

**Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.**

**M.A. Psychology  
Semester I - Paper I**

**CODE – 1CPT-1**

**COGNITIVE PSYCHOLOGY**

**UNIT- 1**

Cognitive psychology: What is cognitive psychology? Origin and current status, Cognitive psychology and related fields

Characteristics of human information processing: feature analysis, hierarchical organization, parallel processing.

Representation and processing of knowledge: mental representation, mental procedures.

Cognitive neuroscience : brain lesion, brain imaging

**UNIT –2**

Cognitive phenomenon: Cognitive style, Cognitive structure, Cognitive consistency, Cognitive map

**UNIT-3**

Attention

Theories of attention, Selective attention and divided attention, resource allocation

Conscious and unconscious processing

Neurophysiology of attention

Signal detection theory , subliminal perception

**UNIT-4**

Metacognition

Definition of metacognition: knowledge, monitoring and control.

Metamemory: judgement of learning, feeling of knowing. (Illusion of knowledge)

Tip of the tongue phenomenon, Metacomprehension, Application of metacognition

**UNIT-5**

Thinking and problem solving

Types of thinking: convergent and divergent thinking

Theories of thought process: association, gestalt, information processing.

Components of thinking: ideas, images, concepts

Functions of thinking: types of reasoning, problem solving

Decision making

**Books Recommended**

Bernstein, D.A., Penner, L.P., Clarke-Stewart, E.J. (2008). *Psychology* (8<sup>th</sup> Ed.). N.Y.: Houghton Mifflin  
Smith, E. E. & Kosslyn, S. M.. (2007) *Cognitive Psychology Mind and Brain*. Prentice – Hall of India  
Private Limited.

Matlin, M. W. (2006) *Cognition*, John Wiley & Sons, Inc. U.S.A.

Baddeley, A. (1986). *Working memory*. Oxford: Clarendon Press.

Baron, R.(2004) *Psychology*. New Delhi : Prentice – Hall of India.

Galloti,K.M.(2006).*Cognitive psychology In and Out of the Laboratory*. USA:Wadsworth/ Thomson  
Learning.

Matlin, M.W.(2003). *Cognition*. USA: John Wiley and sons.

Jahnke, IC.,Nowaczyk, R.H.(1998). *Cognition*. New Jersey : Prentice Hall.

Glass ,Lewis, A, Hylock,James,K.(1986). *Cognition*. McGraw Hill book company.

**M.A. Psychology**  
**Semester I - Paper - II**

**CODE- 1RMST-2:      RESEARCH METHOD, STATISTIC & PSYCHOLOGICAL TESTING**

**UNIT 1**

Scientific thinking and common sense thinking,

Problem: concept, criteria and sources;

Hypothesis: concept, criteria, types, sources and information; significance of problem and hypothesis in psychological research.

**UNIT 2**

Experimentation in Psychology

Purpose, Nature of variables; Techniques of experimental manipulation, Impact and control in experiment.

Sources of bias, Ethical issues in Psychological research.

**UNIT 3**

Psychological Testing

Function and origins of psychological testing; Nature and the use of Psychological test; Social and ethical implications of testing.

Standardized Test

Its meaning, its psychometric properties; item analysis, validity and reliability; basic concept of measurement and interpretation; norms and interpretation of test scores.

**UNIT 4**

Parametric and non parametric Methods

t-distribution, t- test, F distribution, ANOVA, Sign test and U test.

**UNIT 5**

Correlation: [Product moment]; [Rank difference]; [Biserial, Phi]. Regression equation; its utility

Effect size, Sample size, Types of sample, Standard score, T, percentile.

**Books Recommended**

Kerlinger, F.N.(1973). *Foundation of Behavioural Research* (2<sup>nd</sup> Ed.). N.Y.: Holt Rinehart & Wilson

Anastasi, A., Urbina, S. (2004). *Psychological Testing* (7<sup>th</sup> Ed.). India: Pearson Education Pvt. Ltd. (Indian Branch

Guilford, J.P. & Fruchter, B. (1978). *Fundamental Statistics in Psychology and Education* (6<sup>th</sup> Ed.). N.Y.: McGraw Hill

Mangal, S. K. (2007). *Statistics in Psychology and Education* (2<sup>nd</sup> Ed.). New Delhi: Prentice Hall of India.

King, B. M. & Minium, E.M. (2003). *Statistical Reasoning in Psychology and Education* (4th Ed.). U.S.A.: John Wiley & Sons

Aron, A., Aron, E.N. (1994). *Statistics for Psychology*. U.K.: Prentice Hall

Scott, W. A. & Wertheimer, M. (1962). *Introduction to Psychological Research*. N.Y.: John Wiley & Sons

**M.A. Psychology**  
**Semester I - Paper - III**

**CODE- 1PER-1T-3**

**PERSONALITY THEORIES- I**

AIM: To help student gain clearer insight

- 1] in understanding human behaviour
- 2] in multiple determinants of personality.

And

- 3] To provide solid foundation for further study and evaluation of human behaviour.

**Unit – 1**

Personality Psychology

Introduction to the discipline. The concept of personality (meaning, definition, heterogeneity etc..) Theories of personality. Components of personality theory/ies. Criteria for evaluating personality theories. Important issues in personality theories.

**Unit -2**

Personality Assessment

Research and assessment in personality psychology. Case history method. Correlational method. Experimental method. Autobiography and biography.

Testing and measurement in personality. Types of assessment techniques: projective assessment, observation, self – report questionnaires, interview.

**Unit – 3**

The psychodynamic approach to personality

Sigmund Freud.

Carl Jung.

Alfred Adler

**Unit 4**

Ego psychology. Hartman, A. Freud, Erikson, Mahler

**Unit – 5**

Trait and Type Approach

Cattell's trait approach

Eysenck's Trait – Type approach

The Five Robust Factors – Super traits

**Books Recommended**

Ewen R. B. (1988) An introduction to theories of personality. 6<sup>th</sup> edn. Lawrence Erlbaum Associates Inc. Mahwah New Jersey, London

Boeree, C. G. (2006) Personality Theories

[ <http://www.ship.edu/%7Ecgboree/perscontents.html> ]

Hjelle, L. A. and Ziegler, D. J. (1992) Personality Theories. Basic assumptions, research and Applications, 3<sup>rd</sup> edn. McGraw-Hill Inc. International Edition.

Pervin, L. a Personality: Theory and Research, (1991) 6<sup>th</sup> edn, John Wiley & Sons, Inc. U.S.A.

Pervin, L. (2003). The Science of Personality. 2<sup>nd</sup> edn. Oxford University Press. New York

Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3<sup>rd</sup> edn.. John Wiley & Sons, Inc. U.S.A.

**M.A. Psychology**  
**Semester I - Paper - IV**

**CODE 1ASPT-4**

**Advanced Social Psychology**

**UNIT-1**

Introduction to social psychology

Social psychology: definition, nature, scope and goals of social psychology.

Social psychology in the new millennium: cognitive perspective, multicultural perspective, biological and evolutionary perspective.

**UNIT- 2**

Social cognition: the self in social world: self concept, perceived self control, self esteem, self serving biases self presentation.

Social beliefs and judgments: attributing causality, fundamental attribution error, heuristics and automatic processing, reduction of error in social cognition, potential sources of errors in social cognition, affect and cognition

**UNIT-3**

Attitude and behaviour

Formation of attitudes

How attitude influences behaviour, attitude change

Persuasion: paths and elements of persuasion, resistance to persuasion, cognitive dissonance.

**UNIT-4**

Social psychology and sustainable future

Global crisis: sustainable life styles, creating incentives to conserve.

Psychology of materialism and wealth.

Creating sustainable future: adjusting adaptations and comparisons.

**UNIT -5**

Aggression

Aggression : theoretical perspectives, determinants of aggression and its causes.

The prevention and control of human aggression : punishment , catharsis, cognitive intervention and other techniques.

**Books recommended**

Myers, D.G. (2005). *Social psychology*. New Delhi; Tata McGraw- Hill.

Baron, R.A. ,Byrne, D. (2003). *Social Psychology*. New Delhi : Prentice – Hall of India.

Schneider, W.F., Gruman, J.A., Coutts, L.M. (2005). *Applied Social Psychology; Understanding and Addressing Practical Problems*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Tripathi, R.C. (1988). *Applied Social Psychology*. In J. Pandey. (Ed.) *Psychology in India: The state-of-the art*. (pp. 95 -157). New Delhi: Sage Pub.

# M.A. Psychology

## Semester I - Paper – V

CODE -1PP-1

### PSYCHOLOGY PRACTICUM

This paper consists of five laboratory experiments\* and one mini field – study\*\*; related to attitudes/current psychological issues.

Each student shall complete five experiments during the 1<sup>st</sup> semester period. Each student shall submit journal containing reports of experiments and a report of mini field study.

*(\*Experiments to be conducted will be decided by concerned teachers' committee.)*

*(\*\*Topics/areas for field study will be decided by the student(s) in consultation with concerned teachers' committee.)*

<b>Internal Assessment</b>	Marks 150
- Performance during academic session	15 marks
- Experiment and mini field - study reports,	15 marks
<b>External Practical examination</b>	
- Experiment and report writing	40 marks
o field - study written report:	30 marks
- Viva voce	50 marks

**M.A. Psychology**  
**Semester II - Paper I**

**CODE - 2AGPT-1      ADVANCED GENERAL PSYCHOLOGY**

**UNIT –I**

Intelligence and creativity  
Development of intelligence  
Biological bases of intelligence: nature & nurture  
Theories of intelligence, diversity of mental abilities.  
Contextual intelligence, Perceived intelligence, Artificial intelligence  
Creativity: Meaning, problem  
Creativity and intelligence relationship, Brain storming

**UNIT-2**

Memory:  
Biological bases of memory, models of memory, information processing approach to memory  
Positive Psychology:  
Introduction to positive psychology, eastern and western perspective  
Positive states: positive emotions, happiness, wellbeing, hope  
Universal virtues: wisdom, courage.  
Mindfulness, Flow and Spirituality

**UNIT-3**

Altered States of consciousness: sleep, hypnosis, drug induced alteration, meditation  
Forensic Psychology: Meaning, Nature, scope, applications  
Lie detection, eye witness testimony, Psychological autopsy.

