

SRI VENKATESWARA UNIVERSITY::TIRUPATI**S.V.U.COLLEGE OF SCIENCES****DEPARTMENT OF PSYCHOLOGY**

(Syllabus common for SV University College and affiliated colleges offered P.G.Courses in SVU Area)

(Revised Scheme of Instruction and Examination, Syllabus etc., with effect from the Academic Years 2016-17 for I and II Semesters and 2017-18 for III and IV Semesters)

M.Sc. (Counseling Psychology) Degree Course

(Scheme of Examination, Syllabus etc., for First and Second Semesters are common for M.Sc. Counselling Psychology Degree Course)

I SEMESTER

Course Code	Title of the Course	Core / Foundation / Elective	Hours of Teaching	No. of Credits	Marks		Total
			Theory Practical		IT	SEE	
CPSY 101	General Psychology-I	Compulsory Foundation	06	04	20	80	100
CPSY 102	Social Psychology	Core	06	04	20	80	100
CPSY 103	Psychopathology-I	Core	06	04	20	80	100
CPSY 104	Psychological Measurements-I	Core	06	04	20	80	100
CPSY 105	Practical I & II	Core	08	04	-	-	100
CPSY 106	Human values and Professional Ethics – I	Elective Foundation	04	04	-	-	100
Total			36	24	-	-	600

II SEMESTER

Course Code	Title of the Course	Core / Foundation / Elective	Hours of Teaching	No. of Credits	Marks		Total
			Theory Practical		IT	SEE	
CPSY 201	General Psychology II	Compulsory Foundation	06	04	20	80	100
CPSY 202	Applied Social Psychology	Core	06	04	20	80	100
CPSY 203	Psychopathology-II	Core	06	04	20	80	100
CPSY 204	a. Psychological Measurements & Statistics b. Research Methodology c. Computer Application in Psychological Research	Core	06	04	20	80	100
CPSY 205	Practical I & II	Core	08	04			100
CPSY 206	Human values and Professional Ethics-II	Elective Foundation	04	04			100
Total			36	24			600

THIRD SEMESTER

Course Code	Title of the Course	Core / Foundation / Elective	Hours of Teaching	No. of Credits	Marks		Total
			Theory Practical		IT	SEE	
CPSY 301	Counselling Process	Core (Compulsory)	06	04	20	80	100
CPSY 302	Counselling Skills	Core	06	04	20	80	100
CPSY 303	Therapeutic Approaches in Counselling –I	Core	06	04	20	80	100
CPSY 304	a. Foundations of Personality	Generic Elective	06	04	20	80	100
	b. Lifespan Developmental Psychology – Infancy to Adolescence		06	04			
	c. Psychology of Disability		06	04			
CPSY 305	Practical I & II	Core	08	04	-	-	100
CPSY 306	a. Personality Development b. Inter Personal Communication Skills	Open Elective	04	04	-	-	100
Total	36	24			600		

FOURTH SEMESTER

FOURTH SEMESTER							
CPSY 401	Applications of Counselling in Special Areas	Core (Compulsory)	06	04	20	80	100
CPSY 402	Therapeutic Approaches in Counselling –II	Core	06	04	20	80	100
CPSY 403	Family Counselling	Core	06	04	20	80	100
CPSY 404	a. Theories of Personality	Generic Elective	06	04	20	80	100
	b. Lifespan Developmental Psychology – Adulthood and Later Maturity		06	04			
	c. Rehabilitation Psychology		06	04			
CPSY 405	Practical I & II	Core	08	04	-	-	100
CPSY 406	a. Behaviour Change b. Life Skills	Open Elective	04	04	-	-	100
Total			36	24			600

I SEMESTER

PAPER-I: CPSY 101: GENERAL PSYCHOLOGY-I (CF) (Common for both M.Sc. Psychology and M.Sc. Counselling Psychology)

Unit – I: Psychology as Science

- a. Definition, Nature, Scope and Aims of Psychology
Basic and Applied Fields of Psychology.
- b. Historical Origins -The rise of Experimental Psychology. The Emergence, development and decline of the Schools of Psychology
Methods of Study – Observation method, Experimental method, Survey and case study method.

Unit – II: Biological Basis of Behaviour

- a. Genetic perspective – Chromosomes, DNA, Genes Dominant – Recessive Genes Principle
The Evolutionary Perspective – Natural Selection

The Environmental perspective – Principle of learning - Nature and Nurture controversy.
- b. Nervous System: Basic unit and divisions of Nervous system – Localization of brain functions.
Endocrine System: Pituitary, Adrenaline, Thyroid, Parathyroid, Gonads and Pancreas.
Receptors, Connectors, Effects and Adjuster mechanisms.
Sensory process – Senses and sensory organs, general characteristics of Senses and Sensory thresholds, Subliminal Perception, Signal Detection Theory.

Unit – III: Perceptual Process

- a. Relationship between sensation and perception, Approaches to perception – Gestalt, information Processing approach, the Cognitive approach, Integrative approach.
Attention as perceptual sampling process, Phenomena of Attention.

Types and Factors influencing Attention.

Principles of perceptual organization and Figure and Ground Relationship.
- b. Perceptual experiences – Visual space perception, Perceptual constancies; Perceptual movement. Errors in perception, Perceptual Defence and Vigilance, Factors influencing perception – Learning, motivation, values and socio economic status, culture and perception.

Unit – IV: Learning:

- a. Nature and definition of Learning
Experimental approaches to learning – Connectionist and Cognitive
- b. Brief discussion of learning theories, Pavlov, Thorndike, Skinner, Hull, Tolman and Miller.
Measurement in learning and learning curves

Transfer of training of education and transfer, experimental analysis of transfer of training, stimulus and response similarly.

Motor and verbal learning - Motor skills, distribution of practice, warm up, patterns of movement & knowledge of results.

Verbal learning – process in verbal learning.

Organization, practice, individual differences.

Experimental analysis of behaviour – behaviour modification, shaping, discrimination learning, Neurophysiology of learning.

References:

1. Boring, E.G (1950). History of Experimental Psychology. New York: Appleton-Century – Crofts ,
2. Carlson, N.R. (1977). Physiology of Behaviour, Boston: Allyn and Bacon.
3. Chaplin, J.P. & Crawice T.S. (1974). Systems and Theories of Psychology (3rd edition), New York: Holt Reinhert and Winston, INC
4. Dennis Coon, (2006). Psychology: A Modular approach to Mind and Behaviour, USA: Thomson Higher Education.
5. Hilgard, E.R, Atkinson, R.C. & Atkison, R.R., (1976). Introduction to Psychology (6th edition), New Delhi: Oxford and IBM Publishing Company Private Limited.
6. Hilgard, E.R. & Bower, G.H. (1975). Theories of Learning (4th edition), Prentice Hall, New Delhi.
7. Kendler, H.H. (1975). Basic Psychology, (3rd edition), London: Addison – Wesley Publishing, Company.
8. Nolen-Hoeksema, Fredrickson, Loftus & Wagenaar (2009). Atkinson and Hilgard's Psychology – An Introduction. New Delhi: Cengage Learning India Pvt. Ltd.
9. Parameswaram, E.G. & Beena, C. (1988). An Invitation to Psychology (First edition), New Delhi: Tata Mc Graw Hill Publishing Company Limited.
10. Philip Banyord, Mark N.O. Davies Christine Norman & Belinda Winder (2010). Essential Psychology – A Concise Introduction. New Delhi: Sage Publications India Pvt. Ltd.,
11. Ralph Norman Haber (1968). Contemporary Theory and Research Visual Perception, New York: University of Rochester.
12. Ralph Norman Haberr & Maurice Herbanson (1973). The Psychology of Visual Perception. The University of Rochester, New York: Holt Rinehart and Winston.
13. Robert S. Feldman (2011). Understanding Psychology (10th Edition). New Delhi: Tata – McGraw Hill Education Pvt. Ltd.,
14. Ruch, F.L. (1970). Psychology and Life, Bombay: D.B. Taraporevala Sons and Company Pvt. Ltd.,
15. Sdorow Laster (2012). Psychology. Iowa: Brown Publishers Dubugne.

