



MGM University

INSTITUTE OF SOCIAL SCIENCES CURRICULUM FOR

MASTER OF ARTS PSYCHOLOGY

(Effective from Academic Year 2021-22)

M. A. PSYCHOLOGY

Preface:

M.A. Psychology or Master of Arts in Psychology is a postgraduate Psychology course. Psychology includes a comprehensive and thorough study of Psychology as a discipline at an advanced level.

The Course Curriculum for Post-graduate students of Psychology has been designed by the Department of Psychology at MGM University after carefully going through the University Grants Commission (UGC) Guidelines for the M.A. Psychology program. The syllabi for all the course papers were updated with the latest topics in the field after evaluating the courses and the upcoming trends in psychology.

M.A. (Psychology) degree course covers the study of mental processes, motives, reactions, feelings, conflict resolution, crisis management, groupthink, motivation and nature of the mind. It covers subjects and topics like General Psychology, Social Psychology, Clinical Psychology, Counseling Psychology, Health Psychology, Industrial Psychology, etc. In other words, M.A. (Psychology) degree course is a study involving the scientific study of mental functions and behavior.

Program details:

- **Duration:** 2 years (4 semesters)
- **Total Seats:** 20
- **Total Credits:** 78
- **Medium :** English
- **Eligibility:** Any graduate from a recognized University with minimum 45% marks.

Mission

Master Program in Clinical Psychology is committed to the development of professional psychologists whose research, training, and practice promotes the educational and psychological well-being of children and youth in a diverse society. The Program emphasizes the integration of research, theory, clinical skills, and training that encompasses academic, cognitive, social, and behavioral domains. Students receive training in the integration of assessment, consultation, prevention, and intervention and in relevant professional, legal, and ethical issues. Professional practice is viewed as interactive and complementary, with research integrated across core psychological and educational foundations as well as clinical training experiences at all levels of the program. Students at all levels are expected to develop both research and clinical skills, and establish professional competencies that reflect the integration of theory, research, and ethical

best practice. There is a strong commitment to clinical/applied and research experiences throughout all levels of the Program.

The Program is designed to prepare psychologists who serve as researchers and leaders in school and applied child psychology both nationally and internationally, practitioners and supervisors in the field, and faculty at universities. We view clinical psychology as a broad field of research and practice within the discipline of psychology, which applies psychological principles in the integration of assessment, consultation, prevention, and intervention in relevant professional, legal, and ethical issues in a variety of social contexts. Clinical psychologists are committed to the enhancement of psychological and physical well-being.

Objectives:

1. To prepare psychologists with a strong foundation and skills in integrating the theoretical and scientific bases of professional psychology and education needed to provide services to children, youth, and families within complex systems and organizations in a diverse society.
2. To prepare psychologists to generate, critically analyze, and implement psychological and educational theory, research, and methods of scientific inquiry to engage in effective practice that, in turn, informs theory and research.
3. To facilitate students' professional identity and practice as clinical psychologists through fundamental knowledge of psychology, commitment to professional ethics, understanding of multiculturalism & diversity, and by participation in life-long learning.
4. To provide students' with in-depth training under supervised conditions in direct service models of assessment, and therapy in order to practice as clinical psychologists.
5. To train students in the scientist-practitioner model who are competent in the evaluation, production and dissemination of research.

Learning Outcome:

1. Students will achieve foundational and applied knowledge and skills in research methodology and statistical analysis.
2. Students will develop foundational knowledge of research and theory related to Clinical Psychology.
3. Students will develop competence in formulating and conducting independent research and communicating results (in oral and written form).
4. Students will develop the skills needed to conduct a range of psychological assessments.
5. Students will develop skills in differential diagnosis, case formulation, treatment planning and therapeutic skills.

6. Students will be knowledgeable about the ethical guidelines and standards related to the practice of psychology as per the guidelines. They will also know how to apply these standards in their professional practice.
7. Students will be able to analyze and critically evaluate ethical dilemmas and identify appropriate means for resolution.
8. Students will be responsive to issues of diversity in their academic, research, and professional practice.