**UNIT- 4**

Emotion and motivation  
Emotion: physiological bases of emotion, role of limbic system,  
Theories of emotion: evolutionary, neo-jamesian, cognitive.  
Motivation: process of motivation, theories of motivation.

**UNIT-5**

Human development  
Major theories of development: intellectual , moral, social, cognitive.  
Adolescence: physical, cognitive, social and emotional development, anxiety and problems faced .Adulthood and aging: theories of aging. Death and bereavement..

**Books Recommended**

- Matlin, M. W. (2006) *Cognition*, John Wiley & Sons, Inc. U.S.A.  
Baddeley, A. (1986). *Working memory*. Oxford: Clarendon Press.  
Baron, R.(2004) . *Psychology*. New Delhi : Prentice – Hall of India.  
Jahnke, IC.,Nowaczyk, R.H.(1998). *Cognition*. New Jersey : Prentice Hall.  
Bernstein, D.A., Penner, L.P., Clarke-Stewart, E.J. (2008). *Psychology* (8<sup>th</sup> Ed.). N.Y.: Houghton Mifflin  
Snyder, C. R., Lopez, S.J.(2007). *Positive Psychology; The Scientific and Practical Explorations of Human Strengths*.Sage publications@ www.sagepublication.com  
Shafter, D.R., Kipp,K. (2007). *Developmental Psychology; Childhood & Adults*. Haryana: Thomson Wadsworth  
Papalia,D.E.,Olds,S.W.(1994). *Human development*. New Delhi : Tata McGraw Hill  
Papalia,D.E.,Olds,S.W, Feldman,R.D.(2004). *Human development* (9<sup>th</sup> Ed.). New Delhi : Tata McGraw Hill

**M.A. Psychology**  
**Semester II - Paper - II**

**CODE 2RDT-2**

**RESEARCH DESIGNS**

**UNIT 1**

Nature of research and its process  
Experimental research and field experiment  
Between and within group designs (single factor)  
Significance of difference between means

**UNIT 2**

Randomized block design, Nested design, Factorial design [fixed model], Latin square design, ANCOVA.

**UNIT 3**

Quasi Experimental Designs  
Non Equivalent control group designs; Time series designs, Pre –post test design  
Case study, Longitudinal, Cross-sectional, Panel design, correlational research, survey research

**UNIT 4**

Qualitative research method  
Program evaluation, Grounded theory, Discourse (content) analysis, Narrative method

**UNIT 5**

Analysis, meta- analysis, trend analysis, analysis of qualitative data  
Interpretation, meaning, description vs. discussion, narrow vs. broad  
Research report writing

**Books Recommended**

- Broota, K.D. (1992). *Experimental Designs in Behavioural Research*. New Delhi: Wiley Eastern.
- Winer, B.J. (1971). *Statistical Principles in Experimental Design*. N.Y.: McGraw Hill
- Goodwin, C. J.(1995). *Research in Psychology Methods and Design*. New York: John Wiley & Sons.
- Shaughnessy, J.J. & Zechmeister E. B.(1997). *Research Methods in Psychology* (4<sup>th</sup> Ed.). N.Y.: McGraw Hill
- Kaplil, .H. K. (2007). *Research Methods (In Behavioural Science)*(13<sup>th</sup> Ed). Agra: H.P. Bhargava Book House
- Camic, P.M., Rhodes, J.E., Yardley, S. (Eds.) (2003). *Qualitative Researches in Psychology*. Washington D.C.: APA
- Banister, P., Burman, E., Parker, I., Taylor, M., & Tindall, C. (1994). *Qualitative Methods in Psychology: A Research Guide*. Philadelphia: Open University Press.
- Glaser, B. G. & Strauss, A. L. (1973). *The discovery of grounded theory: Strategies for qualitative research*. Chicago : Aldine Pub.

**M.A. Psychology**  
**Semester II - Paper - III**

**CODE – 2PER-IIT-3**

**PERSONALITY THEORIES - II**

**Unit - I**

Behavioural Approach, The behavioural view of the person  
B. F. Skinner: radical Behaviourism.  
Albert Bandura, Julian Rotter

**Unit –2**

A Cognitive theory of personality  
George Kelly. The psychology of personal constructs  
Humanistic approach.  
C. R. Rogers, Abraham Maslow

**Unit –3**

Existential Approach  
Rollo May, Viktor Frankl

**Unit 4**

The Indian Approaches to personality  
Guna theory – Srimadbhagwadgita  
View points of Sri Aurobindo  
Abhidhama – Gautam Buddha.

**Unit –5**

The psychology of women  
A relational approach – Miller

The ideals of personality, the Mature person [Adler], Fully Functioning person [Rogers], Self-actualizer [Maslow], Sthitpradnya / Trigunatet (Srimadbhagwadgita), Arhat

Personality theories – new directions in the discipline

**Books Recommended**

Ewen R. B. (2003) An introduction to theories of personality. 3<sup>rd</sup> edn. Lawrence Erlbaum Associates Inc. Hillsdale, New Jersey, London

Hall, C. S. & Linzey, G. (1991) Theories of Personality, 3<sup>rd</sup> edn.. John Wiley & Sons, Inc. U.S.A.

Pervin, L. A. Personality: Theory and Research, (1991) 6<sup>th</sup> edn, John Wiley & Sons, Inc. U.S.A.

Tilak B. G. (1986) Geeta Rahasya or Karma Yoga Rahasya, B. S. Sukhtankar (Eng. Tra.) 6<sup>th</sup> edn Geeta printers, Pune, India

Sri Aurobindo, The synthesis of Yoga (1970 - 73) Sri Aurobindo Birth Centenary Library, Sri Aurobindo Ashram Press, Pondicherry, India

Pandey, J. (ed.) (2001) Personality and Health Psychology In Psychology in India Revisited. Developments in the discipline, Sage Publication India Pvt Ltd. New Delhi. India.

Nithyanandan, V. (2008) Buddhist and western psychology comparative study. Global vision publishing house.

Pervin, L. (2003). The Science of Personality. 2<sup>nd</sup> edn. Oxford University Press. New York



**M.A. Psychology**  
**Semester II - Paper - IV**  
**Issues In Social Behaviour**

**CODE : 2ISBT-4**

**UNIT- I**

Poverty, gender issues, unemployment and its psychosocial consequences , population issues, media culture, effects of televiewing, AIDS.

**UNIT-2**

Conflict

Conflict: social dilemma , competition, perceived injustice, misperception.

Conflict management and resolution of inter-group conflict.

**UNIT- 3**

Prejudice and discrimination. Development of prejudice : social, motivational and cognitive sources of prejudice.

Social learning, social categorisation, mechanism of prejudice: collective and individual

Consequences of prejudice. Combating prejudice: techniques for countering its effects.

**UNIT- 4**

Group dynamics : what is group? Group polarization, group think, decision making in group, minority influence on group decision.

**UNIT –5**

Pro-social behaviour

Pro-social behaviour : altruism and bystander effect

Altruism: definition, egotism motive, motivated altruism, cultivating altruism and its measurement

Empathy: definition, empathy- altruism hypothesis, genetic and neural foundations of empathy.

Gratitude and forgiveness : defining, cultivating ,measuring and neurobiological bases.

Societal implications of altruism.

**Books recommended**

Myers, D.G(2005). Social psychology. New Delhi; Tata McGraw- Hill.

Baron, R.A. ,Byrne, D (2003) social psychology. New Delhi : Prentice – Hall of India.

Schneider, W.F., Gruman, J.A., Coutts, L.M. (2005). *Applied Social Psychology; Understanding and Addressing Practical Problems*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Snyder, C. R., Lopez, S. J. (2006). *Positive Psychology; The Scientific and Practical Exploration of Human Strengths*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Bunk, A.P., Van Vugt, M. (2007). *Applying Social Psychology; From Problems to Solutions*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

**M.A. Psychology**  
**Semester II - Paper - V**

**CODE -2PP-1**

**PSYCHOLOGY PRACTICUM**

This paper consists of Five Testing practical and one test evaluation\*

Each student shall complete Five Tests and one test evaluation during the II semester period. Each student shall submit journal containing reports of tests and a report of one test evaluation.

*(\*Testing practical and test to be evaluated will be decided by the teachers committee)*

**Internal Assessment**

Marks = 150

- **Performance during academic session**

15 marks

- Testing and test evaluation reports,

15 marks

**External Practical examination**

- Testing and report writing

50 marks

o Evaluation of test written report:

20 marks

- Viva voce

50 marks

## Semester – III ( Stream-A: Clinical Psychology)

### Paper - I

**A Code: 3AABPT-1**

### **ABNORMAL PSYCHOLOGY )**

Objectives:

To provide an in-depth understanding of abnormal psychology.

To provide background knowledge regarding psychopathology, etiology and symptomatology of various psychological disorders.

#### **UNIT 1**

Abnormal behavior: Its meaning, historical background, meaning of prevalence, incidence and risk factors.

Causes of abnormal behavior; biological, psycho-social, socio-cultural & neuro-psychological factors

Typical Signs and Symptoms of Mental Disorders

#### **UNIT 2**

**THEORETICAL PERSPECTIVE ON MALADAPTIVE BEHAVIOUR**

Biological perspective, Psychodynamaic perspective, Behavioral perspective, Cognitive perspective, Humanistic-Existential perspective, Community-Cultural perspective, Integrative approach.

#### **UNIT 3**

**STRESS, COPING AND MALADAPTIVE BEHAVIOR**

Stress and coping, Stressful life situations and transitions, Clinical reaction to stress and its management; adjustment disorder, post traumatic stress disorder, dissociative disorder

#### **UNIT 4**

i) Personality disorders: paranoid, histrionic, schizoid, dependent, avoidant, narcissistic, borderline, obsessive-compulsive type & antisocial personality disorder

ii) Mental retardation, its causes, degrees of mental retardation, problems, helping the child and family

#### **Unit 4**

Disorders usually first diagnosed in infancy, childhood or adolescence

ADHD, Autism, Learning disorders, Conduct disorder, Stuttering, Tics,

Eating disorder.

#### **UNIT 5**

Other Conditions of Clinical Attention

Parent – child relational problem, Physical abuse of child; Physical abuse of adult, Non-compliance with treatment, Malingering, Bereavement..