PAPER – II: CPSY 102: SOCIAL PSYCHOLOGY (CC) (Common for both M.Sc. Psychology and M.Sc. Counselling Psychology)

Unit – I: Introduction

- a. Definition, understanding social behaviour
Historical origins; relationship with other social sciences
- b. Research methods in social psychology: Field, Observation, Experimental, Survey.

Unit – II: Social Perception and Social Cognition

- a. Person perception and object perception; Bem's theory of self perception. Social perception; communication; social interaction.

- b. The process of attribution; Kelley's theory of causal attribution: Major sources of bias; practical applications of attribution theory.

Social Cognition – Major cognitive strategies: affect and cognition, self awareness, applications of self awareness.

Unit – III: Socialization

- a. Definition and goals of socialization, socialization process; the context of socialization
- b. Social motives: Sex role identity, agencies of socialization, the development of self concept, self evaluation.

Theories of Moral development (Piaget & Kohlberg).

Unit – IV: Attitudes

- a. Formation of attitudes, Components of attitudes, functions of attitudes, the link between attitudes and behaviour.
- b. Attitude scales: Likert, Thurstone, Bogardas scales; Measurement: Self report and other techniques.

Theories of Attitude formation and change: Balance theory, congruity theory, cognitive dissonance theory.

References:

1. Akbar, Hussain (2012). Social Psychology, New Delhi: Dorling Kindersley Pvt. Ltd.
2. Baron, R.A., & Byrne, D. (1988). Social Psychology; Understanding Human Interaction, New Delhi: Prentice – Hall of India Pvt. Ltd.,
3. Lipp, R.A. (). Introduction to Social Psychology. California: Wordsworth Publishing Company,
4. Robert, A. Baron, Nyla, R. Branscome, Donn Byrne & Gopabharadwaj (2009). Social Psychology, New Delhi, Pearson Publication
5. Seidenberg, B., & Sandowsku, A. (1976). Social Psychology, An Introduction. Stuttgart: The Free Press, Macmillan Publishing Co. Inc.,

PAPER-III: CPSY 103: PSYCHOPATHOLOGY-I (CC) **(Common for both M.Sc Psychology and M.Sc. Counselling Psychology)**

Unit – I: Abnormal Psychology

- a. Meaning and Definitions of Psychological abnormality.
Criteria of normality and abnormality.
- a. Historical - How abnormality viewed and treated in the past: Current trends.

Unit – II: Models of Abnormality

- a. Biological model; Psychodynamic model
- b. Behaviouristic model; Cognitive model
Humanistic – Existential and Socio-cultural model

Unit – III: Classification and Assessment

- a. Clinical Assessment and Diagnosis
Classification of Psychological Disorders – DSM V; ICD.10.
- b. Causes of abnormal behaviour; Biological, Psych-social and Socio Cultural factors.

Unit – IV: Approaches to Therapies

- a. Biological therapy: Chemo therapy, Electro therapy, Brain –wave therapy
- b. Psychosocial Approaches to therapy; Psychoanalytic therapy, Behaviour therapy, Humanistic – Existential therapies, Interpersonal therapy, Transactional Analysis and Group Therapy, Socio-cultural approaches to therapy; Current issues and trends in Treatment.

References:

1. Arun Kumar (2006). Abnormal Psychology. New Delhi: ANMOL Publications Pvt. Ltd.
2. Carson. Butcher Mineka (2003). Abnormal Psychology and Modern life, (XI edition). Singapore: Pearson Education Pvt. Ltd.,
3. Irwin G. Sarason & Barbara R. Sarason (2009). Abnormal Psychology, (XI Edition), New Delhi: PHI Learning Pvt., Ltd.,
4. James, N. Butcher, Susan Mineka & Jil M. Hooley (2011). Abnormal Psychology – Core Concepts (Second edition). New York: Allyn & Bacon Pearson Education, Inc.
5. Lauren B. Alloy, John, H. Riskind & Margaret J. Manos (2005). Abnormal Psychology, (IX edition) New Delhi: Tata McGraw Hill Publishing Co. Ltd.,
6. William J. Ray (2015). Abnormal Psychology – Neuroscience Perspectives on Human Behaviour and Experience. New Delhi: Sage Publications.

PAPER – IV CPSY 104: PSYCHOLOGICAL MEASUREMENT – I (CC) (Common for both M.Sc Psychology and M.Sc. Counselling Psychology)

Unit – I: Psychological Measurement

- a. Introduction – Psychological Assessment and Psychometrics - Nature. Psychophysical Measurements – Psychophysical Theory-Psychophysics and Sensory limens, Psychophysical laws.
- b. Modern Psychophysics – Psychological Scaling methods – Rating scales – Attitude Scales

Unit –II: Developments in Psychological Measurement

- a. Early History of Psychological Measurement – Psychophysics – Mental Testing – Contributions of Galton and Binet; Interest in the mentally deficiency; Later Developments; Contemporary Status of Psychological Measurement.
- b. The Psychological Test: Definition, Types – Factors influencing test performance – Test administrative procedures – Testing conditions – rapport, examiner effects, situational variables – test anxiety.

Ethical and Professional Concerns in Testing – Control in the use of Psychological tests; Sources of Psychological tests.

Unit – III: Principles of Test Construction

- a. Test Formulation – Content selection - Item writing – Item analysis – Objectives and use of Item analysis; Item Difficulty; Item validity, Item discrimination – Item reliability – Internal consistency.
- b. Reliability – basic concepts, methods of test reliability – reliability of speed & power tests – Special problems in reliability.

Validity – basic concepts, methods of test validity – general problems.

Unit – IV: Test Development and Test Standardization Procedures

- a. Basic steps in Test development: Instructions in Test Administration
- b. Development of Norms – Types of norms – Interpretation of Test scores – Statistical Indices – Computers usage in Testing.

References:

1. Anastasi, A. (2005). Psychological Testing, New Delhi: Pearson Education Pvt. Ltd.,
2. Cronbach, L.J. (1970). Essentials of Psychological Testing. New York: Harper & Row.
3. Freeman R.S. (1966). Psychological Testing, 3rd Edition, New Delhi: Oxford IBH Co. Pvt. Ltd.,
4. Guilford, J.P. (1989). Psychometric Methods, New Delhi: Tata McGraw Hill Publishing Co. Ltd.
5. Keith Coaley (2014). An Introduction to Psychological Assessment & Psychometrics, Singapore: Sage Publications Asia Pacific Pvt. Ltd.,
6. Leslie A. Miller, Robert L. Lovler & Sandra A. McIntire (2013). Psychological Testing. New Delhi: Sage Publications.
7. Miltner, L.A., Lovler, R.L., & McIntire, S.A. (2013). Psychological Testing – A Practical Approach, New Delhi: Sage Publications Pvt. Ltd.,
8. Ramamurti, P.V. (2014). An Introduction to Psychological Measurements, New Delhi: PHI Learning Pvt. Ltd.,
9. The Mental Measurement Year Book, Baros (Latest).
10. Thomas A. Stetz, Leslie A. Miller & Robert L. Lovler (2016). Student Study Guide for Foundations of Psychological Testing. New Delhi: Sage Publications.

PSY 105: PRACTICAL I & II PRACTICUM IN THE (CF & CC)

SECOND SEMESTER

PAPER-I: CPSY 201: GENERAL PSYCHOLOGY – II (CF) (Common for both M.Sc Psychology and M.Sc Counselling Psychology)

Unit – I: Motivation and Emotion

- a. Historical antecedents of motivation from mechanism to cognition. Motivation sequence and motivational concepts – instinct, drive, motive and incentive. Physical and Psycho - social motives – A brief study of motivational theories – Freud, Mc Dougall, Maslow, S-R and Cognitive. Measurement of Motivation – Issues and techniques – cross cultural perspective of motivation.
- b. Emotions – nature, development, differentiation and expression of emotions, physiological basis of emotion. Brief review of theories of emotion – Physiological – James – Lange theory, Cannon Bard theory, Behavioural facial feedback theory and Schachter two factory theory and cognitive appraisal theory of emotion. Measurement of emotions – Physiological, expressive and cognitive measures.

