

Syllabus for M.A. in psychology
Course during III & IV Semester

Both III & IV Semester Courses will
of 20 Credit each. The credit
of each paper will be distributed
equally.

III – SEMESTER		List of Specialized Core Courses Offered					
		Clinical Psychology					
SCPSY: 01	Psychopathology-A	3	6	25	25	50	100
SCPSY: 02	Psychopathology-B	3	6	25	25	50	100
SCPSY: 03	Rehabilitation Psychology	3	6	25	25	50	100
SCPSY: 04	Health Psychology	3	6	25	25	50	100
SCPSY: 05	Seminar & Internship (50+50)	4	10				100
		Counseling Psychology					
SCPSY: 06	Foundation of Counseling	3	6	25	25	50	100
SCPSY: 07	Therapeutic approaches to Counseling	3	6	25	25	50	100
SCPSY: 08	Modern theories of counseling	3	6	25	25	50	100
SCPSY: 09	Positive Psychology	3	6	25	25	50	100
SCPSY: 10	Seminar & Internship (50+50)	4	10				100
IV – SEMESTER		List of Allied Core Courses Offered					
ACPSY: 01	Neuropsychology & cognitive psy.	3	6	25	25	50	100
ACPSY: 02	Environment psy. & Experimental psy.	3	6	25	25	50	100
ACPSY: 03	Political Psychology & Agrarian psy.	3	6	25	25	50	100
ACPSY: 04	Sport psychology & forensic psychology	3	6	25	25	50	100
ACPSY: 05	Seminar & Dissertation (50+50)	4	10				100
Total		64	136				2000

Personality inventories".

SCPSY-01: Clinical Psychology-A

Unit I: Defining Abnormality, The DSM-5 and the Definition of Mental Disorder, History of Psychopathology, The Evolution of Contemporary Thought Biological Approaches, Psychological Approaches, and Current Paradigms in Psychopathology.

Unit II: Research Approaches in Abnormal Psychology: Methods of Assessment – the interview; psychological tests; laboratory tests; observation in natural settings, Case Studies, Self-Report Data.

Unit III: Anxiety Disorders: Clinical Descriptions of the Anxiety Disorders, Gender and Socio-cultural Factors in the Anxiety Disorders, Common Risk Factors across the Anxiety Disorders, Etiology and treatment of Specific Anxiety Disorders.

Unit III: Obsessive compulsive disorder, Post-traumatic stress disorder, Dissociative disorders—psychogenic amnesia, psychogenic fugue, multiple personality, depersonalization disorder. Somatoform disorders – hypochondriasis, somatization, and conversion disorder.

Unit IV: Mood Disorders and Addictive Disorders: Perspectives on the mood disorders, Characteristics of affective episodes –Mood disorder syndromes: major depression, bipolar disorder, dysthymia and cyclothymia.

Unit V: The nature of substance dependence and abuse -Alcoholism, nicotine dependence, other psychoactive drugs-Perspectives on drug dependence-neurochemistry, personality & social perspective.

Reference Books

1. Butcher, Hooley and Mineka, (2014). Abnormal Psychology, 16th edition, Pearson
2. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). Abnormal Psychology– Current perspectives, 6th edition, New York: Mc-Grans-Hill, Inc.
3. Abnormal Psychology, 2014 (12th edition) Kring. Ann. M, Davison & Neale. John, Wiley publication

SCPSY-02: Clinical Psychology-B

Unit I: Personality Disorders and Mental Retardation: Personality disorders: Individual syndromes of various personality disorder-theoretical perspectives. Definition; levels of mental retardation - Organic and environmental factors in mental retardation- Autism spectrum disorders, Its symptoms and perspectives.

Unit II: Schizophrenia; Symptoms of schizophrenia and its subtypes- course (process) of schizophrenia-Dimensions of schizophrenia; Criteria for Schizophrenia, Hallucinations, Delusion, Disorganized Speech and Behavior, treatment and outcomes.

Unit III: Sexual Dysfunctions and Habit Disorders: Forms of sexual dysfunction and theoretical perspectives on sexual dysfunction and Sexual deviations. Disorders of Childhood, ADHD.