Culture Bound syndromes

#### **Books Recommended**

Sarason , I.G. & Sarason, B. R. (1993). *Abnormal Psychology; The Problem of Maladaptive Behaviour*. New Jersey: Prentice Hall

Coleman, J.C. (1986). *Abnormal Psychology and modern Life*. Bombay: Taraporevala Sons & Co. Pvt. Ltd.

Carson, R.C., Butcher, J. N. & Mineka, S. (1996). ). *Abnormal Psychology and modern Life* (10<sup>th</sup> Ed.).N.Y.: HarperColins

Plante, T.G. (2005). *Contemporary Clinical Psychology* (2<sup>nd</sup> Ed.) New Jersey:. John Wiley & Sons

Ottmanns, T. F., Emery R. E. (1995). *Abnormal Psychology*. U. S. A.: Prentice Hall

Holmes, D.S. (1997). *Abnormal Psychology* ( 3<sup>rd</sup> Ed.). N.Y.: Addison –Wesley Education. Pvt. Ltd

Nevid, J.S., Rathus, S. A., Greene, B. (1997). *Abnormal Psychology in Changing World* (3<sup>rd</sup> Ed.). U.K.: Prentice Hall

Hales, R.E., Yudofsky, S.G.(2003). *Text Book of Clinical Psychiatry*. Washington D C: American Psychiatric Publishing, inc.

## Semester – III ( Stream-A: Clinical Psychology)

### (Paper – II)

**Code: 3APDT-2**

### **PSYCHODIAGNOSIS**

**Objective:** 1) To train students for clinical diagnosis and assessment.  
2) To acquaint them with various psychological tests for assessment and diagnostic purposes

#### **UNIT 1**

Historical development of Clinical Psychology, normal and abnormal, sketch of healthy personality. Clinical Psychologist; desired personality, functions, varieties of clinical work, problem faced by clinical psychologist in India.

#### **UNIT 2**

Concept of diagnosis, objective of psycho diagnosis, Indian and International classification, DSM and ICD revisions

#### **UNIT 3**

Informal assessment: person perception, clinical sensitivity, empathy, sources of error, communication strategies, importance of rapport, clinical relationship.

Informal assessment: clinical interview, method of behavioral assessment, case history, mental status examination,

#### **UNIT 4**

Interpreting and synthesizing assessment findings, impressionistic and psychometric approach, statistical method in decision making.

Process of interpretation, sources of error in interpretation.

Writing psychological report, ethical issues, research on the process of clinical judgment

#### **UNIT 5**

##### 1. Psychological Assessment of Development:

Vineland Social maturity Scale

Developmental Screening Test

Goddard's Seguin Form Board

##### 2. Intelligence Testing

- a) Stanford Binet Scales and its Indian Adaptation
- b) Wechsler's Intelligence Scale: Adults and Children
- c) Cross Cultural Test- Culture Fair Intelligence Tests (CFIT),
- d) Progressive Matrices
- e) Draw a Man test,
- f) Bhatia Battery

#### **Books Recommended**

Aiken R. L, Marnat. G (2009): Psychological Testing and Assessment, Dorling Kingdersley, India Pvt. Ltd

Plante, T.G. (2005): Contemporary Clinical Psychology (2<sup>nd</sup> Ed) New Jersey: John Wiley & sons

Hecker, J.E & Thorpe G.L (2007). Introduction to Clinical Psychology, Science and Ethics. India: Dorling Kindersley (India) Pvt. Ltd

Weiner, B. (1983) : Clinical Methods in Psychology, N.Y. John - Wiley and sons  
Neizal, M.T., Bernstein (1995) : Introduction to clinical Psychology, 2nd edi.  
Wolman, B. B. (Ed. ) : Handbook of Clinical Psychology.  
Lezak, M.D. (1995) : Neuropsychological Assessment N. Y. Oxford University, Press.  
Korchin, S.J (1976): Modern Clinical Psychology, CBS Publishers & Distributors, New Delhi- 02  
Sticker, G, Widiger, T.A (Eds). (2003). Handbook of Psychology (Vol. 8); Clinical Psychology. New Jersey: John Wiley & sons.  
Bellack, A.S., Hersen, M., Johnston, D.W., & Johnston, M. (Eds). (1998). Comprehensive Clinical Psychology (Vol. 8). New York: Pergamon  
Pomerantz, A.M. (2010). Clinical Psychology: Science, Practice and Culture. Sage [Publication.  
@www.sagepublication.com](http://www.sagepublication.com)  
Killerman, H. and Burry, A. (1981) : Handbook of Diagnostic Testing : Personality Analysis and Report writing, N.Y. Grune and Stratton.  
Psychological and Educational Measurement – Brown  
Freeman F.S. Psychological Testing –, Oxford & IBH Publishign Co. Pvt Ltd.,  
Diagnostic Psychological Testing – Rapaport D.G., Vol. 1 and 2 Year Book Publishers, Latest Ed.  
Fundamental concepts of Clinical Psychology – Schaffer G.W. and Lazarus R.S., Mcgraw Hill, 1966.

**Semester – III ( Stream-A: Clinical Psychology)**

**(Paper – III)**

**Code: 3ACPTT-3**

**COUNSELLING AND PSYCHOTHERAPY**

**Objectives:**

- 1) To provide the students a chance to study various therapeutic approaches.
- 2) To help in developing a balanced view of the various therapies and practical techniques employed.

**UNIT 1**

Historical trends, personal characteristics of therapist, personal counseling for therapist, problems faced by beginning therapist.

Ethical issues, client -therapist relationship, confidentiality, legal liability, malpractice.

**UNIT 2**

Approaches to Counseling and Therapy: Directive, Non-directive- Major Theories of Counselling  
The Psychoanalysis Psychotherapy – Basic Concepts- Techniques – Evaluation  
Analytical Therapy- Basic concepts- Techniques and Application- Evaluation  
Karen Horney

**UNIT 3**

Logo therapy, Brief psychotherapy

**UNIT 4**

Play therapy. Couple Counselling, Workplace Counselling

**UNIT 5**

Reality therapy, Transactional analysis, Gestalt therapy

**Books Recommended**

- Corey, G. (1991). *Theory and Practice of Counselling and Psychotherapy* (4th Ed.). California: Brooks.
- Corey, G. (2006). *The Art of Integrative Counseling*. California: Brooks
- Flanagan, J.S., Flanagan, R.S. (2004). *Counselling and Psychotherapy, Theories in Context and Practice*. New Jersey: John Wiley & Sons.
- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books
- Plante, T.G. (2005). *Contemporary Clinical Psychology* (2<sup>nd</sup> Ed.) New Jersey: John Wiley & Sons
- Bellack, A. S., Hersen, M., Johnston, D. W., & Johnston, M. (Eds.). (1998). *Comprehensive Clinical Psychology* (Vol. 8). New York: Pergamon
- Stricker, G., Widiger, T.A. (Eds.)(2003). *Handbook of Psychology; Vol .8 Clinical Psychology*. New Jersey : John Wiley & Sons
- Feltham C, Horton I (Ed), (2006): *The Sage Handbook of Counselling and Psychotherapy*, 2<sup>nd</sup> Ed. Sage Publication; New Ddelhi.
- Gilliland B, Richard, J. Bowman, J: *Theories and Strategies in Counselling and Psychotherapy*, 2<sup>nd</sup> Ed. Allyn and Bacon Publishers
- Flangan,J.S.,Flagman,R,S.(2004) *Counselling and Psychotherapy,Theories in context and Practice*.New Jersey: John Wiley and sons

**Semester – III ( Stream-A: Clinical Psychology)**

**(Paper – IV)**

**Code: 3AHPT-4**

**HEALTH PSYCHOLOGY**

**Objectives :**

To acquaint the students with various aspect of health psychology, mental health

**UNIT 1**

Health psychology: definition, history, mind-body relation, bio-psycho-social model in health psychology, research.

**UNIT 2**

The systems of body: Nervous system, endocrine system, cardiovascular system, respiratory system, digestive system, renal system, reproductive system, immune system.

**UNIT 3**

Health compromising behavior: alcoholism, smoking, indisciplined and rash driving, indiscriminate use of mobile phone

Health enhancing behavior: proper diet, exercise, regular medical checkup for senior citizens, weight control

**UNIT 4**

Health behaviour and Primary prevention. What is health behaviour? Barriers to effective health promotion. Factors influencing the practice of health behaviour.

Modification of health behavior. Changing health behaviours by changing health beliefs.

Changing health behaviours through social engineering.

**UNIT 5**

Stress management:, Basic techniques of stress management - identifying the stressors, self monitoring, recognizing negative self talk, handling negative emotions, relaxation, meditation.

Spiritual methods: avoiding negative thinking, fear, use of will, faith and prayer, establishing peace

**Books Recommended**

Taylor, S.E. (1991). *Health Psychology* . N.Y. McGraw Hill

Pitts, M., Phillis, K. (2003). *The psychology of Health; An introduction*. E-library: Taylor & Francis

Khubalkar, R.(2008). *Know Your Stress Manage Your Stress*. New Delhi: NeelKamal Publication Pvt. Ltd.

Drifte, C. (2008). *Encouraging Positive Behavior in the Early Years*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Hamilton-West, K. (2010). *Psychobiological Processes in Health and Illness*. . Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Marks, D. F.(2010 ). *Health Psychology: Theory, Research and Practice (3<sup>rd</sup> Ed.)*. . Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Mitra, B.K. (2011). *Personality Development & Soft Skills*. U.K.: Oxford

Compilation from writings of mothers and Sri Arbindoo (2006). *Towards Perfect Health*. Pondichery: Sri Arbindoo Ashram Publication Department

Compilation from works of mothers and Sri Arbindoo (2004). *Integral Healing*. Pondichery: Sri Arbindoo Ashram Publication Department

**Semester – III ( Stream-A: Clinical Psychology)**  
(Paper – V)

**Code: 3APP-1**

**Clinical Psychology Practicum**

- a) Student/s shall critically evaluate one recent research article and present the same in clinical / journal club meeting orally using audio- visual aids.
- b) Practice sessions / exercise(s) – history taking, MSE and writing report of the same and submit for perusal
- c) relevant tests to be administered interpreted and reported any **two** from among the following areas  
Testing areas:
  - Giftedness
  - Mental Retardation
  - Diagnostic – anxiety, depression, brain function, memory, perception etc
  - Neuropsychological
  - Personality
  - Mood
  - Adjustment
  - Interest
  - Aptitude
- d) Practice sessions / exercise(s) to be – conducted interpreted and reported - any two from the following –
  - i) preparing hierarchy for anxiety / phobia case
  - ii) relaxation / progressive muscle relaxation / Shavasan
  - iii) abdominal breathing / pranayam
  - iv) preparing strategic plan for behaviour modification for a simulated case

Each student is required to complete practical file containing five case reports and project report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

<b>Internal Assessment</b>	Marks: 150
- <b>performance during academic session :</b> assessment, evaluation → journal article presentation, testing, conduct of practice / structured exercise	15 marks
- journal article, testing, practice/structured exercise reports	15 marks
<b>External Practical examination</b>	
- testing and report writing for one simulated case	40 marks
- presentation and evaluation of practice/structured exercise written report for one simulated case	30 marks
- Viva voce	50 marks



## Semester III ( Stream- B:Organizational Psychology and Human Resource Management)

### Paper - I

Code: 3BMPHRT-1

## Management of Personnel and Human Resources

### UNIT – I

#### **Personnel & Human Resource Management: -**

- Why Study PHRM

The PHRM functions and activities and objectives; Relationship influencing PHRM functions and activities; Relationship with the internal and external environment; PHRM growing importance; Organizing the PHRM department; Roles and responsibilities of PHRM department, Staffing the PHRM department.

