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SACRED HEART COLLEGE (AUTONOMOUS)

Tirupattur – 635 601, Tamil Nadu, S.India

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A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

M.Sc. Counselling Psychology Syllabus 2021-22 Batch Onwards

2021-22 Batch Onwards

Sem	Code	Title of the Subject	Contact Hrs	Credit	E-hrs	CA	SE	Total
Semester I								
I	FC 1	Introduction to Psychology	6	4	3	50	50	100
	FC 2	Biological Psychology	6	4	3	50	50	100
	MC 1	Life-Span Psychology	6	4	3	50	50	100
	MC 2	Introduction to Counselling	6	4	3	50	50	100
	SK 1	Psychological Testing*	5	3	3	50	50	100
	FP 1	Field Practicum	-	3	R/V	50	50	100
	CC1	Healing the Inner Child	-	2*	Optional			
Semester Total				22+2*				600
Semester II								
II	MC 3	Research Methodology & Statistics	6	4	3	50	50	100
	MC 4	Psychopathology – I	6	4	3	50	50	100
	MC 5	Theories of Personality	6	4	3	50	50	100
	MC 6	Psychotherapies	6	4	3	50	50	100
	FP 2	Field Practicum	-	3	R/V	50	50	100
	SI 1	Summer Internship	-	4	Required			

	CC 2	Learning Disability	-	2*	Optional		
	Semester Total			23+2*			500

Sem	Code	Title of the subject	Contact Hrs	Credit	E-hrs	CA	SE	Total
Semester III								
III	MC 7	Psychopathology – II	6	4	3	50	50	100
	MC 8	Social Psychology	6	4	3	50	50	100
	MC 9	School Counselling	6	4	3	50	50	100
	MC 10	Human Rights and Rehabilitation	6	4	3	50	50	100
	ME 1	Behaviour Modification / Training and Development / Human Resource Development	5	3	3	50	50	100
	FP 3	Field Practicum	-	3	R/V	50	50	100
	CC 3	Hypnotherapy	-	2*	Optional			
		Semester Total			22 +2*			
Semester IV								
IV	MC 11	Positive Psychology	6	4	3	50	50	100
	MC 12	Family & Couple Counselling	6	4	3	50	50	100
	MC13	Health Psychology	6	4	3	50	50	100
	ME 2	Community Psychology/ Psychometry/ Organizational Psychology	3	3	3	50	50	100
	SK 2	Employability Skills*	3	3	3	50	50	100
	RP	Research Project	-	5	R/V	50	50	100
	SI 2	Summer Internship	-	4*	Optional			
	CC4	Neuro Linguistic Programming	-	2*	Optional			
		Semester Total			23+4*+2*			
	Course Total			90 + 12*				2300

Students have to get 90 credits to get degree in M.Sc Counselling Psychology.

They have scope to get additional 12 credits by doing 4 certificate programmes and Summer Internship in II Year which is optional.

The Certificate Courses (Healing the Inner Child, Learning Disability, Hypnotherapy & NLP) will be conducted outside class hours by experts and no terminal examinations will be conducted.

In Semester III and IV three electives will be offered to students to choose one and only one elective will be offered based on the choice of the majority.

To get credits for Summer Internship, a student has to successfully complete one month of field practicum and submit report. No terminal examinations will be conducted.

FC- Foundation Course

MC-Main Core

ME-Main Elective

RP-Research Project

SK-Skill Paper

FP-Field Practicum

SI- Summer Internship

CC- Certificate Course

Components of Programme	No of courses	No. of courses (x) Credits	Total Credits
Foundation Course (FC)	02	02 x 04	08
Main Core (MC)	13	13 x 04	52
Main Electives (ME)	02	02 x 03	06
Skill Paper (SK)	02	02 x 03	06
Field Practicum (FP)	03	03 x 03	09
Summer Internship (SI)	01+01* (II Year Optional)	04	04+ 04*
Research Project	01	01 x 05	05
Certificate Courses (CC) Optional	04*	04 x 02	08*
Total	24+05*	-	90+12*

Evaluation Pattern

Question Paper Pattern for M.Sc. COUNSELLOGM PSYCHOLOGY

(2021-2022 Onwards)

CA Question paper Pattern

Section A	
Answer ALL the Questions	6*2 = 12 Marks
Section B	
Answer ALL the Questions (Either Or Type)	3*6 = 18 Marks
Section C	
Answer ANY TWO Questions Out of Three Questions	2*10 = 20 Marks
TOTAL	50 Marks