Unit IV: Eating Disorders, symptoms, physical consequences, and prognosis for all eating disorders Late-Life and Neurocognitive Disorders, Etiology and treatment of Specific Neurocognitive Disorders.

Unit V: therapy: Psychotherapeutic Services, Therapeutic Relationship, Measuring Success in Psychotherapy, Psychosocial Approaches to Treatment. Legal and Ethical Issues about mental disorders. Behavior Therapy, Cognitive and Cognitive-Behavioral Therapy, Humanistic-Experiential Therapies, Psychodynamic Therapies.

Reference Books

1. Butcher, Hooley and Mineka, (2014). Abnormal Psychology, 16th edition, pearson
2. Bootzin, R.R., Acocella, J.R. and Alloy, L.B. (1993). Abnormal Psychology- Current perspectives, 6th edition, New York: Mc-Grans-Hill, Inc.
3. Abnormal Psychology, 2014 (12th edition) Kring. Ann. M, Davison & Neale. John, Wiley publication

SCPSY-03: Rehabilitation Psychology

Unit I: Street children: Definition, background of street children, prevalence, living condition of street children, problems encountered by the street children, reasons for leaving home and accepting street life, prevention, role of psychologists in intervention and rehabilitation of street children, steps for effective implementation of intervention programme, social measures.

Unit II: Child trafficking and prostitution: Definition, genesis of trafficking in South East Asia, factors responsible for trafficking and prostitution, consequences, prevention, intervention and rehabilitation, legal measures for prevention of human trafficking in India.

Unit III: Project affected people: Definition, reasons for taking up development projects, consequences of development projects, steps to be followed for implementation of development project, resource and need assessment of the project affected people, psychological attachment towards land, development, implementation and monitoring of rehabilitation and resettlement (RR) plan through participatory approach, RR Policy of the Government of India.

Unit IV: People affected by natural calamities/war/violence: Definition, rescue, assessment of the physical situation, and psychological (trauma) of the affected people, planning and coordination of the relief work, addressing psychological trauma and arrangement of safe shelter and rehabilitation.

Unit V: Juvenile and delinquency: Definition, basic information, psycho-social impact, and its prevention, intervention and rehabilitation. Rape: its meaning, characteristics, psychological intervention and prevention.

Reference Books

1. Deb, Sibnath (2006). Children in Agony. New Delhi, Concept Pub.
2. Deb, Sibnath (2006). Contemporary Social Problems in India. New Delhi, Anmol Pub.

SCPSY-04: Health Psychology

Unit I: Introduction to health psychology. Concept of health, models of health with special reference to bio-psychosocial model of health.

Unit II: Health behavior and belief: Factors predicting health behavior and beliefs, health awareness and health seeking behavior, doctor-patient communication and compliance.

Unit III: stress, illness, and coping: experiencing stress, biopsychosocial aspects of stress, sources and measurement of stress, stress & health, coping with stress, coping interventions.

Unit IV: Chronic illness: Causes and consequences, management of health problems like obesity and chronic illness like cancer, cardiac problems and diabetes.

Unit V: Health assessments and promotion: Quality of life scales, health indices checklist, lifestyle evaluation and coping scales, health promotion strategies, psychological intervention, lifestyle modification techniques, utility of relaxation and bio-feedback methods.

Reference Books

1. Sarafino, E.P & Smith, T.W. (2014). Health Psychology: 7th Edition, Wiley.
2. Dimmates, M.R. & Martin, L.R. (2007). Health Psychology. Pearson.
3. Taylor, S.E. (2015). Health Psychology. 7th Edition, McGraw Hill.

SCPSY-05: Seminar & Internship (50+50)

This seminar carries 50 marks out of which 30 marks are allotted to the write up and 20 marks, for its oral presentation. Within each modality the students are to be evaluated with respect to the relevance of the topic chosen, content coverage, organization of information and originality in the style of writing and presentation of the paper.