- Emerging trends in PHRM

WORK force diversity and PHRM; Business strategy and PHRM; Impact of information technology on PHRM; International PHRM.

- Human resource planning system

Purpose and importance of human resource planning; Human resource planning and other personnel activities; Human resource planning process-gathering analyzing and forecasting supply and demand data, establishing human resource objectives and policies, human resource programmes; control and evaluation of human resource planning; Human resource accounting, audit and information system.

### UNIT – II

#### **Recruitment and Selection:-**

- Purpose and importance of recruitment and selection; Recruitment strategies in diverse workforce; Recruiting methods, External recruiting; Internal recruiting; Effectiveness of various recruiting methods.
- Internal staffing process-recruitment-selection for promotions, transfer and placement.
- The total selection process.
- Fundamentals of personnel measurement; Personnel measurement as psychological measurement; Measurement of individual differences; Predictors; Criteria and their relationship; Validation of predictors; Reliability of predictors; Interpreting scores on selection measures.
- Validity generalization, concept, importance and methodology
- Selection method

Application blanks; Measurement of cognitive abilities; Personality assessment; Other simulation techniques, In-basket, Behavioral Event Interviewing (BEI), Psychometric properties of various methods.

### UNIT – III

#### **Training and Development:-**

- What is training and development; Purpose and importance of training and development; Types of training-substantive knowledge and skill training, human process, attitudinal and sensitivity (T group) training.
- Training process

- Evaluation of training, Kirkpatrick and CIRO models.
- Human process Training-Intervention theory; Action research; stages of OD change.
- Coaching and mentoring
- Career Planning-Occupational choice and occupational adjustment, Career stages of development and adjustment; Career anchors.
- Management Development – What is management development, Managerial competencies – various competency models, Planning and administering the management development program. Development through work experience.

#### **UNIT - IV**

##### **Performance Appraisal System:-**

- Define performance, its determinants and consequences
- Purpose, importance and uses of appraisal
- Performance appraisal process and procedures – identifying performance dimensions; establishing performance standards; choice of factors.
- Methods of performance appraisal – norm referenced methods, Behavioral methods; MBO; output methods, 360 degree performance appraisal, self-appraisal- advantages, disadvantages.
- Issues related to performance appraisal; Assessing the effectiveness of appraisal system.
- Feedback in appraisal; Performance appraisal interview, Performance counseling.

#### **UNIT – V**

##### **Employee Safety, Health and Well-being:-**

- Purpose and importance of occupational safety and health
- Hazards to occupational safety and health, Factors affecting occupational accidents; Accident incidence rate; Accident cost; Workers' compensation laws; Accident prevention measures; Factors affecting occupational diseases; Sources of occupational stress, Disabled employees.
- Health and well-being programs – alcoholism, drug abuse, smoking; Employee counseling; Retirement counseling.

##### **Books Recommended –**

- Ashwathappa, K. (2008) Human Resource Management: Text and Cases (5<sup>th</sup> Ed.) Tata McGraw Hill, New Delhi.
1. Dessler, G. (2006) Human Resource Management (10<sup>th</sup> Ed.) Pearson Education.
  2. DeCENZO, D.A., & Robbins, S.P. (2001) Personnel/Human Resource Management (3<sup>rd</sup> Ed.) Prentice Hall India, New Delhi.
  3. Dwivedi, R.S. (2006) Managing Human Resources: Personnel Management in Indian Enterprises (2<sup>nd</sup> Ed.) Galgotia Publishing Company, New Delhi.
  4. Ghanekar, A. (2000) Human Resource Management: Managing Personnel the HRD Way (4<sup>th</sup> Ed.) Everest Publishing House.
  5. Kandula, R.S. (2003) Human Resource Management in Practice with 300 Models, Techniques and Tools. Prentice Hall of India, New Delhi.
  6. Mondy, W. R. & Noe R.M., (2006) Human Resource Management (9<sup>th</sup> Ed.) Pearson Education.
  7. Matoria, C.B. & Gankar, S.V. (2006) Personnel Management: Text & Cases Himalaya Publishing House, Mumbai.

**Semester III ( Stream- B:Organizational Psychology and Human Resource Management)**

**PAPER – II**

**Code: 3BOBT-2**

**Organizational Behavior**

**UNIT – I**

Nature of OB -

- Why do Organizations Exist?, Organizational Effectiveness; The Role of Organizational Behavior – Definition and Meaning of OB; Foundations of OB; Importance of OB – Shortcomings; Contemporary OB; Contextual Perspectives of OB; OB Model; Historical Evolution.

**UNIT – II**

Foundations of Individual Behavior -

- Personal Factors; Environmental Factors; Organizational Systems and Resources; Models of Individual Behavior

**UNIT – III**

Dynamics of Group Behavior –

- Defining and classifying groups; stages of group development; group structure; group decision making;
- Types of teams – problem solving teams, self managed work teams, cross functional teams, virtual teams.
- Creating effective teams – Context, Composition, Work Design, and Process.
- Teams and Quality Management.

**UNIT – IV**

Work Motivation –

- Concept of Work Motivation
- Early theories of Motivation
- Contemporary theories of Motivation
- Integrating Contemporary Theories of Motivation
- Management By Objectives. Employee Recognition Programs

Employee Involvement Program

Job Redesign and Scheduling Programs

**UNIT – V**

Applied Motivation Practices

Rewards – Membership and Seniority-Based Rewards, Job Status-Based Rewards, Contemporary-Based Rewards, Performance Based Rewards; Job Design – Factors affecting Job Design, Job Design Approaches; Some Cautions About Environment; Behavioral Modification – Identifying Behavior Problem, OB Models in Practice; Empowerment; Goal Setting Theory; Participative Management; Problem Employees; Quality of Work Life.

**Books Recommended –**

1. Luthans F., Organization behaviour (10<sup>th</sup> Ed.) McGraw Hill International
2. Matthewman L. Work Psychology Oxford University Press
3. Newstorm J. & Davis K. Organization behaviour at work (11<sup>th</sup> Ed.) Tata McGraw Hill
4. Robbins, S.P. (2005) Organization Behaviour (11<sup>th</sup> Ed.)Prentice Hall India, New Delhi
5. Rose A., & Hetherington A., Introduction to human behaviour at workplace
6. Schermerhorn J.R., Hunt J.G. & Osborn R. N. (2006) Organization Behaviour (9<sup>th</sup> Ed.) Wiley Student Edition
7. Sekaran, U. (2004) Organization Behaviour: Text & Cases (2<sup>nd</sup> Ed.) Tata McGraw Hill, New Delhi

**Semester III ( Stream- B:Organizational Psychology and Human Resource Management)**

**PAPER – III**

**Code: 3BINDT-3**

**INDUSTRIAL PSYCHOLOGY**

**Objectives:**

1. To explain the application of Psychology in industrial setting.
2. To impart knowledge and skills required for creating healthy work environment.

**Unit I:**

**Introduction to Industrial Psychology:**

Definition, objectives and scope of Industrial Psychology; role of psychologist in industry, challenges for industrial psychology

**Unit II:**

**Work Environment:**

Physical working conditions, work schedule, psychological and social issues

**Unit III:**

**Ethical issues in Industrial Setting:**

Ethics: Nature, sources of business ethics, importance, ethical dilemmas, ethical misconduct in personnel function, managing ethics

**Unit IV:**

**Safety and Health in the workplace:**

- Purposes and importance occupational safety and health, causes and preventions of accidents; workplace health hazards: problems and remedies
- Health & well-being programmes- Alcoholism, Drug abuse, Smoking

**Unit V:**

**Human factor engineering:**

Concept of human factor engineering and nature of man machine system, workspace design, control devices

**Books Recommended**

1. Ashwathappa K. (2008) Human Resource Management text and cases (5<sup>th</sup> Ed.) Tata McGraw Hill, New Delhi
2. Millward, L. (2006) Understanding Occupational & Organizational Psychology, Sage publications
3. Schultz D. & Schultz S. E. (2004) Psychology and work today (8<sup>th</sup> Ed.) Pearson education
4. Tiffin J. and Mc Cormick, E.J. (1971) Industrial Psychology, Prentice Hall of India. New Delhi
5. Muchinsky, P.M. (2000) Psychology applied to work (6<sup>th</sup> Ed.) Wadsworth

**Semester III ( Stream- B:Organizational Psychology and Human Resource Management)**

**PAPER - IV**

**Code: 3BCBT-4**

**Consumer Behavior**

**UNIT – I**

- Concept, Importance
- Bases for segmenting consumer market

**UNIT – II**

- Consumer needs and motivation
- Personality and Consumer Behavior: Personality Concept and Nature,
- Personality and Product/Brand Usage. Consumer Innovators.
- Personality and Store Choice.

**UNIT – III**

- Consumer Perception
- Learning and Brand Loyalty

**UNIT – IV**

Consumer Attitudes: Consumers' Attitude Formation, Structural Models of Attitude; Attitude Measurement; Attitude Change.

**UNIT- V**

Consumer Decision Making –

- Different views on consumer decision making
- Models of consumer decision making
- Nicosia Model. Howard-Sheth Model. Engel-Kollat-Blackwell Model. Sheth Family Decision Making Model.