M.A. Psychology Employment Areas

- Welfare Organizations
- Advertising Industry
- Colleges/Universities
- Defense Forces
- Hospitals
- Community Mental Health Centers
- Correctional Programs
- Prisons
- Rehabilitation Centers
- Child/Youth Guidance Centers
- Research Establishments
- Vocational Rehabilitation Offices

M.A. Psychology Job Types

- Community Relations Officer
- Developmental Psychologist
- Child Support Specialist
- Day-care Centre Supervisor
- Industrial Organization Psychologist
- Clergymen
- Neuropsychologist
- Social Worker
- Clinical Psychologist
- Psychiatric Assistant
- Counseling Psychologist
- Psychiatric Technician
- School Psychologist
- Child Care Worker
- Social Psychologist
- **Bridge course for non-Psychology students**

SEMESTER	Sr. No.	COURSES	L-T-P=C	EVALUATION	
				EXTERNAL	INTERNAL
I	1.	General Psychology	4-0-0=4	60	40
	2.	Developmental Psychology	4-0-0=4	60	40

Courses with credit system for MA program:

Sr. No.	Name of courses	Number of courses	Credits per course	Total credits
1.	Compulsory Core Courses (ECC)	12	4	48
2.	Discipline Specific Electives (DSE)	2	4	8
3.	Open Electives (OEC)	2	4	8
4.	Practical (Experiments & Testing)	2	4	8
5.	Internship (case studies)	1	2	2
6.	Dissertation / Project	1	4	4

Evaluation scheme:

Assessment method	Assessment tool	Weightage/Max marks		Duration	
In-Semester (40%)	MTE-I	Weightage	10%	1 hrs	
		Marks	20 M		
	MTE-II	Weightage	10%	1 hrs	
		Marks	20 M		
	Assignments	Weightage	10%	3 hrs	
		Marks	10 M		
	Seminar/presentation	Weightage	5%		
		Marks	10 M		
Attendance	Weightage	5%			
	Marks	5 M			
End-Semester (60%)	End Sem Exam	Weightage	60%		3 hrs
		Marks	60M		

M.A. (Clinical Psychology)

SEMESTER	Sr. No	COURSES	NAME OF COURSES	L-T-P=C	EVALUATION	
					EXTERNAL	INTERNAL
I	1.	Core -1	Cognitive Psychology	4-0-0=4	60	40
	2.	Core -2	Research methodology & Statistics-I	4-0-0=4	60	40
	3.	Core -3	Introduction to Personality-I	4-0-0=4	60	40
	4.	Core -4	Social Psychology-I	4-0-0=4	60	40
	5.	Experiments	Practicum	0-0-8=4	60	40
II	6.	Core-4	Physiological psychology	4-0-0=4	60	40
	7.	Core-5	Research methodology & statistic-I	4-0-0=4	60	40
	8.	Core-6	Introduction to Personality-II	4-0-0=4	60	40
	9.	Core-7	Social Psychology-II	4-0-0=4	60	40
	10.	Testing	Practicum	0-0-8=4	60	40
III	11.	Core-7	Abnormal Psychology-I	4-0-0=4	60	40
	12.	DSE	Health psychology	4-0-0=4	60	40
	13.	Open elective (Any one)	Counselling psychology	4-0-0=4	60	40
	14.		Rehabilitation psychology			
	15.	Core-8	Psychological testing	4-0-0=4	60	40
	16.	Internship	Practicum	0-0-4=2	30	20
IV	17.	Core-9	Abnormal Psychology-II	4-0-0=4	60	40
	18.	Core-10	Psycho-diagnosis	4-0-0=4	60	40
	19.	Open elective (Any one)	Positive psychology	4-0-0=4	60	40
	20.		Community mental health			
	21.	DSE	Psychotherapy & Intervention strategies	4-0-0=4	60	40
	22.	Project	Practicum	0-0-8=4	60	40

Bridge-course detail syllabus
(For Non-Psychology Students)

Paper-1 General Psychology

Unit I:

Introduction to Psychology:

Definition and nature of psychology; Approaches: Biological, Psychodynamic, Behaviorist, and Cognitive

Unit II:

Sensation & perception: Definition, nature & perceptual processes

Attention: Definition, nature & theories

Learning: Definition, nature & theories of learning

Unit III: .

Memory: Definition, Nature of memory, models of memory; Nature and causes of forgetting

Intelligence: Definition, Nature & theories of Intelligence.

Unit IV:

Motivation: Meaning of Motivation, Types of Motivation, and process. Theories of Motivation.

Emotion: Meaning, concept, Components of emotion, Theories of Emotion.

References:

- Ciccarelli , S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
- Feldman.S.R. (2009).Essentials of understanding psychology (7th Ed.) New Delhi : Tata McGraw Hill.
- Michael ,W., Passer, Smith,R.E. (2007). Psychology The science of mind and Behavior. New Delhi:Tata McGraw-Hill.