Semester Question Paper Pattern

Section A	
Answer ALL the Questions	10*2 = 20 Marks
Section B	
Answer ALL the Questions (Either Or Type)	5*7 = 35 Marks
Section C	
Answer ANY THREE Questions Out of five Questions	3*15 = 45 Marks
TOTAL	100 Marks

Internal Evaluation: 50 Marks

External Evaluation: 50 Marks

Internal Components

Component	Marks
I CA	15
II CA	15
MCQ	5
Class Tests	5
Seminar + Assignment	10
TOTAL	50

M.Sc. Counselling Psychology Syllabus 2021-22 Batch Onwards

SEMESTER –I

INTRODUCTION TO PSYCHOLOGY (FC-1)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY130T

UNIT I - Foundation to Psychology

Definition - Goals of psychology - Origins of psychology - **Philosophical origins:** Early Indian thoughts - the three Gunas, mind control and **Greek thoughts** - Major ideas of Descartes, Locke. **Biological origins:** Darwin, Genetics. **Brief history of modern scientific psychology:** Structuralism, Functionalism, Behaviorism, Gestalt psychology, Piaget, Psychoanalysis, Humanistic approach, Cognitive approach. **Methods:** Introspection – Observation – Survey – Experiment – Case Study – Correlation Research. Different areas (branches) of Psychology.

UNIT II - Sensation, Perception and Attention

Sensation: Meaning - Psychophysics – Thresholds - Weber's Law - Adaptation - **Basic sensation:** Vision – Hearing - Touch and other Skin senses – Olfaction - Gustation - **Proprioception:** Kinesthetic sense – Vestibular sense – **Perception:** Meaning – Organizing principles of perception – Constancies - Pattern perception, Distance perception - Errors in Perception - Illusion – Types; Hallucinations – Types; Extra Sensory Perception. - Factors that influence perception – Depth perception. **Attention:** Meaning – Types – Determinants.

UNIT III - Learning, Memory and Forgetting

Learning: Definition – Nature- **Association Learning:** Classical Conditioning - Operant Conditioning - Reinforcement – Types – Punishment – Types. Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning. **Social and Cognitive Learning:** Latent Learning – Insight Learning – Observational Learning.

Memory: Definition – **Memory Process:** Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – **Forgetting:** Meaning – Forgetting curve - Theories of forgetting - Causes – Memory and Brain – Improving memory.

UNIT IV - Motivation and Emotion

Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs, **Theories of Motivation:** Instincts – Drive-reduction theory – Arousal – Incentive – Opponent -Process – Cognitive theories – Social cognitive theory – Need theories, **Classification of Motives:** Physiological motives – Psychological motives, **Conflict:** Meaning- Types. **Frustration:** Meaning- Causes.

Emotion: Meaning – Basic emotions- Components - Physiology of emotion - Expression of emotion – Theories of Emotions.

UNIT V - Intelligence and Personality

Intelligence: Definition - Concept of IQ - Individual differences in Intelligence –Mental retardation – Mentally gifted – Assessment of Intelligence, **Emotional Intelligence:** Meaning – Characteristics.

Personality: Definition - Theories – Psychoanalytic - Neo Freudian: Jung –Adler - Karen Horney – Erikson - Behavioristic view – Social Cognitive view - Humanism and Personality: Roger's theory – Maslow's theory - Trait Theories Psychology – Allport – Cattell - The Big Five Factors.

Reference Book

1. Cicarelli, K. S., Meyer, E. G. & Misra. (2008) *General psychology*. New Delhi, India: Dorling Kingsley (India) Private Limited
2. Baron, R. A. (2010) *Psychology* (5th ed.). New Delhi, India: Pearson India Education Services Pvt Ltd.
3. Singh, A.K. (2014). *Advanced General Psychology*. Delhi: Motilal Banarsidas.
4. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1993). *Introduction to Psychology*. New Delhi: McGraw Hill Education.
5. Passer, M. W., & Smith, R. E., (2011). *Psychology: The Science of Mind and Behaviour*. India: McGraw Hill.

SEMESTER – I

BIOLOGICAL PSYCHOLOGY (FC-2)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY131T

UNIT I - Introduction to biological Psychology:

Defining Biopsychology, Origins of Biopsychology, Nature and Scope of biopsychology, divisions of Biological Psychology, Scanning Methods- CT, MRI, PET; Electrophysiological recording- EMG, EEG AEP.