**Books Recommended –**

Stanon, William J., Fundamentals of Marketing, 7<sup>th</sup> Ed., McGraw-Hill Book Company, 1984.

Rogers, E. W. and Shoemaker, F. F., Communication of Innovations, 2<sup>nd</sup> Edition. The Free Press, New York, 1971.

Kassarjian H. H. and Robertson, T. H., Perspectives in Consumer Behavior. Scott, Foreman and Company, Glenview III, 1973.

Farley, J. U., Howard, J. A. and Ring, L. W., Consumer Behavior: Theory and Application, Allyn and Bacon, Inc, Inc., Boston, 1974.

**Semester III ( Stream- B:Organizational Psychology and Human Resource Management)**

**Paper – V**

**Code: 3BPP-1**

**Industrial Psychology Practicum (SEM III)**

- d) Student/s shall critically evaluate one recent research article and present the same in journal club meeting orally using audio- visual aids.
- e) relevant tests' to be administered interpreted and reported: any Five from among the following areas:

**Testing areas:**

- Job analysis
- Job Design
- Job attitudes
- Job stress
- Job attitudes
- Communication
- Organizational climate
- Organizational commitment
- Organizational culture
- Leadership
- Motivation
- Self-perception

- f) field visits to industries / organizations: 3

Each student is required to complete practical file containing five test reports, journal article evaluation report and the case report of the organization(s) visited at the time of practical examination for evaluation.

The maximum marks for practical examination will be as per the following scheme of distribution of marks-

**Internal Assessment**

Marks: 150

**- performance during academic session :**

assessment, evaluation → journal article presentation,  
and visit

15 marks

- journal article, testing, and visit reports

15 marks

**External Practical examination**

- testing and report writing for one simulated case 40 marks
- evaluation of project file 40 marks
- Viva voce 40 marks

## **SEMESTER-III- (Stream C: COUNSELLING PSYCHOLOGY)**

### **(PAPER- I)**

**Code: 3CGCPT-1**

### **GUIDANCE AND COUNSELLING PSYCHOLOGY**

#### **UNIT-I**

Counselling psychology: definition, nature and scope, counselling psychology's roots in vocational guidance, historical development and current status. principles of counselling psychology.

#### **UNIT-II**

What is guidance? Basic principles of guidance. Guidance movement in India.

The counsellor and the therapist.

Introduction, personal characteristics, personal counselling for the counsellor, values philosophy, multiculturally skilled counsellor, problems and issues faced by the beginning counsellor.

#### **UNIT- 3**

Ethical issues:

Introduction ,therapists, competence, education & training foundation of ethical practice, issues in the client/therapist, relationship, confidentiality, legal liability and malpractice.

#### **UNIT-4**

Counselling process:

Counselling relationship

Counselling interview

Types of Counselling: Counsellor –oriented counselling; Counseele – oriented counselling;

Eclectic – Counselling equally oriented to both the counsellor and counseele.

#### **UNIT-5**

Creative approaches to counselling:

Art, imagery, guided imagery, hypnotherapy, music, writing: structured writing, poetry, play - games,

Crisis intervention:

#### **Books Recommended**

Kinra, A. K. (2008). Guidance and counselling. Dorling Kinderseley (India) pvt. Ltd. Pearson Longman

Nugent, Frank A.(1995): An Introduction to the profession of counselling ,Maxwell Macmillan Canada, Inc. Toronto.

Gibson, R.L. and Marianne, H.M.(2008):Introduction to counselling and Guidance,7<sup>th</sup> edition, Prentice Hall of India, New Delhi.

Narayan Rao S.:(1991) A counselling psychology: Tata McGraw Hill Book company, New Delhi.

Forrest, C. (2011). Therapy Skills for Health Care; An introduction to brief psychological technics.UK: M & C Publishing

Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. N. Y.: Basic Books.

## SEMESTER-III- (Stream C: COUNSELLING PSYCHOLOGY)

### Paper - II

CODE : 3CECGT-2

#### EDUCATIONAL & CAREER GUIDANCE

##### UNIT – I

Educational Guidance

What is education? Relationship between Education and Guidance. Educational Guidance.

Importance of Guidance at various stages of Education

Career Masters

##### UNIT –II

Perspectives on career guidance and counselling: vocational guidance, comprehensive career guidance, perspectives on counsellor's role in career guidance

Preschool career guidance, career guidance techniques in the preschool age.

##### UNIT –III

Career guidance in the elementary school, organization of guidance program in the elementary school, objectives, functions of elementary career guidance, career counsellor and his role, career guidance techniques.

##### UNIT-IV

Career guidance in senior high school: organization of guidance program, objectives, functions and career guidance techniques.

Information in career guidance and counselling: types of delivery system.

##### UNIT-5

Career development and choice behaviour, influencing factors: theories of career development and choice.

Work: definition of work , some contemporary perspectives, work and leisure, work and job satisfaction.

#### Books recommended

Kinra, A. K. (2008). *Guidance and counselling*. Dorling Kinderseley (India) pvt. Ltd. Pearson Longman

Narayan Rao S.:(1991) *A counselling psychology*: Tata McGraw Hill Book company, New Delhi.  
Greenhaus, J.H., Callanan, G.A., Godshaik, V. M.(2010). *Career Management* (4<sup>th</sup> Ed.). Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Herr, E.L. & Cramer, S.H. (1987). *Career Guidance and Counselling through the life span, Systematic approach* (3<sup>rd</sup> Ed.). London: Scoot, Oresman & Co.

Drummond, R.J. & Ryan, C.W. (1995). *Career Counselling ;A developmental approach*. New Delhi: Prentice Hall India

Noonam, E. (1983). *Counselling Your People*. N.Y.: Methuen Inc.

Betz, N.E., Fit Garald, L.E. (1987). *The Career Psychology of Women*. N.Y.: Academic Press

Subesh, D. (2010). *Managing people at work; Employment relations in Globalizing India*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

Arulmani, G. Arulmani, S.N. (2004). *Career Counselling; A Handbook*. New Delhi: Tata McGraw Hill

Crow & Crow. (1962). *An Introduction to Guidance*. New Delhi: Eurasia Publishing House

McLean & Holan. (1955). *Counselling Psychology*. London: Tata McGraw Hill



## SEMESTER-III- (Stream C: COUNSELLING PSYCHOLOGY)

### Paper - III

CODE: 3CACGT-3

### ASSESSMENT IN COUNSELLING AND GUIDANCE

#### UNIT-I

The history and meaning of assessment: introduction, the use of tests, the psychometric and impressionistic approach, diagnosis and assessment, measurement and assessment, tests and assessment.

#### UNIT-2

Empathy, person perception, errors in person perception, good judge of personality.

#### UNIT- 3

Ethics of psychological assessment.  
Writing case study report and preparing profile.  
Report writing.

#### UNIT-4

The assessment of development:  
The vineland social maturity scale  
Beley Scale for Infant Development  
Developmental screening test.

#### UNIT –5

The assessment of intelligence:  
Kamat- Binet verbal test of intelligence  
Wechsler intelligence scale for children(WISC- R), Wechsler adult intelligence scale (WAIS- R)  
Culture fair intelligence test,  
Progressive matrices, CPM  
Seguine form board, Draw a man test  
Bhatia's performance test of intelligence.

#### Books recommended

Aiken, L.R.(2000):*Psychological Testing and Assessment* (10<sup>th</sup> ed.). Allyn and Bacon, inc.  
Walsh, W.B. and Betx, N.E.(1997): *Tests and Assessment*, 3<sup>rd</sup> edition, Prentice-Hall, Inc., Englewood Cliffs, New jersey.  
Anastasi, A & Urbania, S(1997): *Psychological Testing*, 7<sup>th</sup> edition, Prentice Hall, Inc., Englewood cliffs, New jersey.  
Graham, J. R., Naglieri, J.A. (Eds.), (2003). *Handbook of Psychology; vol.10 Assessment Psychology*. New Jersey:. John Wiley  
Freeman (1960). *Theory and Practice of Psychological Testing*  
Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books.  
Manuals of the Psychological Tests mentioned in curriculum

## SEMESTER-III- (Stream C: COUNSELLING PSYCHOLOGY)

### Paper - IV

CODE : 3CBCST-4

### BASIC COUNSELLING SKILLS

#### UNIT-I

Basic skills and concepts:

- a) Attending : eye contact, attentive body language, distance, vocal tone, verbal tracking
- b) Basic listening skills: active listening, client observation, verbal behaviour, encouraging, paraphrasing, summarising, reflection of feelings, use of open end and closed questions.

#### UNIT-2

- c) Self attending skills: self awareness, centering and relaxing, humor, non judgemental attitude towards self and others, genuineness, concreteness.
- d) Advanced skills and concepts: self disclosure, confrontation, immediacy, action skills, termination skills.

#### UNIT-3

Stress and coping: stress management

Stress and coping, coping skills, coping process, social support, stressful situations and life transition.

#### UNIT- 4

Treating stress related problems:

Supportive therapy

Relaxation training

Systematic desensitization

Cognitive modification

Social intervention

#### UNIT-5

Assertiveness training, Self monitoring, goal setting, Thought stopping, communication skills - TA Spiritual methods; avoiding negative thinking, fear, use of will, faith and prayer, establishing peace

#### Books recommended

Drifte, C. (2008). Encouraging Positive Behavior in the Early Years. Sage Pub. @

[www.sagepublications.com](http://www.sagepublications.com)

Flanagan, J.S., Flanagan, R.S. (2004). *Counselling and Psychotherapy, Theories in Context and Practice*. New Jersey:. John Wiley & Sons.

Davis, M., Eshelman, E.R., McKay, M.(1996). *The Relaxation & Stress Reduction Workbook*. Mumbai: Jaico Publishing House

Compilation from writings of Mother & Sri Aurobindo (2006). *Towards Perfect Health*. Pondicherry: Sri Aurobindo Ashram Publication Dept.

Compilation from works of Sri Aurobindo & Mother (2004). *Integral Healing*. Pondicherry: Sri Aurobindo Ashram Publication Dept.

