**

Linguistics Hierarchy, phonemes, morphemes, syntax, Chomsky's theory of grammar, psycholinguistic aspects of language innate properties and environmental effects, linguistic relativity hypotheses, language and neurology.

#### **Text Books:**

1. Best, J.B. (1992). Cognitive Psychology .3rd Edition. West Publishing Company
2. Domjan, M., & Grau, J.W., (2009).The Principles of Learning and Behavior, 6th Edition, Wadsworth.
3. Galotti, K.M. (2001). Cognitive Psychology In and Out of the Laboratory. 2nd Edition. Wadsworth.
4. Goldstein B E (2007). Sensation and Perception (7th Edition) Wadsworth.
5. Kellogg, R.T. (2007) .Fundamentals of Cognitive Psychology. Sage Publications.
6. Matlin M W (2005) Cognition, Wiley & Sons, Inc.
7. Medin, B.L., Ross, B.H., Markman, A.B. (2001). Cognitive Psychology .3rd Edition. Harcourt College Publishers.
8. Reed, S.K. (2007). Cognitive theories and applications. International Edition. 8th Edition Wadsworth.
9. Solso, R, L. (2001) Cognitive Psychology. 6th Edition. Pearson Education.

#### **Reference Books:**

1. Robinson, Bridget and Robinson, Grog, Li, Cognitive psychology (2<sup>nd</sup> Edition), cengage learning.
2. Matlin, Margaret, W (2008), cognition, London wiley.

**SEMESTER – 1**  
**PAPER – II**  
**BIOLOGICAL FOUNDATIONS OF BEHAVIOUR**  
**100 MARKS (4 CREDITS)**

**Objectives:** Brain disorders cause symptoms that look remarkably like other functional psychological disorders. The aim of this paper is to provide important biological foundations of human behavior and various syndromes and main focus in the Brain.

**Outcome:** Students will get important knowledge regarding biological foundations of human behavior and various syndromes.

**Unit –I: Structure and functions of Neurons**

The neuron, basic structure, Types of neuron, communication within a neuron (membrane potential, action potential, spike potential) neurotransmitters, neuro-modulations and hormones, Synaptic transmission.

**Unit – II: Exploration**

Exploring the major anatomical sub divisions of the human brain & spinal cord, discovering cortical functioning. Methods of Brain Mapping (EEG, CT Scans, PET scans, FMRI, MEG, TMS, MICROCT)

**Unit III: Mapping the Limbic system**

The Brain Stem, the Hippocampus, Amygdala, its role in regulating behavior, split brain, Hemispheric Specialization: the two hemispheres: allies or opposites. Localization and lateralization functioning.

**Unit – IV: Biological Rhythms**

Sleep cycle, circadian Rhythms, moods and long term Rhythms, Stress and Depression, Hormonal control of aggression.

**Unit – V: Physiological basis**

Physiological basis of emotion, learning, learning to change physiological process (Bio-feedback and Jacobson's progressive muscle Relaxation Technique), autogenic training.

**Text Books:**

1. Carlson, N.R. (2004) Physiology of Behaviour (8<sup>th</sup> edition). Boston: Allyn & Bacon.
2. Schneider M Alles (1990) an introduction to physiological psychology (3<sup>rd</sup> edition) USA; Random Howe.
3. Kalat, J.W (2004) Biological Psychology (8<sup>th</sup> edition) Belmont: wadsworth/Thomson learning.

**Reference Book:**

1. Leninal, C.F (1990) Introduction to physiological psychology, 3<sup>rd</sup> edition, New Delhi, Prentice Hall of India
2. Pinel, J.P.J. (2007) Biopsychology, 4<sup>th</sup> Edition Pearson Singapore.
3. Carole wade & Carol Tavries, Psychology
4. Morgan & Stellar, 2<sup>nd</sup> Edition, Physiological Psychology

**SEMESTER-I****PAPER-III****RESEARCH METHODOLOGY****100 MARKS (4 CREDITS)**

**Objective:** - To provide the students a thorough knowledge of research and research methods so as to enable them to carry out research later.

**Outcome:** Students will get a thorough knowledge of research and research methods so as to enable them to carry out research later.

**Unit-I:**

Research Designs: Introduction to Research Designs, Types of Research Designs, Experimental Research Designs, Correlational Research Designs, Threats to Internal and External Validity of Research Designs..