Unit – II: Memory and Forgetting

- a. Models of memory – information processing model – sensory memory, short – term memory, long –term memory, encoding, storage and retrieval.
- b. Factors influencing memory – Repetition, meaningful learning, whole Vs part learning, massed and spaced practising, Motivation, feed back and passage time
Measurement of Memory – study habits, mnemonic devices, Nature of forgetting, theories of forgetting: Interference theory, motivation theory, Decay theory, Trace-change theory.

Unit – III: Thinking

- a. Nature and tools of thinking

Tools of thinking – images and types of image

Concepts – development and process of concept formation and types of concepts.
Language – Structure of language, acquisition of language and the relationship between language and thinking.

- b. Varieties of thinking: Reasoning – inductive and deductive reasoning. Problem solving – types of problem solving – trial and error, insight, algorithms. Heuristics steps and impediments in problem solving. Critical thinking, Inference and pitfalls.

Piaget model of cognitive development.

Unit – IV: Intelligence

- a. Nature and distribution of intelligence
Differences in intelligence – individual, gender and racial factors, Influence of heredity and environment.
- b. Theories of Intelligence – Spearman, Thurstone, Guilford, Cattell, Stenberg and Gardner

References:

1. Bernard Weiner, (1972). Theories of motivation from mechanism to cognition. Los Angeles; Noida: Rand McNally
2. Eva Dreikurs Ferguson (1975). Motivation an experimental approach. Edwardsville: Southern Illinois University
3. Goleman, Daniel (1998). Working with Emotional intelligence. New York: Banatain books.
4. Hilgard, E.G. Atkinson R.C., & Atkinson R.R. (1976). Introduction to Psychology, (6th edition). New Delhi: Oxford & IBM Publishing Company Private Limited,
5. Kendler. H.H (1975). Basic Psychology (3rd Edition). London: Addison – Wesley Publishing Company.
6. Parameswaram, E.G. & Beena, C. (1988), Invitation to Psychology, (First edition) – New Delhi : Tata Mc Graw Hill Publishing Company Ltd.,
7. Robert Plutchik, (2010) Emotion: A Psycho Evolutionary Synthesis, New York: Harper & Row Publishers.
8. Ruch, F.L (1970). Psychology and life. Bombay: D.B: Taraporevala sons and Company Pvt. Ltd.,
9. Sdorow, Lester (2012). Psychology. Iowa Brown Publishers Dudenque.

PAPER-II: CPSY 202: APPLIED SOCIAL PSYCHOLOGY (CC)
(Common for both M.Sc Psychology and M.Sc Counselling Psychology)

Unit – I: Social Influence

- a. Forms of Social influence: Conformity, compliance and obedience Asch's experiments on conformity; factors affecting conformity; the bases of conformity.
- b. Compliance: Tactics used in compliance; Ingratiation, reciprocity and multiple requests, guilt and compliance.

Obedience: Milgram's Studies on destructive obedience, resisting the effects of destructive obedience, modeling as a basis for unintentional social influence.

Unit – II: Social Exchange Process

- a. The nature of co-operation and competition, bargaining and negotiation, resolving interpersonal conflicts through bargaining; perceived fairness in social exchange; equity and inequity, factors for restoring fairness in social exchange.
- b. Prosocial behaviour: altruism: Characteristics influencing altruism, theories of altruism: reinforcement theory, cognitive theory:

Bystander effect, explanations, the characteristics of the helper and the helpee; Interpersonal attraction and love: Types of love. determinants of attraction: physical attractiveness, attitude, similarity and reciprocity.

Unit – III: Prejudice and Discrimination:

- a. Sources of prejudice. Combating prejudice, sex & gender prejudice: nature and origin, discrimination against women.
- b. Aggression and Violence. Theoretical perspectives, social and cultural determinants of aggression; individual determinants, prevention and control of human aggression.

Unit –IV: Groups and Individuals

- a. Groups: Nature and functions: group formation, how groups function: roles, Status, norms and cohesiveness; groups and task performance: Social Facilitation, Theories of Social Facilitation; Social Loafing, Decision making by groups.
- b. Leadership: Definition, types of leaders, characteristics of a leader, functions of a leader, theories of leadership.

References:

1. Baron, R.A., & Byrne, D. (1988). Social Psychology; Understanding Human Interaction, New Delhi: Prentice Hall of India Pvt. Ltd.
2. Kulkarni, P.D. (1979). Social Policy and Social Development in India. Madras: Association of Schools of Social work in India.
3. Madison, B. (1980). The Meaning of Social Policy: Comparative Dimension in Social Welfare, London: Groom Haim.
4. Misra, G. (1990). Applied Social Psychology in India. Sage publications India Pvt. Ltd.,
5. Pandey, J. (1980). (Ed.) Perspectives on Experimental Social Psychology in India, New Delhi: Concept Publishers.

6. Seidenberr, B. & Sandowky, A. (1978). Social Psychology: An Introduction. Stuttgart: The Free press, Macmillan Publishing Co. Inc.,
7. Sharma, P.N & Shastri, C. (1984). Social Planning: Concepts and Techniques, Lucknow: Print House.
8. Sinha, D., & Rao, H.S.R. (1988). Social values and Development, New Delhi, Sage Publications.

PAPER-III: CPSY 203: PSYCHOPATHOLOGY –II (CC)
(Common for both M.Sc Psychology and M.Sc Counselling Psychology)

Unit – I: Anxiety and Mood Disorders

- a. Generalised Anxiety disorders and phobias - Panic, Obsessive - compulsive disorders
- b. Mood disorders – Suicide - Etiology and treatment

Unit – II: Psycho - Somatic Disorders

- a. Stress-Coping and maladaptive behaviour, psychosomatic disorders, Eating disorders
- b. Substance - related disorders, sexual disorders, Etiology and treatment

Unit – III: Psychosis and Cognitive Disorders

- a. Schizophrenia and sub types, Cognitive disorders : Amnesic disorders
- b. Dementia: Delirium, etiology and treatment

Unit – IV: Psychological Disorders Across the Life Span

- a. Personality disorders
- b. Disorders of childhood, adulthood and old age, etiology and treatment

References:

1. Carson. Butcher Mineka (2003). Abnormal Psychology and Modern life (11th Edition). New Delhi: Pearson Education Pvt. Ltd.,
2. Irwin G.Sarason & Barbara R.Sarason (2009). Abnormal Psychology (XI edition). New Delhi: PHI Learning Pvt. Ltd.,
3. Lauren B. Alloy, John, H. Riskind & Margaret J. Manos (2005). Abnormal Psychology, (IX edition) New Delhi: Tata McGraw Hill Publishing Co. Ltd.,
4. William J. Ray (2015). Abnormal Psychology – Neuroscience Perspectives on Human Behaviour and Experience. New Delhi: Sage Publications.

**PAPER IV: CPSY 204 (a): PSYCHOLOGICAL MEASUREMENTS
 & STATISTICS- II (CC)**
(Common for both M.Sc Psychology and M.Sc Counselling Psychology)

Unit- I: Intelligence and Achievement Tests

- a. Intelligence Tests – Definition, Binet’s Scales; Wechsler Scales (WISC, WAIS); Individual Vs. Group tests; Verbal Vs. performance Scales of intelligence; Intelligence tests as clinical instruments; Multifactor Test Batteries
 Tests of Intellectual Impairment
 Achievement Test – Definition; Characteristics of Achievement Tests; Achievement Tests for Special Areas.
- b. Special Abilities – Definition of Aptitude, Motor and Manual tests; DAT Battrey, Multiple Aptitude Test Battery, Special Aptitude tests; Evaluation of Aptitude test.
 Tests of interests, Values and Attitudes.