Paper-2 Developmental Psychology

Unit-1:

Concept of Development, Growth and Development, Life Span Perspective, Methods of Studying Development and Characteristics of Development; Prenatal Development (Genetics, Environment Influence and Hazards of Development); Development During Infancy (Physical, Psychosocial, Cognitive and Linguistic); Early Childhood (Physical, Psychosocial, Cognitive and Linguistic)

Unit-2:

Development during Early School Years (6-11 Years); Physical Development; Cognitive, Social, Emotional and Moral Development; Schooling and Development; Identification of Problems in School Children and Remedial Measures

Unit-3:

Development during Adolescence; Physical Changes; Cognitive Changes; Identity, Self Concept, Self Esteem, Peer Group Relationship; Challenges and Issues in Adolescent Development

Unit-4:

Adulthood and Ageing; Physical Changes (Early Adulthood, Middle Age, Old Age); Cognitive Changes (Early Adulthood, Middle Age, Old Age); Psychosocial Changes (Early Adulthood, Middle Age, Old Age); Challenges and Issues in Ageing Process

References

1. Santrock, J.W. (2012). *Life Span Development* (13th ed) New Delhi: McGraw Hill.
2. Santrock, J. W. (2014). *A Topical Approach to Life-Span Development* (7th Ed.). McGraw Hill.
3. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.

M.A. (Clinical Psychology)

SEMESTER-I

Paper-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: Information Processing in Learning and Memory Neuropsychological Basis of Learning and Memory

Unit-3

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-4

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 (8th 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.

Paper-2 Research methodology & statistic-I

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; norms and interpretation of test scores.

Unit 4

Parametric and non parametric Methods• , t- test, F -test, ANOVA, Sign test and U test. Correlation: [Product moment]; [Rank difference]; [Biserial, Phi]. Regression equation• Types of sample, Standard score, percentile.

Books Recommended

- Kerlinger, F.N.(1973). Foundation of Behavioural Research (2nd Ed.). N.Y.: Holt Rinehart & Wilson
- Anastasi, A., Urbina, S. (2004).Psychological Testing (7th Ed.). India: Pearson Education Pvt. Ltd. (Indian Branch
- Guilford, J.P. & Fruchter, B. (1978). Fundamental Statistics in Psychology and Education (6th Ed.). N.Y.: McGraw Hill
- Mangal, S. K. (2007). Statistics in Psychology and Education (2nd 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

Paper-3 Introduction to Personality-I

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

The psychodynamic approach to personality : Sigmund Freud. Carl Jung. Alfred Adler

Unit 3

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

Unit – 4

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. 6rd edn. Lawrence Erlbaum Associates Inc. Mahwah New Jersey, London
- Hjelle, L. A. and Ziegler, D. J. (1992) Personality Theories. Basic assumptions, research and Applications, 3rd edn. McGraw-Hill Inc. International Edition.
- Pervin, L. a Personality: Theory and Research, (1991) 6th edn, John Wiley & Sons, Inc. U.S.A.
- Pervin, L (2003). The Science of Personality. 2nd edn. Oxford University Press. New York
- Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc. U.S.A.

Paper-4 Introduction to 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

Attitude and behaviour ; Formation of attitudes , How attitude influences behaviour, attitude change

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

Unit-3

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-4

Aggression : theoretical perspectives, determinants of aggression and its causes. The prevention and control of human aggression : punishment , catharsis, cognitive intervention and other techniques.

References

- 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
- 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.

Paper-5 Practicum

- I. Experiments:
 - Mental set
 - Cognitive dissonance
 - Mental fatigue
- II. Mini-field study with presentation (group activity)
- III. Assignment for 3 subjects.
- IV. Seminar for 3 subjects.

SEMESTER-II

Paper-6 Physiological Psychology

Unit 1:

Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit 2:

The Functioning brain: Structure, and functions of neurons; Neural conduction and synaptic transmission. Organization of nervous systems: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

Unit 3:

States of consciousness; Definitions, sleep & dreams, Altering consciousness; hypnosis, meditation & drugs.

Unit 4:

Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

Essential Readings:

- Carlson, N. R. (2009) *Foundations of Physiological Psychology* (6th Ed). Pearson Education, New Delhi.

References:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience* (5th Ed). Sinauer Associates, Inc., Sunderland, Massachusetts.
- Levinthal, C. F. (1983). *Introduction to Physiological Psychology*. New Delhi: PHI.
- Pinel, J. P. J. (2011) *Biopsychology* (8th Ed). Pearson Education, New Delhi.
- Rozenweig, M. H. (1989). *Physiological Psychology*. New York: Random.