**Unit-II:**

Review of Literature: Need for review of literature, purpose, Literature search procedure, Sources of Literature, Planning the Review work, Note taking

### **Unit-III:**

Methods of Data Collection: Meaning and importance of data, sources of data, Use of secondary data, methods of collecting primary data, observation, Experimentation, Simulation, Interviewing, sociometry, content Analysis

### **Unit-IV:**

Field Work and Data Analysis: The Nature of Field Work, Sampling frame and sample selection, Field Operation. Preparation for Analysis, Editing, Coding and Classification. Choosing Appropriate Statistical Tests, Descriptive Analysis, Inferential Analysis

### **Unit-V:**

Writing Research Proposal and Research Report: Research Proposal- Title of the Research, Introduction- Definition, Assumption, limitation and delimitations; Review of Related Literature, Hypothesis, Methods, time Schedule, Expected Results, References, Appendix. Research Report- Meaning, Purpose and Characteristics of a report, Types of Reports- Technical Reports/Thesis, Research abstract, Research Article, and Research Report Format.

### **Text Books;**

1. C R Kothari & Gaurav Garg, 2017 Research Methodology Methods and Techniques, New Age International Publisher.
2. Research in Education (2007), Bent & Kahn
3. Heiman, Gary (2001). Research Methods in Psychology. Wadsworth Publishing.
4. Heiman, Gary (2000). Understanding Research Methods and Statistics: An Integrated Introduction for Psychology. Wadsworth Publishing.
5. Kerlinger, Fred N (1983). Foundation of Behavioural Research. Delhi, Surjeet Publication Ltd.
6. Methodology of Research in Social Sciences (2010), O.R. Krishna Swami & M. Ranganatham, Himalaya Publishers House.

### **Reference Books;**

1. Majumdar, P K (2011). Research Methods in Social Science. New Delhi, Viva Books.

2. Dash, Priyaranjan (2011). Research Methodology with SPSS. Delhi, Vrinda Publication (P) Ltd.
3. Haslam, S. Alexander and McGary, Craig (2003). Research Methods and Statistics in Psychology. London, SAGE Publications.

**SEMESTER-I**  
**PAPER-IV**  
**POSITIVE PSYCHOLOGY**  
**100 MARKS (4 CREDITS)**

**Objective:** - To acquaint learners with concepts of positive Psychology, to explain various Psychological aspects as a function of positive Psychology and to understand specific areas and applications of positive Psychology.

**Outcome:** Students will get a thorough knowledge about various Psychological aspects as a function of positive Psychology and to understand specific areas and applications of positive Psychology.

**Unit-I:**

Looking at Psychology from a positive perspective, Eastern and western perspectives on positive Psychology Eastern influences Taoism, Buddhism, Hinduism and East meets west, value system, Orientation to time. Thought processes, East and West which one is the best?

**Unit-II:**

Developing strength and Living well in a cultural context: Culture and Psychology, positive Psychology: Culture free or culturally embedded daily practice. Determining the foundations of the good life.

**Unit-III:**

Living well at every stage of life: Resilience in childhood, the case of Jackson, what is Resilience, positive youth development, Tasks of Adulthood, successful Aging and Developmental focus on positive psychology.

**Unit-IV:**

Positive Emotional state and processes; understanding positive effect, positive emotions, Happiness and wellbeing, Distinguish the positive and negative complete mental health: emotional, social and Psychological well-being, Increasing Happiness in your life. Life enhancement strategies, an emotional balancing act.

**Unit-V:**

Self- Efficacy, Optimism and Hope wisdom and courage self efficacy, self efficacy's influence in life. Learned optimism, Childhood antecedents of Hope, what hope predicts? Wisdom-implicit theories of wisdom, explicit theories of wisdom Relationship between wisdom & intelligence.

**Test Book:-**

1. Positive Psychology the scientific and practical exploration of Human strengths C.R snyder Sh.que J.Lopez and Jenicifer Teramoto pedroffi, 2006, sage pubelication.
2. Seligomom, MEP, Steen,T.A, park.N & Peterson,C (2005) positive Psychology progress empirical validation of intervention. Psychologist, 60 ( 5 ), 410-421

**Reference Books:-**

1. Carr, A (2004) Positive Psychology a science of happiness and human strengths, New York, NY-BR publishers.
2. Auxiliary learning material.