UNIT II - Neuron structure and function:

The neuron: Structure of the neuron, types of Neurons; Neural Impulse: Neural impulse Cycle: membrane potential, resting potential, action potential; conduction across the length of a neuron and conduction across the synapse; Neurotransmitters and the nervous system - acetylcholine, dopamine, norepinephrine & GABA

UNIT III - Structure and Functions of Nervous system:

Major Division of Nervous System: The Central Nervous System: Spinal cord - structure and function, The Brain - structure and function. The Peripheral Nervous system: Structure and function, The Somatic Nervous system - structure and function; The Autonomic Nervous System-Structure & function

UNIT IV - The Endocrine System:

Endocrine Glands: Structure, Location and Functions. Ingestive Behaviour: Neural Mechanisms of Hunger and Thirst. Physiological mechanisms of Sleep and Waking; Stages and Types of sleep; Sleep Disorders.

UNIT V - Biopsychology of Emotions, Learning and Amygdala:

Role of hippocampus, limbic system in emotions. Role of Hippocampus and cerebellum in learning. Amnesia; Definition, different forms of Amnesia.

REFERENCES BOOKS:

1. Bannett, T.L. (1977). Brain and Behaviour. California: Brooks/Cole.
2. Carlson, Neil R. (2005) Foundations of Physiological Psychology, 6th ed. Pearson Education and Dorling Kindersley (India): New Delhi.
3. Levinthal, C.R. (1991) Introduction to Physiological Psychology. New Jersey: Prentice Hall.
4. Morgan, T.H. and Stellar, A. (1965). Physiological Psychology. New York: McGraw Hill.
5. Pinel, John P.J. (2006) Biopsychology 6th ed. Pearson Education Inc. and Dorling Kindersley (India): New Delhi.
6. Gazzaniga, M.S. Lvry, R.B. and Mangun, G.R.(2002) Cognitive Neuroscience : The Biology of the mind 2nd Edition. New York :W.W. Norton & Company, Inc.
7. Graham, R.B. (1990) Physiological Psychology. California: Wadsworth.
8. Kalat, J.N. (2001) Biological Psychology. California: Wadsworth.
9. Leukel, F. (1985). Introduction to Physiological Psychology. New Delhi: CBS Publishers.

SEMESTER – I

LIFE-SPAN PSYCHOLOGY (MC-1)

IMSC (COUNSELLING PSYCHOLOGY) CODE: MSY132T

UNIT I

Growth and Development: Meaning of Development changes - The Life Span - Developmental stages - Happiness and Unhappiness during the life Span. **Prenatal Period:** Characteristics- How Life begins - Importance of Conception - Period of Prenatal development - Attitudes of Significant people - Hazard during the prenatal period. **Infancy:** Characteristics -Major Adjustments-Conditions Influencing Adjustment to Postnatal Life.

UNIT II

Babyhood: Characteristics - Developmental Tasks - Physical development - Physiological Functions – Muscle Control – Speech Development - Beginnings of Sex-role Typing - Family Relationships – Personality Development. **Early Childhood:** Characteristics - Developmental Tasks – Physical Development - Improvements in Speech –Socialization - Moral Development - Family Relationships – Personality Development. **Late Childhood:** Characteristics - Developmental Tasks – Physical Development - Speech Improvement - Moral Attitudes and Behavior – Interest - Changes in Family Relationships – Personality Changes.

UNIT III

Puberty: Characteristics - Body Changes at puberty - Effects of Puberty Changes – Effects of Deviant Maturing. **Adolescence:** Characteristics - Developmental Tasks – Physical Changes - Social Interests and Morality Changes during Adolescence – Sex interest and Sex behavior - Family Relationships - Personality Changes.

UNIT IV

Early Adulthood: Characteristics - Development Tasks - Changes in interests - Vocational, Martial, Parenthood and Singlehood Adjustments. **Middle Age:** Characteristics, Developmental Tasks of Middle Age - Adjustments to Physical and Mental Changes - Adjustment to changed Interests - Adjustments to Vocational, Family Patterns, Singlehood, Loss of a Spouse – Adjustment to Approaching Retirement and Old Age.