Internship: The objective of the Internship is to enable the students to have firsthand experience in their chosen field of specialization namely Clinical Psychology, Counselling Psychology. Depending upon their area of specialisation, students will be placed in different hospitals, rehabilitation centres, and reputed NGOs and institutions for 15 days. During the period they will work in the particular organisation during the usual work hour of the same organisation. After completion of internship in an organisation students' will submit a report to the Department in the suggested format and also bring a certificate from the respective in-charge of the person in an organisation. The students' internship performance will be assessed by one internal Faculty Member and a designated person from the organisation under whose supervision they will work in the organisation. The work will be evaluated for 50 marks. Out of 50 marks, 25 marks will be the internal component to be given by the supervisor (Faculty of the Dept.) and remaining 25 marks will be awarded by an external examiner.

Format for Writing Internship Report (Within 10 pages)

Name of the Student:

Area of specialisation:

Name of the approved organisation visited:

Objective of the organization and manpower structure in terms of position:

Activities of the organisation:

Strength and weaknesses of the organisation as perceived:

Learning experience:

Problems experienced, if any, provide detailed information:

Do you recommend the same organisation for internship of future students':

Yes.....1: No.....2, If not, why?

SCPSY-06: Foundation of Counseling

Unit-I: Counseling as a helping profession; the Professional Counselor; counseling as a discipline; Traditional activities; Basic principles for schools and community agencies; Future Directions for the profession.

Unit II: Goals of Counseling; The Counseling Process, Relationship establishment, Problem Identification and exploration, Counseling skills, Short term counseling or brief therapy, Special Counseling Populations.

Unit III: Counselors in educational settings: role and function, training programs for counselor and relationships with other helping professions; patterns of Counseling Program Organization in educational settings, future directions for programs of Counseling, Community and mental health agencies; gerontology counseling, Guidance vs. Counseling, Guidance–personal, academic and vocational.

Unit IV: Theories of Career Development and Decision Making; Career Counseling and the Development of Human Potential, Career Planning and decision making in schools, Career Counseling in non school settings, Computerized Career Assistance Systems; Type of systems.

**Unit V: (i) Human Assessment for Counseling
(ii) Types of standardized tests Intelligence testing, Aptitude tests, Special aptitude tests, Vocation; Aptitude batteries, Scholastic Aptitude Tests, Academic Achievement tests, Interest inventories, personality tests; Observation instruments; self reporting; group assessment techniques.
(iii) Ethical issues; The Counselor and the Law; Legal concerns of Counselors**

Reference Books

1. Gladding, T. Samuel (2009), Counseling, Pearson.
2. Capuzzi, D. & Grass, R. D. (2008). Counseling & Psychotherapy.
3. Davis, D. (1997). Counselling in psychosocial services. Open University Press.
4. Dryden, W. (1994). Developing the practice of counseling, Sage Pub.
5. Gelso, CL & Fretz, BR. (1997). Counseling Psychology, Prism Book.

SCPSY-07: Therapeutic approaches to Counseling

Unit I: Origins of psychodynamic theories, Freud's psychoanalysis; structural theory, the topological theory, defense mechanisms, instinct theory, dream work, free association, Post-Freudian theory, Jungian analytical theory.

Unit II: Behaviorists' theories. Application of behavioral ideas in counseling practice, Skinner's scientific behaviorism, Classical conditioning, Operant conditioning, behavior modification techniques.

Unit III: Cognitive theories of: Aaron Beck cognitive theory, cognitive triad, schemas, cognitive errors, Cognitive restructuring, Albert Bandura social cognitive theory, Albert Ellis REBT.

Unit IV: Interpersonal counseling, Sullivan interpersonal theory, tensions, dynamisms, personifications, levels of cognitions, stages of development, Ericson psychosocial stages of development.

Unit V: Humanistic theory, Carl Rogers person centered theory, Maslow holistic dynamic theory; motivation, self actualization and peak experience; Gestalt theory, Existential theories

Reference Books

1. Feist, J., and Feist, G. J. Theories of Personality (5th Ed.), Tata McGraw Hill Pub, (2002)
2. Gibson, R. L., & Mitchell, (2014). Introduction to Counseling, Pearson Education New Delhi.
3. Richard N. J. (1995). Theory and Practice of Counseling & Therapy, Sage Publications.
4. Gladding, T. Samuel (2009). Counseling, Pearson.
5. Capuzzi, D. & Grass, R. D. (2008). Counseling & Psychotherapy.