**SEMESTER-I****PAPER-V****PSYCHOLOGICAL TESTING AND COMPUTER APPLICATIONS****100 MARKS (6 CREDIT)**

**Objective:-** Students are required to understand the processes of testing, use of manual to administer, answer questions and interpret the result of any three of the following tests, out of which at least one from each group.

**Outcome:** Students will understand the processes of testing, use of manual to administer, answer questions and interpret the result of following tests.

**Ability testing (50 marks)**

Group A- Neuro-Psychological Battery:

1. Long Bhatia
2. AIIMS Battery
3. NIMHANS Battery
4. PGIBBD

Group B- Other Cognitive Tests

1. WAIS/WISC-R
2. Ravens colored progressive matrices.
3. Ravens standard progressive matrices
4. Emotional intelligence Test
5. SLD Battery (special learning disorder assessment)

**Computer Applications (50 marks)**

The students will be given exposure on handling processes of using the word processor, Power Point presentation & MS EXCEL.

**SEMESTER-II**

**PAPER-V**

**100 MARKS (4 CREDIT)**

**PSYCHIATRIC DISORDERS**

**Objective-** To provide enough knowledge about different mental disorders and their nature and causes.

**Outcome:** students will get enough knowledge about different mental disorders and their nature and causes.

**Unit-I: Systems of classification**

Basic features of DSM-V and ICD-11, similarities, differences and critical evaluation; Major theoretical models of psychopathology: behavioural, cognitive & psychodynamic.

## **Unit-II: Organic Disorders & Substance Use Disorders**

Epidemiology, Clinical Feature, Classification & Etiology of Delirium, Dementia, Amnesia & Substance Use Disorders.

## **Unit-III: Personality Disorders**

Epidemiology, Clinical Feature, Classification & Etiology of different types of Personality Disorders. (Cluster A, B & C)

## **Unit-IV: Anxiety Disorders**

Epidemiology, Clinical Feature, Classification & Etiology of Anxiety Disorders. (GAD, PTSD, Phobia, Panic & Somatic disorders)

## **Unit-V: Psychotic Disorders**

Epidemiology, Clinical Feature, Classification & Etiology of Psychotic Disorders. (Schizophrenia or other primary psychotic disorders & OCD).

### **Text Books-**

1. Ahuja N (2002). A short text book of Psychiatry (5th edition). New Delhi. Jaypee Brothers.
2. Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins.

### **Reference Books-**

1. Hecker, S.E. & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice & ethics. Delhi: Pearson Education, Inc.
2. Adams, H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3<sup>rd</sup> Ed.). New York: Kluwer Academic publishers.
3. Millon, T., Blaney, P., & Davis, R.D. (1998). The oxford textbook of psychopathology. London: Oxford University Press.

## **SEMESTER-II**

### **PAPER-VII**

### **STATISTICS**

100 MARKS (4 CREDITS)

**Objectives:** - To acquaint the students with basic Statistical techniques and their applications so as to enable them to analyze the data and draw inferences from their own research.

**Outcome:** students will understand basic Statistical techniques and their applications so as to enable them to analyze the data and draw inferences from their own research.

**Unit-I:**

Levels of measurement, probability: the nature of probability, Normal Probability Curve-characteristics and application. Testing of Hypotheses, Levels of significance, Errors of inference, one tailed and two tailed Tests.

**Unit-II:**

Dealing with Nominal Scale: Parametric and Non Parametric statistical Tests, Chi-square ( $\chi^2$ ) Test, the phi-Coefficient , the contingency coefficient, ordinal scale : wilcoxon signed rank test, Kruskal wallis 'H', Friedman Two way analysis of variance, Rank order correlation.

**Unit-III:**

Analysis of variance independent measures Nature and purpose, 'F' test and T' test, The logic at Analysis of variance(Independent Measures) one –way analysis of variance, Two way Analysis of variance, assumptions underlying the Analysis of variance , Transformation of data.

**Unit-IV:**

Analysis of variance (Repeated Measures): One-way (Single factor) ANOVA with Repeated Measures Design; Two Way (Two factor) ANOVA with repeated measures on one factor.

**Unit-V:**

Regression, Linear regression, multiple regressions.

**Text Books;**

1. Kerlinger, N. (1996). Foundations of behavioural research. India: Prentice Hall
2. Gravetter,F.J.,& Forzana,L.A.B(2009). Research methods for behavioral sciences .United States :Wordsworth cengage learning .