Paper-7 Research methodology & statistic-II**Unit-1**

Introduction to research: Meaning, purpose and dimensions of research. Paradigms of research Qualitative, Quantitative, Ethical problems and principles.

Unit-2

Introduction to statistics: Nature of data, Testing the normality, Method of moments, Parametric and Non Parametric Statistics

Unit-3

Introduction to psychological assessment : Test construction: Steps in test development and standardization, Applications of psychological testing in various settings, Clinical Organizational and business , Education, Counseling , Military, Career guidance & Ethical issues in psychological testing.

Unit-4

Sampling and hypothesis testing: Sampling procedures of hypothesis testing , Selection of statistical methods, Randomized experimental and quasi-experimental approaches, Group vs. single-subject designs

References:

- Kerlinger, F. N. (1973). *Foundations of behavioral research*. USA: Holt, Rinehart & Winston.

- King, B. M., & Minium, E. M. (2003). *Statistical reasoning in psychology and education* (4th ed.). New Jersey: John Wiley & Sons, Inc.
- Siegel, S. (1956). *Non-parametric statistics for behavioral sciences*. New York: McGraw Hill.

Paper-8 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 , Existential Approach ; Rollo May, Viktor Frankle

Unit 3

The Indian Approaches to personality Guna theory – Srimad Bhagvadgeeta , View points of Sri Aurobindo , Abhidhama – Gautam Buddha

Unit –4

The psychology of women ; A relational approach – Miller, The ideals of personality, the Mature person [Adler], Fully Functioning person [Rogers], Self-actualizer [Maslow], Sthitpradnya / Trigunateet (Srimadbhagwadgita), Arhat , Personality theories – new directions in the discipline

References

- Ewen R. B. (2003) An ntrouction to theories of personality. 3rd edn. Lawrence Erlbaum Associates Inc. Hillsdale, New Jersey, London
- Hall, C. s. & Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc. U.S.A.
- Pervin, L. a Personality: Theory and Research, (1991) 6th edn, John Wiley & Sons, Inc. U.S.A.
- Tilak B. G. (1986) Geeta Rahasysa or Karma Yoga Rahasya, B. s. Sukhtankar (Eng. Tra.) 6th ednGeeta 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*. 2nd edn. Oxford University Press. New York

Paper-9 Social Psychology II

Unit- I

Poverty, gender issues, unemployment and its psychosocial consequences, population issues, media culture, effects of televiewing, AIDS. Conflict: social dilemma , competition, perceived injustice, misperception. Conflict management and resolution of inter-group conflict.

Unit- 2

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- 3

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

Unit –4

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.

References

- 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
- 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.

Paper-10 Practicum

- Psychological testing
 - Intelligence test
 - Aptitude test
 - Personality test
- Critical evaluation of test
- Assignment
- Seminar

SEMESTER III

Paper-11 Abnormal Psychology I

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 ; theoretical perspective on maladaptive behavior ; Biological perspective, Psychodynamic perspective, Behavioral perspective, Cognitive perspective, Humanistic-Existential perspective, Community-Cultural perspective, Integrative approach.

Unit 2

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 3

Personality disorders: paranoid, histrionic, schizoid, dependent, avoidant, narcissistic, borderline, obsessive-compulsive type & antisocial personality disorder; Mental retardation, its causes, degrees of mental retardation, problems, helping the child and family. Disorders usually first diagnosed in infancy, childhood or adolescence, ADHD, Autism, Learning disorders, Conduct disorder, Stuttering, Tics,

Unit 4

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

References

- 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* (10th Ed.).N.Y.: HarperColins
- Plante, T.G. (2005). *Contemporary Clinical Psychology* (2nd 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* (3rd Ed.). N.Y.: Addison –Wesley Education. Pvt. Ltd
- Nevid, J.S., Rathus, S. A., Greene, B. (1997). *Abnormal Psychology in Changing World* (3rd Ed.). U.K.: Prentice Hall
- Hales, R.E., Yudofsky, S.G.(2003). *Text Book of Clinical Psychiatry*. Washington D C: American Psychiatric Publishing, inc.

Paper- 12 Health Psychology

Unit 1

Health psychology: definition, history, mind-body relation, bio-psycho-social model in health psychology, research. The systems of body: Nervous system, endocrine system, cardiovascular system, respiratory system, digestive system, renal system, reproductive system, immune system.