SCPSY-08: Counseling Specialties

Unit-I: Group counseling: History & Meaning of group counseling, advantages and limitation, theoretical approaches in conducting groups and issues, Application of group counseling.

Unit-II: career counseling: meaning, scope and theories of career development, its application to diverse population.

Unit III: Marriage, Couple and Family Counseling, School & College Counseling.

Unit IV: Disability Counseling, mental health counseling, Abuse/rehabilitation counseling. group counseling in case of different social and health issues like carrier counseling, issues related to social stigma, myths and misconception, alcoholism and drug addiction, health and hygiene, healthy life style, stress management.

Unit IV: Sensitization of people for attending the group counseling sessions: Issues and challenges.

Unit V: Measuring efficacy of group counseling session and giving feedback to the community; taking appropriate measures based on outcome.

SCPSY-08: Positive psychology

Unit-I: Define Positive Psychology, goals, assumptions and definitions of positive psychology, Different from traditional psychology.

Unit -II: The Meaning and Measure of Happiness: Psychology of well-being, happiness, two traditions-subjective well-being: the hedonic basis of happiness; self-realization, the eudaimonic basis of happiness; comparing hedonic and eudaimonic views of happiness. Happiness and the facts of Life: Happiness across the life span; gender and happiness; marriage and happiness; other facts of life.

Unit-III: Positive Emotions and Well-Being: Positive emotions, positive emotions and health resources, positive emotions and well-being, cultivating positive emotions, Positive Traits of personality, emotions and biology, positive beliefs.

Unit-IV: Personal Goals as Windows to Well-Being: The search for universal human motives, the personalization of goals in self-concept, goals contribute to well-being, Materialism and its discontents, Self-regulation and self-control, the value of self-control, Personal goals and self-regulation, goals that create self-regulation problems, everyday explanations for self-control failure; goal disengagement.

Unit-V: Life Above Zero: Positive psychology revisited, interconnections of the “Good” and the “Bad”, contours of a positive life: meaning and means, mindfulness and well-being.

Reference Books

1. Steve, B.R& Marie, C.K. (2009). Positive Psychology. Dorling Kindersley: India.
2. Boniwell, I. (2006). Positive Psychology in a Nutshell. PWBC (Personal Well-Being Centre).
3. Snyder. R, S. (2007). Positive Psychology: The Scientific & Practical exploration of human strengths. New Delhi: Sage Publications.

ACPSY-01; Neuropsychology & Cognitive Psychology

Unit I: Introduction: Definition and branches of neuropsychology, historical background, conceptual issues, neuropsychological practice, Frontal Lobes, Specific functions, Pre-motor and prefrontal cortex, Neuropsychological assessment of frontal lobe functions and dysfunctions

Unit II: The Structure of the Nervous System. Anatomy and physiology of nervous system, the spinal cord, divisions of the brain, Hind Brain, Midbrain, Forebrain. The Cerebral Cortex: organization of cerebral cortex.

Unit III: Temporal Lobes, Specific functions and dysfunctions, Temporal lobe and the limbic system, Neuropsychological tests for temporal lobes, Parietal Lobes & Occipital Lobes, Anatomical division, Somatic sensory perception, tactile perception and body sense, spatial orientation and spatial neglect, Occipital Lobes.

Unit IV: Consciousness, mind and brain, perception, processing of perception, models of recognition, attention. Nature and role of attention, cars and conversation.

Unit V: Nature and process of language, language production, language-thought-bilingualism. Nature of motor cognition, mental stimulation and motor system, imitation.

Reference Books

1. Beaumont, J.G. (1982). Introduction to Neuropsychology, London: Academic Press.
2. Solso, Robert L, M. Kimberly (2008). Cognitive Psychology, London, Prentice Hall.
3. Pinel, J.P.J. (2007) Biopsychology, 6th Edition. New Delhi: Pearson Education INC.
4. Smith, E. Edward & Stephen, m. k. (2015), Cognitive Psychology, Pearson

ACPSY-02: Environment psychology

Unit I: Nature and scope of Environmental Psychology, Environmental Perception, Spatial Cognition.