3. Bordens, K.S., & Abbott, B.B. (2006). Research and design methods: A process approach (6th ed.). New Delhi: Tata McGraw-Hill Company Limited
4. Goodwin, C.J. (2002). Research in psychology: Methods and design (3rd ed.). New Jersey: John Wiley & Sons, Inc.
5. Coolican ,H.(2004).Research methods and Statistics in Psychology. London: Hoddes Arnold

### **Reference Books:**

1. Gravetter F.J.N. Wallnau, I.B (2002), Essential of Statistics for the behavioral sciences 4th ed Pacific Grove CA; WADSWORTH/Thompson Learning.
2. Broota, K.D (1989) Experimental Design in Behavioral Research, New-Delhi, Wiley Eastern Limited
3. Guilford, J.P.(1976). Statistics in Psychology and Education (6th Edition)
4. Spss for Windows.

## **SEMESTER-II**

### **PAPER- VIII**

### **LIFE SPAN DEVELOPMENT & SOCIAL CORRELATES**

**100 MARKS (4 CREDITS)**

**Objectives:** To acquaint the students about the application of Social and Developmental Psychology in various fields and enable them to apply this knowledge to deal with the problems of their own life as well as the society of which they are a part.

**Outcome:** students will get knowledge about the application of Social and Developmental Psychology in various fields and enable them to apply this knowledge to deal with the problems of their own life as well as the society.

#### **Unit-I:**

Understanding Development: Developmental Research designs, theories of development.

**Unit-II:**

Disorders of Childhood: Epidemiology, Clinical Features, Classification & Etiology of Mental retardation, Learning Disability, ADHD, Autism, Disruptive Behavior Disorders.

**Unit-III:**

Adolescence & Adult: Physical development, gender identity, Problems during adolescence(Eating Disorders). Adulthood: Beginning of a family, work, gender role shifting, midlife crises, old age, aging process, death and bereavement.

**Unit-IV:**

Socio- Cultural Correlates of Mental Illness: Race, social class, poverty, unemployment, prejudice, social unchanged, crime, violence, religion, urban stressors issues.

**Unit-V:**

Childhood attachment, maturation, psychosocial crises, Parenting styles, Parenting and the development of children's self-regulation.

**Text Books:**

1. Sigel man & Rider: wadsworth & cengage, Lifespan Human Development (2009)
2. Papalia, Olds and Feldman, 2007, Human Development
3. Social Psychology (1995) Magadham
4. Social Psychology, Baron & Byrne
5. Health Psychology (2006) Taylar: MC Graw-Hill

**Reference Books:**

1. Schneider, F.W., Gruman, I. & Coutts, L.M (Eds.) (2005) – Applied Social Psychology, Understanding & Addressing Social & Practical problems, London, Blackwell.
2. Bunk, B.P., & Van Vugt, M (2007), Applying Social Psychology, From problems to solutions. Thousand Oaks, C.A., Sage Publication.

**PAPER- IX**  
**CLINICO HEALTH PSYCHOLOGY**  
**MARKS- 100 (4 CREDITS)**

**Objectives:** To think critically about the Science of Clinicio Health Psychology and develop ideas, critiques and conclusions of their occurrence.

**Outcome:** Students will get knowledge regarding different mental issues which arising out of an illness, physical disability and other medical conditions.

**Unit-I:**

Health Psychology: Mind-Body issues: Illness: causes, Effects and control patterns, Attitude change and health behavior, Barriers in modifying poor health behavior, Intervention with at-risk people, Ethnic and Gender differences in Health Risks and Habits.

**Unit-II:**

Stress: Stress & Stressor, Theoretical contributions to the study of stress, Accessing stress, Dimensions of stressful events, Basic techniques of stress management. Stress and Human made Disasters, Treating stress related problems.

**Unit-III:**

Management of chronic illness: Quality of life, Emotional responses to chronic illness, Death across the lifespan: Death in infancy or childhood, Death in young adulthood, Death in middle age and old age, psychological issues in advancing illness.

**Unit-IV:**

Pain and its Management: What is Pain Management? Measuring pain, physiology of pain, Neurochemical bases of pain, pain and personality, Nature of patient provider communication, Provider Behaviours, Results of poor patients provider communication. Evaluation of pain management programmes.

## **Unit-V:**

Health Psychology trends for the future: Indigenous Therapies: Yoga, Meditation, focus on those at risk; focus on the elderly, promoting resilience, Societal change and health.