Unit – II: Personality Tests

- a. Self Report Measures - Personality Inventories - 16 PF, MMPI, CPI; EPI (Eysenck).
- b. Projective Tests – Thematic Apperception test, Children Apperception test, Rorschach Ink Blot test, Picture Arrangement test, Rosenzweig Picture Frustration test, CAT.

Situation Tests: Semantic Differential, Socio-metric methods, Psychodrama.
Neuropsychological Tests as diagnostic tools.

Unit – III: Statistics for Psychological Measurement

- a. Introduction to statistics – Importance in Psychological Measurement.
- b. Measures of Central Tendency of scores, Measures of Variation of scores, Measures of Associations, Multi Variate statistical methods .

Unit – IV: Distribution of Scores on variables

- a. Graphic Representation of test data
- b. Frequency distribution – Normal Probability Curve (NPC)
Tests of significance of Some Statistics
Use of Statistical Packages – SPSS in psychological research.

References:

1. Anastasi, A. (2005). Psychological Testing, New Delhi: Pearson Education Pvt. Ltd.,
2. Cronbach, L.J. (1970). Essentials of Psychological Testing. New York: Harper & Row.
3. Freeman R.S. (1966). Psychological Testing, 3rd Edition, New Delhi: Oxford IBH Co. Pvt. Ltd.,
4. Guilford, J.P. (1989). Psychometric Methods. New Delhi: Tata McGraw Hill Publishing Co. Ltd.
5. Keith Coaley (2014). An Introduction to Psychological Assessment & Psychometrics, Singapore: Sage Publications Asia Pacific Pvt. Ltd.,
6. Leslie A. Miller, Robert L. Lovler & Sandra A. McIntire (2013). Psychological Testing. New Delhi: Sage Publications.
7. Milter, L.A., Lovler, R.L., & McIntire, S.A. (2013). Psychological Testing – A Practical Approach, New Delhi: Sage Publications Pvt. Ltd.,
8. Ramamurti, P.V. (2014). An Introduction to Psychological Measurements, New Delhi: PHI Learning Pvt. Ltd.,
9. The Mental Measurement Year Book, Baros.(Latest).
10. Thomas A. Stetz, Leslie A. Miller & Robert L. Lovler (2016). Student Study Guide for Foundations of Psychological Testing. New Delhi: Sage Publications.

CPSY 204 (b): RESEARCH METHODOLOGY (CC)

Unit – I: Introduction to Research Methodology

- a. Types of Research: Basic Research, Expost facto, Applied Research and other Researches: Formation of Experimental Research.
- b. Research Variables and their Control: Independent variables – dependent variables and extraneous variables, and experimental control.

Unit – II: Problem & Hypothesis

- a. Problem : Selection of problem – statement of the problem and ways in which a problem is manifested, Types of Problems.
- b. Hypothesis : The nature of hypothesis, the manner of stating a hypothesis, Criteria of hypothesis and formulation of hypothesis

Unit – III: Sampling & Data Collection

- a. Sampling: Procedures of sampling – randomization – purposive sampling – Stratified and Random sampling, Probabilistic and Non – Probabilistic Methods. Methods of Data collection: Interview method, survey method, questionnaires and rating scales.

Unit – IV: Research Designs

- a. Research Designs: Two Randomized group design, two matched group design, more than two group design, Factorial Design – 2x2, 2x2x2 design – Concept of ANOVA, MANOVA AND MANCOVA.
- b. Role of Computers in the analysis of data – Statistical Packages – Ethics in Human Research
Presenting research results: Writing a research project report: Publishing an article and making an oral presentation.

References:

1. Edwards, A.L, (1968). Experimental Design in Psychological Research. New Delhi: Amerind Publishing Company Pvt Ltd,.
2. Kerlinger, F.N. (1973). Foundations of Behavioural Research, New Delhi: Surjeet Publications.
3. Henry, E. Garrett, (1981). Statistics in Psychology and Education (Tenth Edition), Bombay.
4. Rosenthal, R. & Rosnow, R.L. (1991). Essentials of Behavioural research: Methods and Data Analysis (2nd edition). New York: McGrawHill.
5. Elmes D.G. Kantowitz B.H & Roediger H.L. (1995). Research Methods in Psychology. New York: West Publishing Company.
6. Howell, D.C. (2002). Statistical Methods for Psychology (5th edition). Belmont, CA: Wadsworth.
7. Kothari, C.R. (2004). Research Methodology: Methods and Techniques (second revised Edition), New Delhi: New Age International Pvt. Ltd.
8. John, J. Shaughnessy, Eugene B. Zechmeister & Jeanne S. Zechmeister (2008). Research Methods in Psychology (Eighth Edition), New Delhi: McGrawHill,
9. Mangal, S.K. (2010). Statistics in Psychology and Education, New Delhi: Pretice – Hall of India.
10. Gerard Guthrie (2010). Basic Research Methods (First Edition). New Delhi: Sage Publications.
11. George Argyrous (2011). Statistics for Research (Third Edition). New Delhi: Sage Publications.
12. Bridget Somekh & Cathy Lewin (2011). Theory and Methods in Social Research (2nd Edition). New Delhi: Sage Publications.
13. Colin Dyer (2013). Research in Psychology – A practical guide to Methods and Statistics. New Delhi: John Wiley & Sons. Inc.
14. Mark Israel (2015). Research Ethics and Integrity for Social Scientists (2nd Edition). New Delhi: Sage Publications.
15. Amit Kumar (2011). Methods in Psychological Research (First Edition). New Delhi: Anmol Publications Pvt. Ltd.,
16. Krishnaswami, O.R. & Ranganatham (2006). Methodology of Research in Social Sciences (First Edition). New Delhi: Himalaya Publishing House.
17. Wilson Prabhakaram (2012). Methods in Behavioural Research (First Edition). New Delhi: Anmol Publications Pvt. Ltd.,

CPSY 204 (c): COMPUTER APPLICATIONS IN PSYCHOLOGICAL RESEARCH (CC)

Unit – I: Introduction to Computers

- a. Definitions – Basic components of computer –block diagram – Input / Output devices – Key board- Mouse and scanner – directories and sub-directories.
- b. Evolution of Computer generations – Fundamentals in Computers

Unit – II: MS Office-I

- a. MS word: Creating, Opening and saving files- Editing and formatting text- spell and grammar check- auto correct- creating of tables and columns- mail merge- word art- concept of a macro print preview.
- b. MS PowerPoint: Creating power point slide- editing and formatting the presentation etc.,

Unit – III: MS Office-II & Internet Services

- a. MS Excel: Work sheet- entering data and creating work sheets and work books- opening and saving workbooks- editing and formatting-sorting, filtering and pivot tables- creating graphs and charts- mathematical and statistical functions. MS accesses; opening and saving, features and data entry and usage.
- b. Use of Internet Services – Creating e-mail- sending mails- browsing websites of Psychology, browsing scientific journals- search engines- data storing

Unit – IV: Statistical Packages

- a. Use of Statistical Packages in Psychological Researches - Introduction to SPSS - What is SPSS – Purposes – Using the Windows in SPSS
- b. SPSS Windows – SPSS file types – Creating and modifying Data Files – Data Modification – Descriptive Statistics – Inferential Statistics.

References:

1. Linda Hobbs Collier (2010). Essential Skills - Have You Used Yours Today? Skill Book - Practical Computer (Training Package) Use. Newfoundland and Labrador Laubach Literacy Council Inc.
2. Manfred T., Grotenhuis & Anneke Matthijssen (2016). Basic SPSS Tutorial. New Delhi: Sage Publications.
3. Manfred T., Grotenhuis & Chris Visscher (2014). How to use SPSS Syntax. New Delhi: Sage Publications.
4. Vinod Babu Bandari. (2012). Fundamentals of Information Technology including lab work.. New Delhi: Pearson. ITL-Educational Solutions Limited.