Unit 2

Health compromising behavior: alcoholism, smoking, undisciplined and rash driving, indiscriminate use of mobile phone. Health enhancing behavior: proper diet, exercise, regular medical checkup for senior citizens, weight control

Unit 3

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 4

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

References

- 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
- Hamilton-West, K. (2010). *Psychobiological Processes in Health and Illness*. . Sage Pub. @ www.sagepublications.com
- Marks, D. F.(2010). *Health Psychology: Theory, Research and Practice (3rd Ed.)*. . Sage Pub. @ www.sagepublications.com

Paper-13 Counseling 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

Basic skills in counseling; personal characteristics, personal counselling for the counsellor, values philosophy, multiculturally skilled counsellor, problems and issues faced by the beginning counsellor.

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

Unit-3

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-4

Creative approaches to counselling:

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

References

- Kinra, A. K. (2008). Guidance and counselling. Dorling Kindersley (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,7th 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.

Paper -14 Rehabilitation Psychology

Unit 1

Rehabilitation Psychology: Definition, historical perspective, scope and methods. Functions of Rehabilitation Psychology

Unit 2

Psychological Approach to Rehabilitation: Assessment, diagnosis, treatment and certification
Role of psychologist in disability rehabilitation, Understanding psychological needs of caregivers and working with families of persons with disabilities

Unit 3

Personality development of persons with disabilities, Lifespan development of persons with disabilities
Personality traits and coping styles

Unit4

Work settings of rehabilitation psychologists; Designing training programmes for rehabilitation psychologists, Training need analysis, implementation of training programmes

References

- Golden C.J., 1984. Current Topics in Rehabilitation Psychology: Grune & Straton, London.

- Nirbhay N.Singh, 1998. Comprehensive Clinical Psychology: Application in Diverse Populations, Volume 9, Elsevier Science, Pergamon.
- Zigler, E, Gates, D.B (1999). Personality development in individuals with Mental Retardation, New York: Cambridge University Press.

Paper-15 Psychological Assessment

Unit 1: Introduction to Psychological Assessment

History of Psychological Assessment, Meaning of Psychological Assessment, Types of tests, scales, batteries., Ethical and Professional standards for tests.

Unit 2: Assessment of ability and aptitude

Assessment of intelligence: WISC-IV, Kamat-Binet, WAIS, Assessment of Aptitude: GATB, Assessment of Achievement tests, Assessment of Interests: Strong Interest Inventory

Unit 3: Assessment of Personality

Measures of personality: MBTI, Adjective Check Lists, 16 PF., Personality assessment in Work Setting: NEO-PI-3, MMPI, Projective tests of personality: RoR, TAT, Assessment of Social Desirability and other issues in personality assessment

Unit 4: Assessment in other related areas

Assessment of Emotions: BDI-II, Emotion Intelligence Test, STAXI-II, Assessment of Health: GHQ, Quality of Life, Competency based assessment , computer based testing and assessment, Report writing in each of the different assessments, importance of documentation.

References

- Bellack, A.S. and Hersen, M. (Ed.s) (1998) Behavioral assessment A Practical Handbook. 4th edition.
MA: Allyn and Bacon.
- Coaley,K.(2009) An introduction to Psychological Assessment and Psychometrics. Sage Publications.
New Delhi
- Goldstein, G. and Hersen, M. (Ed.) (2000) Handbook of Psychological Assessment . 3rd. ed. Oxford:
Elsevier science.
- Hersen, M. (2004) Comprehensive Handbook of Psychological Assessment Vol IV Industrial and Organizational assessment NY: Wiley.

- Walsh, W.B. and Betz, N.E. (1985). Tests and Measurement. Prentice Hall, Inc. New Jersey

Paper-16 Practicum

- Psychological assessment (BDI & NEO-PI)
- 3 Visits (Old-age home, orphan age & mental hospital)
- 3 case study with presentation
- Diagnosis with intervention strategies

SEMESTER IV

Paper-16 Abnormal Psychology II

Unit 1

Anxiety disorders and their management: generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder ; 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. Organic Mental Disorders ;Alzheimer’s disease, Parkinson’s disease, Epilepsy, Delirium, Dementia , Substance induced, infections, tumors, head injury, toxin induced disorders

Unit 4

Somatoform disorders: Somatization, conversion disorder, hypochondriasis ; Dissociative disorders: Dissociative amnesia. Dissociative Fugue, ; Sexual disorders: sexual dysfunction, gender identity disorder, paraphilias ; Sexual victimization: rape, pedophilia.