### **Text Books:**

1. Health Psychology – Shelley E. Taylor (2006) Tata MCGraw – Hill Edition
2. Health Psychology – Bennett
3. Health Psychology – Mure
4. Health Psychology-Brannon and Feist

### **Reference Books-**

1. Health Psychology- N. Khatoon
2. Health Psychology-Edward P. Sarafino (1994)

## **SEMESTER-II**

### **PAPER- X**

## **PERSONALITY ASSESSMENT AND COMPUTER ASSISTED ANALYSIS**

**100 MARKS (6 CREDITS)**

### **Personality Assessment (50 marks)**

The students are required to understand the process of testing use of manual to administer, answer questions and interpret the result of any four of the following test:

1. Rorschach Test
2. MMPI
3. 16 PF Test
4. Neo-Fi
5. MBTI
6. TAT
7. EPQ
8. MPQ

### **Computer Assisted Analysis (50 marks)**

**Objectives:** Data analysis (SPSS) is a tool for evaluating the students regarding selection of software, the way data entered for analysis, steps involved in and followed by the student in data analysis, presentation of results and skills demonstrated in report writing.

**Outcomes:** Students will understand the process of testing, use of manual to administer, answer questions and interpret the result of different personality tests as well as the way data entered for analysis, steps involved in data analysis.

Data entry and coding, Importing data to SPSS from MS Excel, Calculating Mean, Median and Mode, graph, Standard Deviation, Scatter-plot, Pearson's Product Moment Method, Spearman's Rank order Method, t-test (independent & paired), ANOVA(One way & Two way), Chi-square, Mann Whitney U test, Median test, Wilcoxon test, Sign test, Kruskal-Wallis test, Friedman test, regression and multiple regressions etc Interpreting the output generated by SPSS, Exporting to MS Word, MS power point.

## **SEMESTER-III**

### **CLINICAL PSYCHOLOGY (SPECIALISATION)**

#### **100 MARKS (4 CREDITS)**

#### **PAPER-XI**

**Objectives:** The course aims at providing students with the skills of clinical interviewing, assessment and therapy. To develop a basic understanding about assessment and intervention in the context of clinical psychology.

**Outcome:** Students will understand the skills of clinical interviewing, assessment and therapy.

**Unit-I**

Introduction to Clinical Psychology, Definition, characteristics of Clinical Psychologist, activities and work settings of Clinical Psychologist, Professional issues, training, ethical standards, Clinical Psychology in India.

**Unit-II:**

Distinguishing clinical psychology from psychiatry, counseling, and other related professions. Techniques of assessment: case study, clinical interview, observation, behavioral assessment.

**Unit-III:**

Models in Clinical Psychology: The medical model, Alternatives to the medical model (Genetic models, Biological models, Psychological model, Socio cultural model).

**Unit-IV:**

Mental Status Examination & History Taking

**Unit-V:**

Psychological Assessment: Planning the assessment, data collection, processing assessment data, communicating assessment findings, personality assessment: projective methods, objective methods, the place of personality assessment in contemporary clinical psychology.

**Text Books:**

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
3. Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th Ed.). Belmont, CA: Wadsworth/Thomson Learning.
4. Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins

**SEMESTER-III**  
**PAPER-XII**  
**BASIC COUNSELLING PROCESSES**  
**MARKS-100(4 CREDITS)**

**Objective:** To train the students to become an effective counselor with an understanding of the theories and practice of counseling and application of this knowledge in real life set up.

**Outcome:** Students will understand different theories of counseling and application of this knowledge in real life set up.

**Unit-I**

Introduction to counseling Psychology: A growing profession–Definition, meaning and scope, counseling Psychology and other specialties and fields, current trends in counseling.

**Unit-II**

Approaches to counseling: Psychoanalysis, cognitive and behavioral & humanistic.

**Unit-III**

Building counseling relationships Factors influencing counseling processes. Client-Qualities, characteristics of an effective counselor, counseling interview.

**Unit-IV**

Stages of counseling: Exploration, identification of goals, termination of a counseling relationship. Resistance to closing: client & counselor resistance.

**Unit-V**

Working in counseling Relationship: counselor's skills in the understanding and action phases, transference and counter transference, and the real relationship, Ethical and legal issues of counseling.

### **Test Books**

1. Gladding, Samuel T (2011) counseling: A comprehensive profession. ( 6<sup>th</sup> Edn); prentice Hall
2. Gladding Samuel S.T. Pearson (2009 ) counseling: A comprehensive profession
3. Gelso, J. and Fretz, R(2000) counseling psychology, Brookscole.