PSY 205: PRACTICAL I & II PRACTICUM IN THE CF & CC

THIRD SEMESTER

Paper:I - CPSY 301: COUNSELLING PROCESS (CC)

Objectives:

This Paper aims to enable the student to:

- Understand the meaning and definition of counseling
- Explain the use of counselling as helping profession.
- Counselling and its relation with guidance psychotherapy, Clinical psychology and social work.
- Legal. Professional and ethical considerations in counselling.
- The communications skills involving verbal and non verbal methods and effectively managing transference and resistance in the process of counseling.

Unit I:

- a) The concept of counselling – Definition of counselling – counselling as helping profession- helping relationship – counselling and related fields – guidance , Psychotherapy, clinical psychology and social work.
- b) Factors contributing to the emergence of counselling- Counselling movements in modern times – History of counselling movement- Present status of counselling in India

Unit II:

- a) Goals and expectations of counselling – The characteristics an effective counselor- The roles and functions of counselor- counselor skills
- b) Legal. Professional and ethical considerations in counselling – Conflicting responsibility – Confidentiality – Competence and representation and ethics in research – legal considerations – the legal recognition of counselors – Privileged communications – Expert Testimony and liability for negligence or malpractice.

Unit III:

- a) The counselling setup – Influence of external conditions.
- b) Phases of counselling – Phase I – Establishment of purpose
Phase –II Definitions of the counselling process
Phase – III Clarification and understanding of the clients needs
Phase – IV Progress towards the goal
Phase – V Consolidation and planning

Unit IV:

- a) Structuring the relationship – Verbal and non verbal techniques – Handling transference and resistance - value orientation in counseling process
- b) Types of counselling – Essentials of individual, family and group counselling – Evaluation of counselling.

References:

1. Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
2. Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6th edition) Brooks/Cole: Thomson Learning.
3. Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
4. Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
5. Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
6. Narayana Rao, S. (1991). Counseling and guidance (second edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
7. Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row
8. Richanrd Nelson, Jones (2005). Introduction to Counselling Skills, Tests and Activities (Second edition), New Delhi: Sage Publications,

Paper II - CPSY 302: COUNSELLING SKILLS (CC)

Course Objectives:

1. This course aims to introduce to the micro- skills of counselling through a series of exercises and guided practice. These skills would be related to the different stages of counselling.
2. To involve students and work toward self – exploration with the aim of working toward a greater appreciation and understanding of the many facets of the self.
3. To provide a space where participants can grow, in the sense of allowing an encounter with them first and based on this encounter to achieve a better understanding of how they impact on other people.
4. To equip the students in terms of knowing personality types, ego states and different aspects of the self and the ability to assess others are envisaged.

Unit – I: Knowing and understanding the self

- a. Understanding one's personality type using MBTI - Understanding ego states
- b. Understanding different aspects of the using the Johari Window

Unit – II: Counselling Skills

- a. Attending Behavior - Opening Communication - Observation Skills - Paraphrasing and summarizing – Skills in Three tire model of counseling
- b. Nothing and reflecting feelings - Confrontation (supporting while challenging)

Unit – III: Communication Skills

- a. Non – Verbal communication - Verbal Communication - Listening Barriers
- b. Tips to Enhance Listening - Counsellor's qualities.

Unit – IV: Three stages of counselling

- a. The relating stage: Understanding the internal frame of reference starting the help process, managing resistance.
The understanding stage: assessing feelings and physical reactions, assessing thinking, communication and action, challenges feedback.
- b. The changing stage: helping to solve problem, improving communication, actions and thinking , negotiating home- work termination.

References:

1. Berne, E. (1964). Game people play: The Psychology of Human relationships, Harmonds worth: Penguin
2. Hirsh, S.K., & Kummerow, J.M (1990) Introduction to type in organizations, Palo Alto: Consulting Psychologists press.
3. Ivery, A.E. & Ivery, M.B. (1999) International interviewing and Counseling: Facilitating client development in a multicultural society, Pacific Grove: Brooks/Cole.
4. Nelson –Jones, R. (2005) Introduction to counselling skills; Tests and activities, London: Sage Publications Inc.
5. Summerton, O. (1994), Becoming OK: Transactional analysis Basic concepts. Bombay: Alfreuby Publishers.

Paper : III - CPSY 303: THERAPEUTIC APPROACHES IN COUNSELING – I **(CC)**

Objectives:

- To enable the student to have an insight into the Therapeutic Approaches of counselling
- To enable the student to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counselling.

Unit - I: Psychoanalytic Therapy

- a. Psychoanalytic Therapy (Sigmund Freud)- Introduction – Key concepts –view of human nature, structure of personality – conscious and unconscious – anxiety-ego- Defense mechanisms – development of personality .
- b. The therapeutic process – therapeutic goals – Therapist's function and role – clients experience in therapy – relationship between therapist and client – application – therapeutic techniques and procedures.

Unit – II: Behaviour Therapy

- a. Behavior Therapy (Arnold Lazarus) – Introduction – Historical background – Four areas of development (Classical Conditioning- Operant Conditioning – Social learning approach – Cognitive Behavior therapy)
Key concepts – View of human nature - therapeutic goals – Therapist's function and role – clients experience in therapy – Relationship between therapist and clients.
- a. Applications of therapeutic techniques
Relaxation training and related methods - Systematic desensitization Exposure Therapies - Eye movement, desensitization and reprocessing - Assertion training - Self management and self directed behavior.

Unit III: Person Centered Therapy (Carl Rogers)

- a. Introduction – Historical background – Existentialism and Humanism.
Key Concepts: View of human nature- Basic characteristics – Therapeutic Process: Therapeutic goals – Therapist's function and role - Client's experience in therapy – relationship between therapist and client.
- a. Applications – Therapeutic techniques and procedures: Evolution of person-centered methods. The role of assessment – Areas of application.

Unit IV: Existential Therapy (Viktor Frankl and Rollo May)

- a. Introduction – Historical background - Key concepts – View of human nature – The capacity for Self-awareness – Freedom and responsibility– Striving for identity and relationship to others – The search for meaning.
– Anxiety as condition for leaving – Awareness of death and non being.
- a) The Therapeutic Process:
Therapeutic goals – Therapist's function and role – clients experience in therapy – relationship between therapists and client – application – Therapeutic Techniques and procedures.

References:

1. Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
2. Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6th edition) Brooks/Cole: Thomson Learning.
3. Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bean.
4. Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India

5. Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
6. Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata McGraw Hill Publishing Company Ltd,
7. Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row.
8. Richanrd Nelson, Jones (2005). Introduction to Counselling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

CPSY 304(a): FOUNDATIONS OF PERSONALITY (GE)

Unit – I: Definitions and Nature of Personality

- a. Issues and approaches to personality - Personality Vs.
- b. Character, Personality Vs Individuality,
How Personality consciousness show itself, Is personality consistent?

Unit – II: Determinants

- a. Determinants of Personality - Hereditary potentials, environmental factors, heredity Vs. social determinants - family, educational determinants;
- b. Physical, intellectual, emotional, gender determinants

Unit – III: Development

- a. Development of personality, early personality development, socialization – toilet training, sex typing
- b. Mechanisms of socialization – identification

Unit – IV: Assessment

- a. Assessment of personality, principles of assessment – standardization - reliability, validity, norms;
- b. Techniques of assessment - direct and indirect case study method, personality tests psychometric test, projective tests.

References:

1. Guilford J.P. (1959). Personality. New Delhi: Mc Graw Hill Book Company Inc.
2. Hurlock E.B. (1976). Personality Development. New Delhi: Tata McGraw Hill Publishing Company.
3. Lazarus R.S. (1971). Personality (Second edition) New Delhi: Prentice – Hall Inc.
4. Stranger R. (1974). Psychology of Personality (Fourth edition), New Delhi: Tata McGraw Hill Publishing Company.