Khubalkar, R.(2008). *Know Your Stress Manage Your Stress*. New Delhi: NeelKamal Publication Pvt. Ltd

Snyder, C. R., Lopez, S. J. (2006). *Positive Psychology; The Scientific and Practical Exploration of Human Strengths*. Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)

**SEMESTER-III- (Stream C: COUNSELLING PSYCHOLOGY)**

**Paper - V**

**Code: 3CPP-1**

**Counselling Psychology Practicum**

**Journal article evaluation**

- g) Student/s shall critically evaluate one recent research article and present the same in counseling - journal club meeting orally using audio- visual aids.
- h) Practice exercises – history taking and writing report of the same and submit for perusal.
- i) Relevant tests’ to be administered interpreted and reported any Three from among the following areas:  
Testing areas:
  - Aptitude
  - Adjustment
  - Attitude
  - Intelligence
  - Personality
  - Interest
  - Values
- j) Out reach program: Guidance and or counseling workshop for specified groups → e.g., students, teachers, parents, old people or any other as decided by the concerned teachers’ committee.
- k) Institutional visits: 3

Each student is required to complete practical file containing five testing reports, two case history reports, visit report and workshop report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

<b>Internal Assessment</b>	Marks: 150
- <b>performance during academic session :</b> assessment and evaluation → journal article presentation, testing, conduct of workshop and case history taking	15 marks
- journal article written report, testing reports, - case history report, and workshop reports	15 marks
<b>External Practical examination</b>	
- testing and report writing for one simulated case	30 marks
o evaluation of journal article written report, testing, case history , and workshop reports	40 marks
- Viva voce	50 marks

## **Semester IV – (Stream A: Clinical Psychology)**

### **Paper – I**

**Code: 4APPT-1**

### **PSYCHOPATHOLOGY**

#### **UNIT 1**

i] Anxiety disorders and their management: generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder

ii] Impulse control disorders: kleptomania, pyromania, pathological gambling

#### **UNIT 2**

##### **MOOD DISORDERS**

Depression; major depressive disorder, Dysthymic disorder

Bipolar disorder I and II, Cyclothymic disorder

Suicide, Theories of Suicide

#### **UNIT 3**

Schizophrenic disorders: Disorganized, catatonic, paranoid, undifferentiated, residual, schizoaffective, atypical

Sleep Disorders: Parasomnias – nightmare disorder, sleepwalking disorder. Insomnia.

#### **UNIT 4**

##### **ORGANIC MENTAL DISORDERS**

i] Alzheimer's disease, Parkinson's disease, Epilepsy, Delirium, Dementia

ii] Substance induced, infections, tumors, head injury, toxin induced disorders

#### **UNIT 5**

i] Somatoform disorders: Somatization, conversion disorder, hypochondriasis

ii] Dissociative disorders: Dissociative amnesia. Dissociative Fugue,

iii] Sexual disorders: sexual dysfunction, gender identity disorder, paraphilias

iv] Sexual victimization: rape, pedophilia.

#### **Books Recommended**

Sarason, I.G. & Sarason, B. R. (1993). *Abnormal Psychology; The Problem of Maladaptive Behaviour*. New Jersey: Prentice Hall

ICD 10. Geneva: W.H.O. Publication

DSM IV (TR), Diagnostic Statistical Manual of Mental Disorder DSM-IV TR, American Psychological Association; Jaypee publication

Davidson, G.C. & Neal, J.M. (1990). *Abnormal Psychology*. N.Y.: John Wiley

Kaplan, H.I., Sadock, B.J. (Eds.), (2000). *Comprehensive Text book of Psychiatry* (7<sup>th</sup> Ed.).

London: Williams & Wilkins

Maddux, J.E., Winstead, B.A. (Eds.) (2005). *Psychopathology; Foundations for Contemporary Understanding*. New Jersey: Lawrence, Earlbaum Associates

Barlow D, and Durand M. (2<sup>nd</sup> Ed.) (1998): *Abnormal Psychology: An Integrative Approach*, India, Bangalore; Eastern Press

Walker, C.E, (Ed) (1983): *The Handbook Of Clinical Psychology*, Illinois, Dow Jones- Irwin

Carson, R.C, Butcher, J.N. & Mineka, S. (1996). *Abnormal Psychology and modern Life* (10<sup>th</sup> Ed): N.Y.: HarperColins

Ottmanns, T.F., Emery R.E. (1995). *Abnormal Psychology*. U.S.A: Prentice Hall

Nevid, J.S., Rathus, S.A., Greene, B. (1997): *Abnormal Psychology in Changing World* (3<sup>rd</sup> Ed). U.K.: Prentice Hall

Hales, R.E., Yudofsky, S.G. (2003): *Textbook of Clinical Psychiatry*. Washington D.C: American Psychiatry Publishing,inc.

Colman, J.C (1986): *abnormal psychology and Modern Life*. D.B.Taraporevala Sons & Co. Pvt. Ltd; Mumbai, India

## **Semester IV – ( Stream A: Clinical Psychology )**

### **Paper – II**

**Code: 4APTT-2**

### **PSYCHOLOGICAL TESTING IN CLINICAL PSYCHOLOGY**

#### **Objective:**

To acquaint students with various psychological tests for assessment and diagnostic purposes

#### **UNIT I**

- 1) Testing – Concept – Purposes – Types – interest inventories and
- 2) Aptitude Testing – Purposes–Techniques of measuring- Aptitude Scales

#### **UNIT 2**

Adjustment and Health Inventories  
Attitude and value tests

#### **UNIT 3**

Objective Tests of Personality: MMPI, 16PF, EPQ, MCMI  
Projective techniques; Rorschach, TAT, CAT, DAPT, SCT, Rosenzweig Picture Frustration Study.

#### **UNIT 4**

Clinical Scales for anxiety, depression and psychopathology  
Loneliness scale, Assertiveness assessment

#### **UNIT 5**

Psychological testing for Brain Damage: LNNPB, Halstead Reitan, Benton Retention Test,  
Neuropsychological batteries of AIMMS, NIMHANS, PGI.  
Psychological testing for handicaps  
Psychological testing for learning disability.

#### **Books Recommended**

- Groth-Marnat, G. (2003). *Handbook Of Psychological Assessment* (4<sup>th</sup> ed.). New Jersey: John Wiley & Sons
- Anastasi, A., Urbina, S. (2004). *Psychological Testing* (7<sup>th</sup> Ed.). India: Pearson Education Pvt. Ltd. (Indian Branch)
- Graham, J. R., Naglieri, J.A. (Eds.), (2003). *Handbook of Psychology; vol.10 Assessment Psychology*. New Jersey: John Wiley
- Urbania, S. (2004). *Essentials of Psychological Testing*. New Jersey: John Wiley & Sons
- Freeman. *Theory and Practice of Psychological Testing*
- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books.
- Weiner, B. (1983) : *Clinical Methods in Psychology*, N.Y. John - Wiley and sons
- Lezak, M.D. (1995) : *Neuropsychological Assessment* N. Y. Oxford University, Press.
- Manuals of the Psychological Tests mentioned in curriculum

## Semester IV – ( Stream A: Clinical Psychology )

### Paper – III

Code: 4ATIST-3

#### THERAPEUTIC INTERVENTION STRATEGIES

##### Objectives:

- 1) To provide the students a chance to study various therapeutic approaches.
- 2) To help in developing a balanced view of the various therapies and practical techniques employed.

##### UNIT 1

Biological approaches: Chemotherapy, E.C.T., Brain wave therapy, Bio-feedback, Narcoanalysis  
Neuro- Linguistic Programming

##### UNIT 2

Behavioral techniques: Systematic desensitization, Contingency contracting, Shaping, Aversive conditioning, Modeling  
REBT, CBT.

##### UNIT 3

Group therapy, Family therapy, Psycho-drama, Play therapy  
Supportive Psychotherapy

##### UNIT 4

Milieu therapy, Progressive relaxation, Flooding, Hypnosis, Crisis intervention, Hospitalization

##### UNIT 5

Traditional approaches: Yoga, Shavasan, Meditation, Vipashyana  
Recent methods: Cyber therapy, tele-counseling

##### Books Recommended

- Agras, W.S., Kazadin, A.E., Wilson, G.T. (1979). *Behaviour Therapy*. San Fransisco: Freeman & Co.
- Lanyon, R.I., Layon, B.P. (1978). ). *Behaviour Therapy: A Clinical Introduction*. Philippines: Addison-Wesley.
- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books
- Plante, T.G. (2005). *Contemporary Clinical Psychology* (2<sup>nd</sup> Ed.) New Jersey: John Wiley & Sons
- Bellack, A. S., Hersen, M., Johnston, D. W., & Johnston, M. (Eds.). (1998). *Comprehensive Clinical Psychology* (Vol. 8). New York: Pergamon
- Wolberg, L.S., Aronson, M.L. (1991). *Group and Family Therapy*. N.Y.: Brunner /Mazal
- Davis, M., Eshelman, E.R., McKay, M.(1996). *The Relaxation & Stress Reduction Workbook*. Mumbai: Jaico Publishing House
- Pandit, M.P. (1990). *Dhyana*. Pondicherry: Dipti Publication
- Corey, G. (1991): *Theory and Preactice Of Counselling and Psychotherpay*, 4<sup>th</sup> Ed., California: Brooks
- Feltham C, Horton I (Ed), (2006): *The Sage Handbook of Counselling and Psychotherapy*, 2<sup>nd</sup> Ed. Sage Publication; New Ddelhi.
- Nelson. J,R: (2001): *Therory and Practice of Counselling and Therapy* 3rd Ed. Sage Publication, New Delhi
- Agras, W.S., Kazadin, A.E., Wilson, G.T. (1979). *Behavioral Therapy*. San Fransisco: Freeman & Co
- Lanyon, R.I., Layon, B.P. (1979). *Behavioral Therapy: A Clinical Introduction*. Philippines: Addison-

## **Semester IV - (Stream A: Clinical Psychology)**

### **Paper - IV**

**Code: 4ACMMT-4**

### **COMMUNITY MENTAL HEALTH AND MEDICAL PSYCHOLOGY**

**Objective:** To acquaint the students with various aspect of community psychology and Medical Psychology

#### **UNIT 1**

Community psychology: evolution and orientation. Research in Community psychology,: evaluation research  
.Ecology, effect of crowding,.