UNIT V

Old Age: Characteristics - Development Tasks of Old Age - Adjustment to Physical Changes - Changer in Motor and Mental abilities – Changes in Interest. Vocational Adjustments - Adjustments to Retirement and Changes in Family Life – Adjustments to Loss of a Spouse, Remarriage, Cohabitation, and Singlehood in Old Age - Living Arrangements for the Elderly.

Reference Books:

1. Harlock. E.B (1980) Development Psychology: A Life Span Approach (fifth Ed) New Delhi: Tata McGraw - Hill Edition.
2. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill.
3. Santrock. J.W (1997) Life-Span Development, Thirteenth Edition, Tata McGraw-Hill Edition, 2011.
4. Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
5. Berk, L.E. (2007) Development through the Life span, New Delhi, Pearson Edn.
6. Gormly A.B. and Broadzinsky D.M., Life span Human Development, New York, Hardcort Brace College Publishing Co., 1993.
7. Halen B. The Developing Child, New York, Harper Collins, 1989.
Leland M. Stott, The Psychology of Human Development, New Delhi, Macmillan and company, 1978.
8. Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications.
9. Shiamberg L.B., Human Development, New York, Macmillan Publishing Co., 1985.
10. Van der Zanden J.W., Human Development, New Delhi, Mcgarow Hill, 1999.

SEMESTER – I

INTRODUCTION TO COUNSELLING (MC-2)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY133T

UNIT I

Meaning and Nature: Definition-Aims and Scope of Counselling - Characteristics of Effective Counselling - Application of Counselling in Various Areas - Diversity in Counselling - Attitude of a Professional Counsellor – Personality of Effective Counsellors- Values in Counselling - Characteristics of a Successful Counselee – Counselee Expectations. Ethical and Legal Issues in Counselling

UNIT II

Self Disclosing: Showing Involvement, Disclosing Personal Information - Managing Resistances, Making Referrals and Recommendations.

Helping Relationship and Process: Dimensions of Helping Relationship - Core Conditions of Helping Relationship: Empathy, Unconditional Positive Regard, Congruence- Relating- Understanding- Changing (RUC) - Helping Model: Stage 1 (the relating stage), Stage 2 (the understanding stage), Stage 3 (the changing stage).

UNIT III

Understanding the Internal Frame of Reference: Qualities of the Effective Listener: Positive & Negative Listening – Proximity in Listening – Using Silence – Head nodding – Facial Expressions – Active Listening – Distraction – Assessing your own Listening. Attitude of Respect and Acceptance. Showing Attention and Interest: Being Available, Relaxed and Open Body Posture, Leaning Slightly Forward, Appropriate Gaze and Eye Contact Good Gestures, Use of Touch Sparingly, Sensitive to Personal Space and Height, Clothing and Grooming.

UNIT IV

Micro Skills of Counselling: Paraphrasing Skills, Reflecting Feelings Skills, Small Verbal Rewards, Open ended Questions- Permission to talk, Structuring Skills, Probing, Summarizing Skills.

Skills of Asking Questions: Questions about Feelings, Physical Reactions, Thinking, Communication and Actions - Monitoring Feelings, Physical Reactions, Thinking, Communication and Actions - Assisting Clients to Monitor- Offering Challenges and Feedback, Experiential Feedback - **Facilitating Problem Solving:** Clarifying Goals, Generating and Exploring Options, Assisting Planning.

UNIT V

Improving Clients Rules: Detecting demanding rules, Disputing demanding rules, Stating preferential rules- **Improving Clients Perception's:** Perceiving and Interpreting, Eliciting and Identifying Automatic Perceptions, Checking the Accuracy of Perceptions- **Negotiating Home Work-Terminating Helping:** When to Terminate, Formats for Terminating Helping, Assisting Maintaining Change.