CPSY 304 (b): LIFE SPAN DEVELOPMENTAL PSYCHOLOGY: INFANCY TO ADOLESCENCE (GE)

Unit – I: Human Development

- a. Principles and factors of development; scope of life span development; periods of the human life span, Perspectives on human development; the mechanistic perspective, the organismic perspective, the psychoanalytic perspective and the humanistic perspective.
- b. Fertilization; the mechanisms of heredity; heredity and environment; chromosomal abnormalities; prenatal diagnosis of birth defects; Prenatal influences, maternal nutrition, maternal drug intake and other maternal-factors; prenatal stages and characteristics.

Unit – II: Infancy and Babyhood

- a. Infancy and babyhood: The birth process, birth complications, infancy; sub divisions, physical characteristics; major adjustments; physical and psychological development of infants, growth and motor development, environmental influences on motor development, mortality in infancy; early learning, classical conditioning, operant conditioning, habituation.
- b. Intellectual development: The psychometric approach, Piagetian approach, Information processing approach, language and speech development.

Social and Personality Development: the psychosexual (Freud) and psychosocial (Erikson) theories, emotions, the family's role in personality and social development; socialization developmental tasks; physical and psychological hazards

Unit – III: - Early and Late Childhood

- a. Early childhood: Physical growth and motor development; childhood health and illness; sleep pattern and problems. Intellectual development: Piaget's pre-operational stage; language' early childhood; the development of social speech; schooling: preschool, benefits.

Social and personality development: Theoretical perspectives on personality: Sigmund Freud, Erikson, effect of child-rearing practices on personality development. Play: social play and cognitive play, implications, Hazards of early childhood.

b. Late childhood:

Physical development, growth, motor development, intellectual development, Piaget's stage of concrete operations, moral development, Piaget's theory, Kohlberg's studies. Language development: Communication ability, measuring intelligence in school children, creativity in children.

Children in School: the teachers influence, educating handicapped children, learning disability. Social and personality development, theoretical perspectives; Freud, Erikson; social groups, influences, self-concept in school children; the child in the family; emotional disturbances; Hazards of late childhood.

Unit – IV: - Adolescence

- a. Physical development: physiological changes of adolescence, psychological impact of physical changes; health problems.

Intellectual development: Piaget's stages of concept development, moral development: Kohlberg's stage of normal development;

- b. Social and personality development: theoretical perspectives on personality development : Hall, Freud, Erikson; the search for identity; Relationship with parents, peers, friends, sexual identity.

References:

1. Hurlock, E.B. (1980). Developmental Psychology - A Life span. Approach, New Delhi: McGraw Hill Inc.
2. Olds S.W. & Paplia, D.E. (1986). Human Development, New Delhi: Tata McGraw Hill Inc.

3. Goulet, L.R. & Baltes, P.B. (1970). Life span Developmental Psychology, New York: Academic Press Inc.
4. Bakes, P.B. & Brim, O.G. (1978). Life span development, New York: Academic Press, (Vol-I & Vol-II).
5. Baltes, P.B & Schaie, K.W. (1973). Life span developmental psychology: Life Span Personality and Socialization. New York: Academic Press.
6. Lerner, R.M & Hultsch, D.P. (1983). Human Development. A life span perspective, New York: McGraw Hill Publications.

CPSY 304(c): PSYCHOLOGY OF DISABILITY (GE)

Unit – I: Introduction

- a. Definition of Disability, impairment, handicap – disability across cultural contexts, disability in the Indian setting – the past, the present and a continued challenge.
- b. The Psycho-social effects of disability; minority and underprivileged social status – stereotype effects – Assessment of disabilities.

Unit – II: Types of Disabilities

- a. Sensory disabilities – the visually impaired – incidence, causes, the hearing impaired – incidence, causes. The speech impaired – incidence, causes.
 - b. Management of the handicapped – Institutional and Home management – General principles – the Visually impaired – the learning impaired – the speech impaired – the crippled.
- Disabilities old age – Diseases – rehabilitation, life Style Management

Unit – III: Mental Retardation & Learning Disabilities

- a. Mental Retardation – Definition and categorization of MR, Educational and vocational training.
- b. Learning Disabilities – slow learners, mentally retarded child in class room; intervention related issues: Emergent needs and skills. Making ordinary schools as special.

Unit – IV: Disability Services

- a. Disability and Services – Institutionalized Services – Rehabilitation – Homes and Day care Centres – outdoor programmes.
- b. Community – Based Rehabilitation – Camps Approach to rehabilitation.

References:

1. Hussain, M.G. (1984). Problems and potential of the Handicapped. New Delhi: Atlantic Publishers
2. Gajendra Gadkar, S.N. (1983). Disabled in India – New Delhi: Somaiya Publications. Private Ltd. ND, Physical disability: A Psychological Approach.
3. Lorigt, B.A. (1960). Disability – A Continuing Challenge. New York: Harper & Row
4. Narasihmam, A.K. & Mukherjee. (1987). The Disabled School Child.. New Delhi: Willey Eastern Ltd.
5. Erickson, M.J. (1973). The Mentally Retarded Child in the Classroom. New Noida: The Mac Millan Company
6. Kolstoe, OP. (1972). Mental Retardation. New York: Holt Rinehart & Winston, INC
7. Wortis, J. (2012). Mental Retardation – An Annual Review. New Delhi: Grune and Stratton, Inc.
8. Karna, G.N (2010). Disability Studies in India – Retrospects and Prospects (SDRS), New Delhi: Gyan Publishing House.

9. Karna, G.N. (2000) Disability Studies in India; Issues and Challenges, International Journal of Disability Studies, 1(1)20-40.
10. Lorigt B.A (1960), Physical Disability: A Psychological Approach. New York: Harper & Row.
11. Verma V.P. (2002). Social Rehabilitation of the Blind. International Jr. of Disability studies, 1, (1) pp 72-80.

PSY 305: PRACTICAL I & II PRACTICUM IN THE, CC & GE

CPSY 306 (a): PERSONALITY DEVELOPMENT (OE)

Unit – I: Introduction

- a. Personality – definition – nature – biological, psychological and socio cultural determinants

Unit – II: Theories & Assessment

- a. Theoretical Perspectives – Psychoanalytical, behavioural, humanistic, factor analytical (trait) and cognitive.
- b. Assessment of Personality.

Unit – III: Soft Skills - I

- a. Soft skills Development 1: Communication Skills; Interpersonal Skills – Planning – decision making – Competence development – perceptual, social and academic

Unit – IV: Soft Skills - II

- a. Soft skills Development – II: Promoting healthy personality – Positive thinking, developing self confidence and self efficiency, stress management, time management and leadership development
- b. Practicals for 50 marks.

References:

1. Baron, R.A. & Byrne, D. (2001). Social Psychology: Understanding Human Interaction. New Delhi: Prentice – Hall India Pvt. Ltd.,
2. Berko, Roy, M. Wolvin, A.D. & Curtis Hall Ray (1990). The Business of Communicating (4th edition), Dubuque, IA: Brown.
3. Gelb, M. (2002). Present yourself. London: Aurum Press.
4. Guirdham, M. (2001). Interpersonal skills at work. London: Prentice – Hall.
5. Hardingham, Alison (1990). How to get things done, London: Sheldon Press.
6. Haris, T.A. (1993). I m OK-you're OK London: Pan Books
7. Hind. T.A. (1993). Transferable personal skills: A students guide. Sunderiand: Business Education Publishers.
8. Proctor, R.W. & Dutta, A. (1995). Skill acquisition and human performance. Thousand Oaks: Sage.
9. Ram. U. (1998). Suffering and stress management: West versus East: Pune: Deep Publications.
10. Smitth. Robert, M . (1990). Learning how to learn: Applied theory for adults. Buckingham: Open university Press.
11. Townsend, A. (1996). Assertion training, Oxford: FPA Education Unit.

CPSY 306(b) INTER PERSONAL COMMUNICATION SKILLS (OE)

Unit – I: Introduction:

- a. Interpersonal Relations – Need for affiliation, basic role of affect and attraction.
- b. Interpersonal determinants of attraction. Attraction theory.