Unit II: Personal Space: Measurement, Influences, Theories, Territoriality: Factors, theories, and Measurement.

Unit III: Crowding: Factors, Theories, Crowding & Environmental Design, Environmental Psychology in Residence and Community.

Unit IV: Psychology in Relation to Physical Environment: Noise, Climate, Light and Colour, Environmental Psychology & Social Dilemmas: Pollution, Energy-Conservation, Recycling.

Unit V: Psychology and Work Environment, Emerging issues: Place Attachment, Pro-environmental Behaviour and Ecological Consumerism.

Reference Books

1. Dolnicar, S. & Grun, B. (2009). Environmentally friendly behavior. *Environment & Behaviour*, 41(5), 693-714.
2. Easton, J., Ljungberg, M. K., & Cheng, J.C.H. (2009). Discourses on pro-environmental behaviour. *Applied Environmental Education and Education*, 8, 126-134.
3. Gifford, R. (2007). *Environmental Psychology: principles and practice*. Massachusetts: Allyn and Bacon, Inc.
4. Knussen, C. & Yule, F (2008). I am not in the habit of recycling. *Environment and behaviour*, 40 (5), 683-702.
5. Tanner, C., Kaiser, F. G., & Kast, S. W. (2004). Contextual Consideration of ecological consumerism. *Environment & Behaviour*. 36 (1), 94-111.

ACPSY-03: Political psy. & Agrarian psy.

Unit I: Theoretical Foundation, Nature and scope of political Psychology, personality approaches to political behavior. Implicit Attitudes and Automaticity, Intergroup Relations

Unit II: Childhood and Adult political development, Mass political behaviour, crowd pulling techniques, media management by political leaders, managing voters' emotion,

Unit III: political sophistication, voting choice, heterogeneity of voting behaviour, Theoretical Model of Electoral Behavior.

Unit IV: Define Agrarian psychology, goals, assumptions of political Psychology, personality of people engaged in farming.

Unit V: Work-related psychosocial issues in agriculture, farmer suicide, preventive measures of farmer suicide, techniques of avoiding ruminations,

Reference Books

1. L. Huddy, David O. Sears & Jack S. Levy, The Oxford Handbook of Political Psychology (2 ed.) 2013
2. Prusty, R.K. (2018), Handbook of Agrarian Psychology, MR printer, Bargarh
3. 2004
4. Authors: Martha L Cottam, Elena Mastors, Introduction to Political Psychology, Thomas Preston
5. Krosnick, A. J., Chant & Tobias (2016), Political Psychology, Press Book

ACPSY-03: Sport psychology & forensic Psychology

Unit I: Define sport psychology, History of sport psychology, Personality characteristics and sporting behaviour, Personality development and sport, Attitudes to sport.

Unit II: Aggression and sport Social factors in sporting performance, Arousal, anxiety and sporting performance, Motivation and sport.

Unit III: Skill acquisition and expertise, Research methods in sport psychology.

Unit IV: Define forensic psychology, Origins, Definition and categorization of the delinquent, classification of criminal personality.

Unit V: peace learning, CBT, moral Recognition therapy, Aggression Replacement Training.
Dissertation:

The broad objective of dissertation work is to orient the students with application of research methods. They will complete their dissertation work within four months. Students will be allocated to a particular Faculty Member based on their choice and availability of the Faculty Member for guidance for dissertation work. Students will select their topic of research problem in consultation with the supervisor after thorough literature review, finalise the outline plan within first two weeks. Thereafter they will carry out field data collection, data analysis and dissertation report writing following a suggested format. Except the internal component, all the other evaluation should be done by both the internal and external examiners.

Reference Books

1. Matt Jarvis,(2016), Sport Psychology, First published by Routledge, 27 Church Road, Hove, East Sussex, BN3 2FA
2. Jose L.A. Robles,(2014), Criminology and Forensic Psychology,
3. Dr. John Perry, 2016, Sport Psychology, Willey

Suggested Format for Writing Dissertation

Executive Summary

Introduction
Literature Review
Objective/s
Hypothesis/Research Problems
Methods
Interpretation of Results
Discussion, conclusion and recommendations
References
Appendix