### **Reference Books**

1. Prterson, J, Vincent and Nisenholtz, Bernand (1998) Orientation to counseling (4<sup>th</sup> edition Allxn & Bacon)
2. Corsini, Rouymond j and wedding , Danny( 2010) cument Psychotaeraes, Books Cole.
3. Judith, Toddand Arthur, C Bohant (2005) Foundations of Clinical and counseling Psychology ( 4<sup>th</sup> ed.)

## **SEMESTER-III**

### **PAPER-XIII**

### **PSYCHOTHERAPY**

### **MARKS-100 (4 CREDITS)**

**Objectives-** To train the students to become effective therapist with an understanding of the theory and Practices.

**Outcome:** Students will get the knowledge regarding various therapeutic techniques.

#### **Unit-I**

Introduction to psychotherapeutic techniques, Evolution of psychotherapeutic techniques. Goals of psychotherapy and steps involved in psychotherapy, Characteristics of a therapist- Ethical issues.

#### **Unit-II**

Psychoanalysis & Psychodynamic Psychotherapy: Major Concepts, Techniques & Goals of Interpersonal psychotherapy, Client centered Therapy, Existential Psychotherapy( Positive Psychological approach and psychotherapy).

### **Unit-III**

Cognitive Therapies: Basic Principles and assumptions, Cognitive Behavior Therapy, Rational Emotive Behaviour Therapy (REBT) and Mindfulness based cognitive therapy.

### **Unit-IV**

Behavior Therapy: origin, foundations & methodologies: Desensitization, Extinction & Operant procedures. Group Psychotherapy.

### **Unit-V**

Systematic approach to therapy: supportive therapy, Family therapy and marital therapy. Therapy for coronary Heart Disease, Diabetes, Cancer and AIDS patients.

### **Test Books-**

1. Andrew M.( 2008 ) clinical psychology Science, practice and culture, New Delhi SAGE
2. Bloch Sidney ( 1996) introduction of psychotherapies, Oxford medical publication .
3. Capsezzi D & Gross DR(2007) counseling and psychotherapy- Theories and intervention(Low price edition)
4. Corey Gerald (5th edition) theory and practice of counseling and psychotherapy.

### **Reference Books:**

1. Hecker, J.E& Thorpe, G.L,(2005) Introduction to clinical psychology. Pearson publication.
2. Christensen, Alan.J. & Antoni, M.H.(2002) chronic physical Disorders. Blackwelh publishing.
3. Nietzel Michel T. Bernstein D.A., Milich R (1994) Introduction to chinal psychology, prentice hall, New Jerrey
4. Korchin Sheldon J.( 1998 ) modern clinical psychology CBS publisher.

**SEMESTER-III**  
**PAPER-XIV**  
**OBSERVATION AND SEMINAR PRESENTATION**  
**MARKS-100 (6 CREDITS)**

**Rating Scale (50 Marks)**

1. Yale-Brown Obsessive Compulsive Test
2. Hamilton Depression Rating Scale(HAM-D)
3. Hamilton Anxiety Rating Scale(HAM-A)
4. Beck Depression Inventory-II(BDI-II)
5. ADHD Rating Scale
6. INCLNT Test for Autism & ISAA

**Seminar presentation (50 Marks)**

The students will choose any topic for presentation in a student's seminar where students will ask questions regarding the topic and the performance will be evaluated by two teachers. The average of two will be the marks secured by the student.

**SEMESTER-III**  
**ALLIED ELECTIVE**  
**APPLIED PSYCHOLOGY-I**  
**(PSYCHOLOGICAL ISSUES AND APPLICATIONS)**  
**PAPER-XVII**  
**100 MARKS (4 CREDITS)**

**Objectives:** To Impart knowledge of psychology and application in practical field particularly in Indian context. They would be able to grasp the various issues and problems at Indian society and apply the knowledge of psychology to deal with them.

**Outcome:** Students will be able to grasp the knowledge regarding various issues and problems at Indian society and apply the knowledge of psychology to deal with them.

### **Unit-I**

Community Psychology: Definition and concept of community psychology; Role of community consciousness and action for handling social problems; Group decision making and leadership for social change, Effective strategies for social change.