#### **UNIT 2**

Helping people with long-standing illness, psychiatric patients, physical disability or amputation, suicide prevention  
Methods of community intervention:- day care centre, consultation, non-professional in community psychology, mental health education

#### **UNIT 3**

Medical psychology and behavioral medicine,: definition, role, history, area of work of psychologists in hospital set-up and problems encountered by them

#### **UNIT 4**

Psychological assessment of: Cancer, Chronically ill geriatric patients, Arthritis; Type A behavior and CHD and Hypertension

#### **UNIT 5**

Modification and prevention of risk factors in cardio-vascular disorders  
Psychological preparation for stressful medical procedures  
Rehabilitation of patients with CNS dysfunction, intervention with cancer patients  
Behavioral treatment of alcoholism, smoking

#### **Books Recommended**

- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books
- Kapoor, M. (1995). *Mental Health of Indian Children*. India: Sage Pub.
- Prokop, C.K.& Bardley, L.A. (1981). *Medical Psychology; Contribution to Behavioral Medicine*. N.Y.: Academic Press.
- Kimble, D.P. (1998). *Biological Psychology*. N.Y.: Holt Rinehart
- Ayers, S., De Visser, R (2010). *Psychology for Medicine*. . Sage Pub. @ [www.sagepublications.com](http://www.sagepublications.com)
- Plante, T.G. (2005). *Contemporary Clinical Psychology* (2<sup>nd</sup> Ed.) New Jersey:. John Wiley & Sons
- Ader,R.: (1981) *Psychoneuro Immunology*, San Diego Acad, Press.
- Taylor, S.E.: (1991) *Health Psychology*, New York, McGraw Hill.

## **Semester IV – (Stream A: Clinical Psychology)**

Paper –V

**Code: 4APP-1**

**Clinical Psychology Practicum (SEM IV)**

- a) Each student shall evaluate 5 cases in this semester period and subsequently submit reports for perusal. The report of evaluated cases will include
- 2) clinical observation
  - 3) case history
  - 4) diagnostic impression  
and
  - 4) treatment strategies
- b) In addition each candidate shall complete mini Field-work project based on a problem of his / her choice (in consultation with concerned teacher) from clinical psychology.
- c) Institutional visits : 3 with an aim to foster insight into working in clinical conditions.

Each student is required to complete practical file containing five case reports and project report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

### **Internal Assessment**

Marks: 100

- performance during academic session :  
assessment, evaluation → visit & case reports 15 marks
- field- work project report 15marks

### **External Practical examination**

- simulated case presentation 40 marks
- and evaluation of written report 30 marks
- Viva voce 50 marks



## **Semester IV- (Stream B: Organizational Psychology and Human Resource Management)**

### **PAPER - I**

**Code: 4.1BODT-1**

### **ORGANIZATION DEVELOPMENT**

#### **Objectives:**

1. To develop an understanding of the theory and practice relating to the processes of organization development.
2. To develop insight and competence in diagnostic and intervention processes and skills for initiating and facilitating change in organisations.

#### **Unit I:**

##### **Introduction to Organization development:**

- Definition, History of organization development; Values, Assumptions and beliefs; OD consultant

#### **Unit II:**

##### **Foundations of Organization development:**

- Models and theories of planned change: Kurt Lewin, Burke-Litwin Model, Porras and Robertson model
- Systems theory, Participation empowerment, Teams and teamwork, Parallel learning structures, A normative re-educative strategy of changing, Applied behavioural science

#### **Unit III:**

##### **Managing the OD process:**

- Diagnosis, the action component, program management component
- Action research and OD: Process and approach, history and varieties, examples of action research

#### **Unit IV:**

##### **Nature of Organization Development interventions:**

- Classification of OD interventions
- Team interventions, inter-group and third party peacemaking interventions, comprehensive OD interventions, Structural intervention

#### **Unit V:**

##### **Challenges and future of OD**

- Training experiences: T-groups, behavioural modelling, life and career planning
- Issues in consultant- client relationship
- Future of Organization Development

#### **Books Recommended**

1. French, W.L.; & Bell, C.H. Jr. (2004) Organizational Development (4<sup>th</sup> Ed.) Prentice Hall of India, New Delhi.
2. French, W.L., Bell, C.H. Jr. & Zawacki C. (2006) Organization Development and Transformation: Managing effective change (6<sup>th</sup> Ed.) Tata McGraw Hill, New Delhi
3. French, W.L., Bell, C.H. & Vohra V. (2006) Organization Development: Behavioural science interventions for organization improvement (6<sup>th</sup> Ed.) Pearson Education
4. Cummings T.G. & Worley C.G. (2007) Organization Development and Change (8<sup>th</sup> Ed.) Thomson-South Western

**Semester IV- (Stream B: Organizational Psychology and Human Resource Management)**

**PAPER - II**

**Code: 4BLCOT-2**

**Leadership and Communication in Organizations**

**Unit I:** Personality: Concept and Nature. Determinants of Personality. Personality Theories: Type, Trait and Psycho-analytic.

**Unit II:** Leadership: Basic Approaches to Leadership.  
What is Leadership? Trait theory, Behavioral theory, Contingency Theory. Implications for managers.

**Unit III:** Contemporary issues in Leadership  
Trust: The foundation of leadership.  
Framing: Using words to shape meaning and inspire Others.  
Online leadership, challenges to the leadership concept.  
Finding and creating effective leaders.

**Unit IV:** Communication  
Functions, Process and direction of communication.  
Methods of communication. Organizational communication: formal small group network, the grapevine and computer aided communication.  
Choice of communication channels. Barriers to effective communication. Current issues in communication.

**Unit V:** Assessment tools.  
MBTI, FIRO-B, Leadership Style, Leadership Effectiveness.

**Books recommended:**

Robbins's. (2005) Organizational Behavior, 11<sup>th</sup>edi. New Delhi PHI Pvt. Ltd.

Luthans, F.(1998) Organization Behavior, 8<sup>th</sup> edn. Boston Irwin McGraw Hill.  
Ashwathappa,K. (2008):Organizational Behavior. 8<sup>th</sup> Revised Edition  
Himalaya Publishing House Pvt.Ltd.Mumbai, India.

**Semester IV- (Stream B: Organizational Psychology and Human Resource Management)**

**PAPER - III**

**Code: 4BOOOT-3**

**Organizational Culture, Organizational Learning and Organizational Change.**

**Unit I:**

Organizational Culture: Meaning and Definition, Effects of culture, Creation of culture, Innovation in organization, Innovation process, Studies in culture & innovation.

**Unit II: Organizational Learning:**

How organizations learn? Developing a learning strategy .Perspectives of Learning Organization. Advantages of Learning organization.

Learning organization: Difference between learning organizations and organizational learning. Five disciplines of learning organization.

**Unit III: Organizational Climate:**

Meaning, Importance of Organizational Climate, Factors affecting Organizational Climate, Creating conducive Organizational Climate.

**Unit IV: Organization Structure and Design: Concept. Importance. Types of Organizational designs. Organizational designs and employee behavior.**

**Unit V: Organizational Change - Nature, levels and dilemmas of change, Pressures for change, The Domino effect, Responses to change, Force field analysis, Change process, Resistance to change, Dynamics of change.**

**Books Recommended:**

Dassler,G. (2002) Human Resource Management>New Delhi. Pearson Education Pvt.Ltd.

Arnold, H. J.and Fieldman, D.E.(1988):Organizational Behavior. New York. McGraw Hill Book Company.

**Semester IV- (Stream B: Organizational Psychology and Human Resource Management)**

**PAPER - IV**

**Code: 4BECT-4**

**Employee Counselling**

**Unit I:** A] Nature, Scope and Need for employee Counseling.

Counseling process.  
Employee Counseling: Types.  
Employee counseling skills.

B] Workplace Counseling.  
Models of Workplace Counseling  
Performance counseling  
Career Planning and counseling.

**Unit-II.** Stress and related concepts.  
Nature, Types, Sources, Effects/Consequences.  
Burn out.

**Unit III.** Stress Management  
Personal -Self Management. Increasing Self-awareness  
through;Yoga,Meditation,Vipashana.

**Unit IV.** Biofeedback, Assertiveness training, Time management.  
Enhancing coping with role stress, mergers, acquisitions and change.

**Unit V** Enhancing Quality of Work Life. Concept of subjective well-being.  
Management by consciousness, A Spirituo-technical Approach

**Books Recommended:-**

- Kamaraju P., N; Reddy, P.N.; and Ramana, W.D.V.(2008)Performance Appraisal and counseling. Ist Edition. Himalaya Publishing House Pvt.Ltd.Mumbai, India.  
Ashwathappa, K. (2008):Organizational Behavior. 8<sup>th</sup> Revised Edition  
Himalaya Publishing House Pvt.Ltd.Mumbai, India.  
Shekaran,U. (2004) Organization Behaviour. Text and cases 2<sup>nd</sup> edn. Tata MxGraw Hill, New Delhi. India.  
Argyris,C (1957) Personality in Organization. New York. Harper Collins.  
Hackman, R.J. and Shuttle, J.L.(eds).Improving life at Work: Behavioral Approach to Organizational Change. Santa Monica; Goodyear.  
Snyder, C. R. & Shane, J. L.( 2007) Positive Psychology. The scientific and practical explorations of human strengths, Sage South Asia edition, Sage publication India pvt. Ltd. New Delhi. India  
Gupta, G.P.:( 2009) Management by consciousness, A Spirituo-technical Approach.Sri Aurbindo Institute of research in Social –Sciences, Pondicherry, .India.

**Semester IV- (Stream B: Organizational Psychology and Human Resource Management)**

**Paper V**

**Code: 4BPP-1**

**Organizational Psychology Practicum**

- a) Each student shall conduct Structured Exercises (SE\*) – SE to be conducted, interpreted and reported and subsequently submit reports for perusal.

*(\*Generic Skills: Stress management, Conflict resolution techniques for effective management, Assertiveness Training, Importance of verbal and non verbal communication, Significance of body language in communication, Key communication skills: Active listening & feedback; Presentation Skills; Emotional intelligence and leadership effectiveness; Time management: tips and strategies)*

- b) In addition each candidate shall complete mini Field-work project based on a problem of his / her choice (in consultation with the concerned teacher) from Industrial psychology.