External determinants of Attraction – proximity – Similarity – Reciprocal liking or Disliking. Ideal Interaction patterns.

Unit – II: Self and Social Perception

- a. Concept of self in relationships – Person Perception – Self perception of self, Social penetration theory and Johari Window.
- b. Social Perception and factors, influencing social perception, Attribution theory, Social Identity Theory.

Unit – III: Social Influence - Exchange

- a. Culture and Intercultural issues. Theory of Uncertainty Reduction
- b. Social Influence – Social Exchange – Interaction as the outcome of Rewards – Socio-cultural Context – Reciprocity – Strategies of Exchange, General Principles of Social Exchange, Equity theory and Reciprocity of Social exchange

Unit – IV: Communication

- a. Communication: Basic Principles of Communication, Nonverbal Communication, Non-verbal expectancy, Violation theory – Verbal communication
- b. The affect and control dimensions – Negotiation and bargaining, rewards and costs of communication.

References:

1. Baron, R.A., & Byrne, D. (1988). Social Psychology; Understanding Human Interaction, New Delhi: Prentice – Hall of India Pvt. Ltd.,
2. Lipp, R.A. (2008). Introduction to Social Psychology. Balmont, California: Wordsworth Publishing Company.
3. Seidenberg, B., Sandowsku, A. (1976). Social Psychology, An Introduction. New Delhi: The Free Press, Macmillan Publishing Co. Inc.,

FOURTH SEMESTER

Paper – I: CPSY 401: APPLICATIONS OF COUNSELLING IN SPECIAL AREAS (CC)

Objectives:

1. To sensitize students about the special counseling needs or concerns in different stages of life –span.
2. To provide an opportunity to understand the applications of Counseling to Handle special concerns of Counseling in different area of life.
3. To learn to organize Counseling programs to handle special concerns in Different settings viz., School, college, community and so on.

Unit – I: Introduction

- a. Life Span Development & Counseling - Characteristics and developmental needs of life span – infancy & Childhood- Later Childhood- Adolescence – Early adult – The mid Life years – the later years of life.
- b. Counseling Needs of Childhood and Adolescence - Children with special needs and their Counseling Concerns – Educational And Behavioral problems.

Unit – II: Counseling Needs of Young Adulthood

- a. Career counseling – Its relation to personal Counseling - employee- employer relationship in the context of changing world of work.
- b. Career Counseling for women, minorities, the poor, people with disability – dual career couples - career counseling theories.

Counseling Needs in the adult years - family interactions - social interactions - marital relationships - theories of family counseling

Unit – III: Focused Counseling- Special Groups

- a. Addiction – Alcohol/ substance abuse counseling - symptoms of addiction and abuse – cause – addiction problems - special counseling technique - abuse in special population – the youth, the elderly the disabled.
- b. Counseling the Special concern groups - the clients from multicultural contexts - homosexuals – gays and lesbians - the persons with HIV and their families - the chronically disabled and their families - concerns of the aged – health & disability, terminally ill, empty nest, post retirement years, bereavement – facing death- crisis counseling

Unit – IV: Rehabilitation Counseling

- a. Vocational rehabilitation, psychiatric rehabilitation, drug addict - rehabilitation, rehabilitation of retarded, physically disabled - health counseling- preventive counseling (medical & surgical counseling - nutritional counseling) – health and stress control – fertility counseling – planned pregnancy counseling & problems of pregnancy control.
- b. Development of Counseling Programme - Need assessment, development of programme, organization of counseling centers in schools, college and universities - counseling programs in the community

References:

1. Osipow, S.H. (1983). Theories of Career Development . New Jersey: Prentice Hall: Inc.,
2. Kottler, J.A. and Brown, R.W. (2000). Introduction to Therapeutic Counseling. New York: Brooks – Cole.,
3. Gorge, R.L, & Christian, T.S (2000). Counseling: Theory & Practice. New Delhi: Jersey: Prentice Hall.
4. Street, E. (1994). Counseling for Family Problems. London: Sage Publications.
5. Thomas, R.Murray (1990). Counseling and Life Span Development. New Delhi: Sage Publications India Pvt.Ltd.

**Paper II: CPSY 402: THERAPEUTIC APPROACHES IN
COUNSELLING – II (CC)**

Objectives:

1. To enable the student to have an insight into the Therapeutic Approaches of counselling
2. To enable the students to understand the major Therapeutic techniques and procedures involved in the Therapeutic Approaches of counselling

Unit I: Gestalt Therapy (Fritz Perls and Laura Perls)

- a. Introduction – Key concepts – View of Human nature – some principals of Gestalt therapy theory – The therapeutic process- therapeutic goals – therapist's- function and role – Client's experience in therapy – relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – the experiments in Gestalt therapy – preparing clients for Gestalt experiments – the role of confrontation – techniques of gestalt therapy.

Unit II: The Reality Therapy (William Glasseer)

- a. Introduction- Key concepts – view of human nature – a choice theory explanation of behavior – characterizes of reality therapy. The Therapeutic process – therapeutic goals – therapist function and role – client's experience in therapy – relationship between therapist and client.
- b. Application – therapeutic techniques and procedures – the practice of reality therapy – the counselling environment – procedures that lead to change – The 'WDEP' System (W= Wants, D= Direction, E= Evaluation and P= Planning), Applications of reality therapy

Unit III : Cognitive Behavior Therapy (Albert Ellis and Aaron T. Beck)

- a. Introduction: Development of rational emotive behavior therapy.
Key Concepts: view of human nature – view of emotional disturbance- A-B-C Theory of personality. therapeutic process), therapeutic goals – Therapist's function and role – Client's experience in therapy relationship between therapist and client.
- b. Application – Therapeutic techniques and procedures – The practice of rational emotive behavior therapy – Applications of REBT to client populations.

Unit IV An Integrative Approach :

- a. Introduction: The trends towards psychotherapy integration – The future of psychotherapy – some predictions – integration of multi cultural issues and counselling – Integration of spiritual / religious issues in counselling – the challenges of developing an Integrative perspective.
- b. Issues related to therapeutic process: Therapeutic goals – Therapist function and role – clients experience in therapy – Relationship between therapist and client.

References:

1. Brammer, L.H and Schoston, E.L. (1968). Therapeutic Psychology (Second edition) New Delhi: Prentice Hall.
2. Gerald Corey (2001). Theory and Practice of Counseling and Psychotherapy (6th edition) Brooks/Cole: Thomson Learning.
3. Hensen, J.C., Steive, R.R & Waker, J.R. (1982). Counseling Theory and Process, New York: Allyb and Bcan.
4. Kavita Singh (2015). Counseling Skills for Managers (Second Edition). New Delhi: Prentice Hall of India
5. Mc Gowan & LyLe D. Schmidt (1962). Counseling Readings in Theory and Practice, New York: Holt & Reinehart
6. Narayana Rao, S. (1991). Counseling and Guidance (Second Edition) New Delhi: Tata Mcgraw Hill Publishing Company Ltd,
7. Patterson, C.J. (1973). Theories of Counselling and Psychotherapy (Second edition) New Haper and Row.
8. Richanrd Nelson, Jones (2005). Introduction to Counselling skills, Tests and Activities (Second edition), New Delhi: Sage Publications.

Paper III: CPSY 403(a): FAMILY COUNSELING (CC)

Objectives:

1. To impart training to students in Family issues and Importance of Counselling.

2. To acquire skills to handle family issues.

Unit- I: Introduction

- a. Definition and Nature of Counseling.
- b. Areas of Counseling, Family Counselling.