### **Unit-II**

Rehabilitation Psychology: Primary, Secondary and tertiary Prevention programmes, role of psychologist: organization of services for rehabilitation of physically, mentally, and socially challenged person including old persons, Rehabilitation of persons suffering from substance abuse, juvenile delinquency,

### **Unit-III**

Forensic Psychology: Bases of Criminal Behavior, Forensic assessment, civil forensic procedures, criminal forensic procedures.

### **Unit-IV**

Application of psychology in information Technology and mass media: The present scenario of IT and mass media boom and the role of psychologists, learning through IT mass media psychological consequences of recent development in IT.

### **Unit-V**

Applying Social Psychology: Theories of conflict, conflict management, Applying Social Psychology to education: interpersonal & intrapersonal processes.

### **Text Books:**

1. Bull, R.(2011) Forensic psychology (four volume set)
2. Smarak swain, Applied Psychology, New Vishal Publications, New-Delhi.

3. Snyder, C.R., Lopez, S.J., & Pedrotti, J.T. (2011) Positive psychology: The scientific and practical exploration of human strengths, New Delhi: Sage South Asia Edition.
4. Davies, G. & B.A. (2012) Forensic Psychology: Crime, Justice, Law, Interventions (2<sup>nd</sup> ed) BPS Text Books & Journals

**References:**

1. Seligman, M.E.P., Steen, T.A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *Positive Psychology*, 6(5), 410-421
2. Carr, A. (2004) Positive psychology: A science of happiness and human strengths. New York, NY: Brunner Publishers

**SEMESTER-III**  
**APPLIED PSYCHOLOGY-II**  
**(PSYCHOLOGICAL ISSUES AND APPLICATION)**  
**PAPER-XVI**  
**100 MARKS (4 CREDITS)**

**Objectives** - To impart knowledge of psychology and application in practical field particularly in Indian context. They would be able to grasp the various issues and problems at Indian society and apply the knowledge of psychology to deal with them.

**Outcome:** Students will get knowledge of psychology and application in practical field particularly in Indian context.

**Unit-I**

Application of Psychology to environment and related fields: Environmental psychology effects of noise, pollution and crowding, population psychology; psychological consequences of population explosion and high population density; motivating for small family.

**Unit-II**

Application of psychology in the field of Defence: The concept of military psychology, Aviation psychology Role of military psychologists in the

defense, selection, recruitment and training of personnel psychology disorder due to war.

### **Unit-III**

Psychology of Gender: Issues at discrimination, management of diversity, self-fulfilling prophesy, women and Indian society, Gender related issues with reference to India.

### **Unit-IV**

Sports Psychology, Performance of sports personnel, psychology of corruption, psychology at terrorism and strategies to deal with them.

### **Unit-V**

Social psychology and the criminal behavior, responses of the criminal justice system, Applying social psychology to positive well- being.

### **Text Books**

1. Misra, Girishawar (edited) (2009)Applied Social psychology in India
2. Misra, Girishawar(edited) (2011) psychology in India : theoretical and methodological Developments, Delhi, ICSSR- Pearson, New-Delhi concept publishing.

### **Reference Books**

1. Berry, Johnw, Mishra R.C and Tripathy, R.C(editors)(2003) Psychology in Human and Social Development Lessons from Diverse cultures, sage publications, New-Delhi

**SEMESTER-III**  
**FREE ELECTIVE**  
**FILM APPRECIATION PAPER-XVII**  
**100 MARKS (4 CREDITS)**

Films based on psychology themes like positive psychology, parenting, child Development, Adolescents Development and risks, mid-life crisis, old age problems, mental illness, social support will be shown to the students and they will have to go for a critical appreciations/evaluation of the films students will

have to submit a written report to this effect and will also make a power point presentation.

**SEMESTER-IV**  
**PAPER-XVIII**  
**INTERNSHIP & WORK EXPERIENCE**  
**200 MARKS (8 CREDITS)**

Internship for 3 months at SCB medical college or any other medical college where they will study the patients and submit a case report after completion of Internship by utilizing their work experience.

**SEMESTER-IV**  
**PAPER-XIX**  
**TERM PAPERS**  
**MARKS-100 (4 CREDITS)**

Students will prepare two term papers related to Clinical Psychology and submit the term papers before the examination to the HOD and it will be valued by faculty members.

**SEMESTER-IV**  
**THESIS/FIELD STUDY**  
**PAPER-XX**  
**MARKS-100 (4 CREDITS)**

Students will do thesis or field study by taking the help of medical colleges and patients of psychiatry department.