Each student is required to complete a practical file containing five reports of conducted structured exercises and field work project report and shall submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

<b>Internal Assessment</b>	Total Marks: 150
- performance during academic session : Structured exercises' assessment, evaluation →	15 marks
- field- work project report	15 marks
<b>External Practical examination</b>	
- structured exercise: conduct and evaluation of written report	70 marks
- Viva voce	50 marks

## Paper - I

CODE: 4CPTCGT-1

### PSYCHOLOGICAL TESTING IN COUNSELLING AND GUIDANCE

#### UNIT-I

The assessment of personality:

Children personality questionnaire, High school personality questionnaire, 16 PF, CAQ  
Eysenk personality inventory (EPQ-R); NEO –PI

#### UNIT- 2

Projective techniques and tests:

Sentence Completion Test (SCT), Children apperception test-CAT  
Rosenzweig Picture Frustration Test (children and adult), House Tree Personality (HTP)

#### UNIT-3

Behavioural techniques and tests:

Behavioural questionnaires, Problem checklist, Self monitoring, Observation in natural environment

#### UNIT-4

Bell's adjustment inventory

Edwards personal preference schedule

The assessment of aptitude and interest :

Differential Aptitude Tests (DAT), Scientific Aptitude Test (SAT)  
Strong's Interest Inventory (SII), Vocational Interest Record

#### UNIT-5

Stanford –Binet Intelligence scale (SB-IV), Differential ability scales (DAS)

Wechsler scales

Peabody picture vocabulary test (PPVT\_III), Kaufman's intelligence tests (K-ABC)

Death anxiety, PGI-AMEE, Adjustment inventory (for adult)

#### Books recommended

Aiken, L.R.(2000):psychological testing and assessment,10<sup>th</sup> edition, Allyn and Bacon, inc.

Walsh, W.B. and Betx, N.E.(1997): tests and assessment,3<sup>rd</sup> edition, Prentice-Hall, Inc., Englewood Cliffs , New jersey.

Anastasi , A & Urbania, S(1997): psychological testing, 7<sup>th</sup> edition, Prentice Hall, Inc., Englewood cliffs, New jersey.

Graham, J. R., Naglieri, J.A. (Eds.), (2003). *Handbook of Psychology; vol.10 Assessment Psychology*. New Jersey:. John Wiley

Freeman (1960). *Theory and Practice of Psychological Testing*

Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books.

Manuals of the Psychological Tests mentioned in curriculum

## Semester IV- Stream C: Counselling Psychology

### Paper - II

Code: 4CPDT-2

### PSYCHOLOGICAL DISORDERS

#### Unit I

What is Abnormality?

Definition. Different ways to define abnormal behaviour. Statistical Definition, Social norm deviance, Subjective discomfort.

Models of Abnormality: The Biological Model, The Psychological Model,

DSM – IV – TR, ICD-10

#### Unit II

Disorders usually first diagnosed in infancy, childhood or adolescence: mental retardation, learning disability, motor skills disorders.

Autism, attention deficit hyperactivity disorders, disruptive behaviour conduct disorder.

Communication disorder: stuttering

Pica, Bulimia

Elimination disorders: Encopresis and enuresis

Selective mutism,

#### Unit - III

Generalised Anxiety Disorder, Phobic disorders: Social Phobias, Specific Phobias – Agoraphobia, Acrophobia, Claustrophobia,

Obsessive - Compulsive Disorder; Panic disorder;

Somatoform Disorders: Hypochondriasis, Somatization disorder, Conversion disorder.

#### Unit IV

Adjustment disorders

Dissociative Disorders: Dissociative amnesia; Dissociative fugue; Dissociative identity disorder.

Mood Disorders: Major depression, Bipolar disorders

#### Unit – V

Schizophrenia: Main Symptoms, Categories of Schizophrenia: Disorganized, Catatonic, Paranoid, Undifferentiated, Residual.;

Important causes of Schizophrenia.

Personality Disorders: Antisocial personality disorder; Borderline personality disorder, Paranoid personality disorder.

#### Books recommended:

APA American Psychiatric Association. (2000). DSM – IV – TR: Diagnostic and statistical manual of mental disorders (4<sup>th</sup> ed., Text Revision). Washington D.C.

The ICD – 10. Classification of mental and behavioural disorders. Clinical descriptions and diagnostic guidelines. W.H.O., Geneva. A.I.T.B.S. Publishers & Distributors (regd.) Delhi-51. India

Sarason, I.G. & Sarason, B. R. (1993). *Abnormal Psychology; The Problem of Maladaptive Behaviour*. New Jersey: Prentice Hall

Holmes, D.S. (1997). *Abnormal Psychology* (3<sup>rd</sup> Ed.). N.Y.: Addison –Wesley Education. Pvt. Ltd

Nevid, J.S., Rathus, S. A., Greene, B. (1997). *Abnormal Psychology in Changing World* (3<sup>rd</sup> Ed.). U.K.: Prentice Hall

Coleman, J.C. (1986). *Abnormal Psychology and modern Life*. Bombay: Taraporevala Sons & Co. Pvt. Ltd.

## **Semester IV- Stream C: Counselling Psychology**

### **Paper - III**

**CODE : 4CISCT-3**

### **INTERVENTION STRATEGIES IN COUNSELLING**

#### **UNIT-I**

a) Biological approaches:

chemotherapy ,brain wave therapy, biofeedback.

b) Psychoanalytic approaches/intervention strategies:

Freudian: free association, resistance, transference, insight, working through.

neo Freudian: jung, adler, fromm, rank, horney and others.(?)

#### **UNIT- 2**

a) behavioural approaches: token economy, systematic desensitization , aversion technique, reinforcement, operant conditioning, shaping, modelling, biofeedback.

b) cognitive behaviour approaches: R.E.T. & others.

#### **UNIT-3**

a) humanistic-existential approaches: person centered approach(empathy, congruence).

b) Transactional analysis.

#### **UNIT-4**

a) Recent methods in psychotherapies: cybertherapy

b) Brief psychotherapy & crisis intervention

c) Hospitalization & milieu therapy

#### **Unit - 5**

d) Traditional approaches-yoga therapy, shavasan, meditation, vipashyana.

e) Family therapy, group therapy ,drug therapy

#### **Books Recommended**

Corey, G : (1991) Theory and practice of counselling and psychotherapy,4<sup>th</sup> edition, California :Brooks.

American psychological Asso. : (1981) ethical principles of psychologist Washington, D.C.: Author.

Pandit, M.P. : (1990) Dhyana, Dipti Pub.Sri Aurobindo Ashram, Pondicherry, India.

Plante, T.G. (2005). *Contemporary Clinical Psychology* (2<sup>nd</sup> Ed.) New Jersey:. John Wiley & Sons

Agras, W.S., Kazadin, A.E., Wilson, G.T. (1979). *Behaviour Therapy*. San Fransisco: Freeman & Co

Wolberg, L.S., Aronson, M.L. (1991). *Group and Family Therapy*. N.Y.: Brunner /Mazal

Davis, M., Eshelman, E.R., McKay, M.(1996). *The Relaxation & Stress Reduction Workbook*. Mumbai: Jaico Publishing H



## Semester IV- Stream C: Counselling Psychology

### Paper – IV

**CODE: 4CSACT-4**

#### **SPECIAL AREAS OF COUNSELLING**

##### **UNIT-I**

Counselling children and adolescent: emotionally disturbed, under achievers, slow learners, socially disadvantaged.

##### **UNIT –2**

Counselling marital, sexual and role related problems : premarital , marital counselling, identification of sex related problems, role conflict and counselling.

##### **UNIT-3**

Counselling for drug addicts, alcoholic and attempted suicides: identification of psychological problems and counselling.

##### **UNIT-4**

Counselling the physically and mentally handicapped : psychological and vocational evaluation and rehabilitation.

##### **UNIT-5**

Counselling for terminal diseases and chronic illness : cancer , HIV,AIDS etc; evaluation and counselling.

Counselling the aged : identification of psychological problems and counselling.

##### **Books recommended:**

Nugent, Frank A.(1995): An Introduction to the profession of counselling ,Maxwell Macmillan Canada, Inc. Toronto.

Gibson, R.L. and Marianne, H.M.(2008):Introduction to counselling and Guidance,7<sup>th</sup> edition, Prentice Hall of India, New Delhi.

Narayan Rao S.:(1991) *A counselling psychology*: Tata McGraw Hill Book company, New Delhi.

Arulmani, G. Arulmani, S.N. (2004). *Career Counselling; A Handbook*. New Delhi: Tata McGraw Hill

Crow & Crow. (1962). *An Introduction to Guidance*. New Delhi: Eurasia Publishing House

McLean & Holan. (1955). *Counselling Psychology*. London: Tata McGraw Hill

Brian, B. (1982). *Vocational Adjustment of Disabled Persons*. Paper Text Ed. Pro. Ed.

Crites, J.O. (1981). *Career counselling – Models Methods and Materials*. N.Y.: McGraw Hill

De Board, R. (1981). *Career development for college students* (5<sup>th</sup> Ed.). Carrell Press

Loughary, J.W. & Ripley, T.M. *Career and Life Planning Guide* (Revised Ed.). Cambridge: B.K.

## Semester IV- Stream C: Counselling Psychology

### Paper – V

Code: 4CPP-1

### Counselling Psychology Practicum (SEM IV)

a) Each student shall evaluate 3 problem cases (scholastic, adjustment or emotional problems) in this semester period and subsequently submit reports for perusal. The report of evaluated cases will include

- 1) Case problem observation
- 5) case history
- 6) identification of problem: forming impression
- 7) suggested and employed intervention strategies

- c) Each student shall complete field-work project based on a problem of his / her choice from counselling psychology in consultation with concerned teacher.
- d) In addition each candidate will prepare and conduct one Structured exercise\* on any one of the counseling skills and subsequently submit the report for perusal.

*(\*Counselling skills / Listening skills / Communication skills / Decision making skills / stress inoculation / Swot analysis. Topic(s) / area will be decided by the concerned teachers committee)*

Each student is required to complete practical file containing three case reports and project report and structured exercise report and submit the same for practical examination.

The maximum marks for practical examination will be as per the following scheme of distribution of marks->

<b>Internal Assessment</b>	Marks: 150
- performance during academic session : Assessment and evaluation of case reports, Conduct and report of structured exercise	15 marks
- Field- work project report	15 marks
<b>External Practical examination</b>	
- simulated case presentation	40 marks
- and evaluation of written report	15 marks
- conduct of structured exercise	15 marks
- Viva voce	50 marks