References

- 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* (7th Ed.). London: Williams & Wilkins
- Maddux, J.E., Winstead, B.A. (Eds.) (2005). *Psychopathology; Foundations for Contemporary Understanding* . New Jersey: Lawrence, Erlbaum Associates

Paper-17 Psycho-diagnosis

Unit-1

Introduction to Psycho-diagnosis, Definition, Concept and Description; Methods of Behavioral Assessment; Assessment in Clinical Psychology; Ethical Issues in Assessment

Unit-2

Objectives of Psycho-diagnosis; Different Stages in Psycho-diagnosis; Batteries of Test and Assessment Interview; Report Writing

Unit-3

Measures of Intelligence and Conceptual Thinking; The Measurement of Conceptual Thinking (The Binet Simon Intelligence Scale and Wechsler's Intelligence Scales); Measurement of Memory and Creativity; Utility of Data from the Test of Cognitive Functions

Unit-4

Introduction to Projective Techniques and Neuropsychological Test; Principles of Measurement and Projective Techniques, Current Status with Special Reference to the Rorschach Test; The Thematic Apperception Test, Children's Apperception Test; Personality Inventories

References

- 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* (7th Ed.). London: Williams & Wilkins
- Maddux, J.E., Winstead, B.A. (Eds.) (2005). *Psychopathology; Foundations for Contemporary Understanding* . New Jersey: Lawrence, Earlbaum Associates

Paper-18 Positive Psychology

Unit 1

Positive psychology and its historical perspective; Understanding positive psychology; Eastern and western perspective

Unit 2

Positive emotional states; Understanding positive affect, Positive emotions: wellbeing, happiness, ; Emotional hardiness

Unit 3

Positive cognitive states; Optimism, hope, wisdom, courage, self efficacy, resilience; Mindfulness, spirituality

Unit 4

Prosocial behavior Empathy, gratitude, forgiveness ; Altruism, love

Reference books

- Snyder, C. R., & Lopez, S. J. (2007). *Positive Psychology: The Scientific and Practical Exploration of Human Strengths*. New Delhi: Sage Publications.
- Snyder, C. R., & Lopez, S. J., (Eds.), (2004). *Positive Psychological Assessment: A Handbook of Models and Measures*. Washington DC: APA, DOI 10.1037/10612.000
- Linley, P. A., Joseph, S. (Eds.), (2004). *Positive psychology in Practice*. USA: John Wiley & Sons

Paper-19 Community mental health

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; Modification and prevention of risk factors in cardiovascular disorders; Psychological preparation for stressful medical procedures; Rehabilitation of patients with CNS dysfunction, intervention with cancer patients.

References

- 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
- Plante, T.G. (2005). Contemporary Clinical Psychology (2nd 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.

Paper-20 Psychotherapy & Intervention strategies

Unit-1

Becoming a psychotherapist: Training and supervision; Stages of therapy; Modes of therapy: Individual, group, couples & family; Psychotherapy research.; Critical/controversial issues in psychotherapy.

Unit-2

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

Unit-3

Psychoanalytic therapies; Brief analytic therapies; Object-relations therapies; Interpersonal approaches.

Behavioral therapy; Cognitive therapy (Beck); Rational emotive behaviour therapy (Ellis). Systematic desensitization, Contingency contracting, Shaping, Aversive conditioning, Modeling

Unit-4

Client-centered therapies; Existential therapies; Gestalt therapies; transpersonal therapies. Milieu therapy, Progressive relaxation, Flooding, Hypnosis

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

Readings:

- Brems, C. (2000). *Dealing with challenges in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Brems, C. (2001). *Basic skills in psychotherapy and counseling*. Singapore: Brooks/Cole.
- Corey, G. (2015). *Theory and practice of counseling and psychotherapy* (10th ed.). Boston: Cengage Learning.
- Dryden, W. (2007). *Dryden's handbook of individual therapy* (5th ed.). New Delhi, India: Sage.
- Feltham, C. (Ed.) (1999). *Controversies in psychotherapy and counseling*. New Delhi, India: Sage.
- Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics* (Low Price Edition). Delhi, India: Pearson Education.
- Ivey, A. E., D'Andrea, M., Ivey, M. B., & Simek-Morgan, L. (2007). *Theories of counseling and psychotherapy: A multicultural perspective* (6th ed.). Boston: Allyn & Bacon.

Paper-21 Practicum

- Project (Research paper for publication)