Unit –II: Counselee characteristics - Process

- a. Characteristics of Counselee - Characteristics of an effective counselor
- b. Counseling process - the Counseling set up - Structure and Influence of external conditions - phase of counseling - Termination and follow up. Handling transference and resistance

Unit-III: Counselling Techniques

- a. Counseling techniques — verbal and non-verbal techniques – tools of counseling, the psychological tests used in counseling.
- b. Evaluation of counseling — Value orientations in counseling

Unit – IV: Family Counselling

- a. Family Counseling - Family Interactions – Dynamics, Intergenerational Issues, couple counseling – areas of family counseling - Marital Relationships- Interventions for Family Counseling

References:

1. Brammer, L.H & Schostorn (1968). EL Therapeutic Psychology (2nd Edition), New Delhi: Prentice Hall.
2. McGowan & Lyle D Schmidt. (1962). Counseling Readings in Theory and Practice. New York: Holt & Reinhart.
3. Street, E. (2014). Counseling for Family Problems. London: Sage Publications.
4. Thomas, R. & Murray (2008). Counseling and Life Span Development. New Delhi: Sage Publications India Pvt.Ltd.

Paper IV: CPSY 404(a): THEORIES OF PERSONALITY (GE)

Unit – I: Psychoanalytical Theory

- a. The Psychoanalytic Approach. Freud
- b. Neo Freudians – Jung, Adler, Erickson, Horney, Sullivan, Fromm.

Unit – II: Behaviouristic Theory

- a. The Behavioural Approaches – Pavlov, Skinner, Bandura
- b. Cognitive Approaches: Rotter, Kelly & Mischel.

Unit –III: Humanistic Theory

- a. Maslow, Roger, Allport, Cattell, Eysenck & Sheldon.
- b. The Humanistic and Dispositional Approaches

Unit – IV: Eastern Theories

- a. The Eastern Approaches: Abhidhamma,
- b. Indian Psychology, Eastern Psychologies and Western Personality Theories.

References:

1. Bischof L.J. (1968). Interpreting Personality theories (Second edition), New York: Harper International
2. Campbell, Hall C.S & Lindzey, G. (2010). Theories of Personality. New York: John Wiley and sons,

3. Eysenck H.J. & Bysenck M.W. (1985). Personality and Individual Differences, New York: Plenum.
4. Ryckman R.M. (1989). Theories of Personality (4th edition), Belmor C.A., Brooks/ Cole. New Book.

CPSY 404(b): LIFE SPAN DEVELOPMENTAL PSYCHOLOGY: ADULTHOOD & LATER MATURITY (GE)

Unit – I: Young Adulthood

- a. Physical development: Physical functioning, health status; intellectual functioning, moral development.
- b. The college experience, career development, social and personal development, the single life parenthood, friendships.

Unit – II: Middle adulthood

- a. Physical functioning: Sensory functioning, psychomotor functioning; health status; intellectual functioning, Work at midlife; occupational stress, unemployment.
- b. Social and personality development, Eric Erickson's crisis; relationship with other people; marriage, social relationship, friendship.

Unit – III: Late Adulthood

- a. Physical functioning: Sensory functioning: hearing, other senses; physical changes; health status; psycho-motor functioning; mental illness; work and retirement;
- b. Personality development; Erikson's theory, successful aging, relationship: Marriage, widowed, remarriage, friendship, social issues related to aging: income, housing.

Unit – IV: Theoretical Perspectives on development

- a. Ecological Theory : Bronfenbrenner; Development theory : Gesell, Baldwin; Psychoanalytical theory: Freud
- b. Psychosocial theory: Erikson, Social learning theory: Bandura, Cognitive theory, Piaget.

References:

- a. Baltes, P.B & Schaie, K.W. (1973). Life Span Developmental Psychology, Personality and Socialization, New York: Academic press, ,
- b. Goulet, L.R & Baltes, P.B. (1970). Life span Developmental Psychology, New Delhi: Academic Press Inc.
- c. Hurlock, E.B. (1980). Developmental Psychology: A Life Span. Approach. New Delhi: McGraw Hill Inc.
- d. Lerner, R.M & Hulstsch, D.P. (1983). Human Development: A Life Span Perspective New York: McGraw Hill Pubs,
- e. Olds, S.W., & Papalia, D.E. (1970). Human Developmental Psychology, New Delhi: Academic Press Inc.

CPSY 404 (c): REHABILITATION PSYCHOLOGY (GE)

Unit-I: Introduction

- a. Rehabilitation Psychology - Field and Scope - Foundations- historical development – Models of disabilities – Disability in Indian setting the past and present scenario

- b. Individuals with Disabilities – Disabilities in early and middle childhood, adolescence and early & late adulthood, Sensory and physical disabilities, Learning and behavioral disability, Needs and concerns of disabled in all groups

Unit – II: Assessment of Disability, Psychological Aspects

- a. Diagnostics and assessment – Learning and behavioural disability – Research methods
- b. Psychosocial aspects of disability: Attitudes, stereotypes prejudices and discrimination towards the disabled Minority and under privileged status.

Unit – III: Behavioural Management

- a. Behavioural analysis – Principles and Techniques
- b. Common Techniques of Management of problems of the disabled

Unit – IV: Organization of Services

- a. Organization and management of rehabilitation services – Collaboration with families of disabled persons – Special education strategies for learning and behavioural disability – Assistive technologies and quality of life in the disabled.
- b. Statutory provisions and policy on disability rehabilitation – Areas of governmental focus – Financial and social security – Constitutional and policy provisions – Role of NGOs in rehabilitation of disabled – Professional standards, ethical concerns

References:

- a. Bateman, B.D & Herr. C.M. (2006). Writing Measurable IEP Goals and Objectives, Verona. WI: Attainment Co. Inc.
- b. Frank, R. & Eliot, J. (2002). Hand Book of Rehabilitation Psychology, Washington DC: American Psychological Association.
- c. Gargivlo, R.M. (2006). Special Education in Contemporary Society An introduction to Experimental Psychology 2' ed. Belmont, CA: Wordsworth / Thomson.
- d. Karna, G.N (1999) United Nations and the Rights of Disabled Persons; A Study in Indian Perspective, New Delhi: APH.
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- f. Karna, G.N. (2000) Disability Studies in India; Issues and Challenges, International Journal of Disability Studies, 1(1)20-40.
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PSY 405: PRACTICAL I & II PRACTICUM IN THE CC & GE

CPSY 406(a): BEHAVIOUR CHANGE (OE)

Unit – I: Introduction

- a. Introduction – What is behaviour modification – Theoretical foundations of behaviour modification.
- b. Merit and limitations of behavioural approach – Behavioural analysis.

Unit – II: Behaviour Modification Techniques - I

- a. Behaviour Modification Techniques – I - Jacobson's Progressive Muscular Relaxation and Muscular Relaxation Techniques.

- b. Systematic Desensitization - Assertiveness Training

Unit – III: Behaviour Modification

- a. Behaviour Modification Techniques – II – Operant Conditioning Techniques and other learning principle – their applications
- b. Cognitive Behaviour Modification

Unit – IV: Applications

- a. Application of Behaviour Modification – Behavioural Problems in children & Adolescents & adults - Anxiety disorders, psychoactive substance use disorders.
- b. Sexual disorders – psychotic disorders – personality disorders – childhood disorders – Biofeedback principles and clinical applications.

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CPSY 406(b): LIFE SKILLS (OE)

Objectives:

1. To learn the concept of life skills and its importance in relation to personality development of an individual.
2. To become aware of the components of life skills and the method of imparting knowledge of life skills.

Unit – I: Introduction

- a. Introduction to life skills, the performance of life skills, the relationship between life skills and individual personality development, life skills development and its effects on relationship patterns.

Unit – II: Types of Life Skills

- a. Types of life skills: Thinking skills – Decision making, Goal Setting and Motivation, Positive Thinking. Overcoming doubt, fear, procrastination and perfectionism. Problem solving, Creativity.

Unit – III: Life Skills in Specific

- a. Interpersonal Skills – Coping Skills – Communication skills, Negotiation skills, Leadership, Team Building. Presentation Skills.

Unit – IV: Management

- a. Self-management skills: Self-awareness, building confidence and self-esteem anger management, stress management, relaxation techniques. designing life skills intervention – assessment of life skills – designing modules.

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