Reference

1. Brammer. L.M. and Shostrom E.L, Therapeutic Psychology, 1977, Englewood Cliffs, New Jersey.
2. D. John Antony, Skills of Counselling, 2003, Anugraha Publications.
3. Nelson - Jones, R. (1995). The Theory and Practice of Counselling, 6th Edition, London: Cassell.
4. Colin et al, Brief Counselling-A Practical Integrative Approach, 2010, 2nd Edition, Tata McGraw Hill, New Delhi.
5. Feltham. C & Horton. I, Handbook of Counselling and Psychotherapy, 2000, London: Sage Publication.
6. George. L.R, and Crisiani.T. (1981) Theory, Methods of processes of Counseling and Psycho therapy. New Jersey: Prentice Hall Inc. Englewood and Cliffs.
7. Kottler.J.A. and Brown.R.W.(2000). In introduction to therapeutic counseling (4th edition) California Brooks/Cole publishing Company.
8. Lewis E. Patterson and Elizabeth Reynolds Welfel (2000). The Counselling Process, 5th edition, Wasworth Brooks / Cole, Thomson Learning.
9. Patterson.E.L., and Welfel.E.R. (1999). The Counseling Process (5th edition) California: Brooks/ Cole Publishing Comapany
10. Richard Nelson- Jones (2012). Basic Counselling Skills- a Helper's Manual, 5th Edition, Sage Publication India Pvt Ltd, New Delhi.

SEMESTER – I

PSYCHOLOGICAL TESTING (SK-1)

IMSC (COUNSELLING PSYCHOLOGY) CODE: MSY134S

1. Bhatia's Battery of Performance Test of Intelligence
2. Concept Formation
3. Transfer of Learning
4. Rorschach Test
5. Test for Trial and Error Learning
6. Span of Attention
7. Muller-lyer Illusion
8. Steadiness Test
9. Habit Interference
10. Problem Solving Ability Test (based on TOL test)
11. TAT (Thematic Apperception Test)
12. Level of Aspiration
13. Mental Health Battery
14. Mirror Drawing
15. Beck's Depression Inventory

16. Depression, Anxiety, stress scale (DASS)
17. Myers Briggs Types Indicator (MBTI)
18. Assertiveness Assessment
19. Emotions Maturity Scale
20. Study Skill Inventory
21. Rosenberg Self-Esteem Scale
22. Eysenck's Personality Inventory
23. Rotter's Sentence Completion Test
24. Standard Progressive Matrices
25. Internal-External Locus of Control

EVALUATION

INTERNAL	MARKS	EXTERNAL	MARKS
Conduction	10	Conduction	10
Interpretation	20	Interpretation	20
Practical Notebook	20	Viva Voce	20
Total	50	Total	50

Actual Conduction of Practical and reporting it in the practical note book in the prescribed format (internal assessment) carries 40 marks. The Term End Practical Examination including Viva Voce (External Assessment) carries 60 marks. Total marks for practical examination will be 100 marks (Internal 40 marks and External 60 marks).

Students will write down 10 practical experiments and its interpretation in the record note.

Reference

1. A. Anastasi & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.
2. Aiken, L. R. (1997). Psychological testing and assessment. Allyn & Bacon.
3. Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (1996). Psychological testing and assessment: An introduction to tests and measurement. Mayfield Publishing Co.
4. Cronbach, L.J. Essentials of Psychological Testing.
5. Fernandez-Ballestros, R. 1st edition (2003) Encyclopaedia of Psychological Assessment. Vol I and II. Sage Publications. New Delhi.
6. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th Ed.). New Delhi: Pearson Education., Applications, and Issues. Australia: Thomson Wadsworth.
7. Woodworth, R.S. and Scholesberg (1972) Experimental psychology. Holt, Rinehart & Winston.

SEMESTER – I

FIELD PRACTICUM- I (FP-1)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY135F

Field Practicum Components:

1. Counselling Skills training.
2. Observational Visits to counselling training centre for practice based learning.
 - The students get ice-breaking and team building training. The students get training in counselling skills. The students will go to a counselling centre for observational visits and training for a week.
 - After having these experiences the students write a report of their activities and submit to the concerned field practicum supervisor. The supervisor conducts individual and group evaluation.
 - The CA marks are awarded by the supervisor out of 40 marks for the quality, regularity, initiatives, leadership, participation and team worker.
 - At the end of the semester Viva Voce is conducted by an external examiner and marks are awarded out of 60.

Field Practicum Outline

Field Practicum - 1 (Semester-1)

- Personal Growth Summary of Inner Child Program
- One's own Genogram & Genogram of two clients
- Appraisal of Counselling Format with special focus on the skills of the Counsellor
- 4 Verbatim Reports
- 5 Psychological Tests (ISAC, Firo B, Firo F, Keirsey temperament Sorter, How I act in Conflict)

SEMESTER-II

RESEARCH METHODOLOGY & STATISTICS (MC-3)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY230T

6 Hours Per Week

UNIT I

Foundations of Research: Meaning – objectives – Types – Research Approaches – Research Process. Research Problems: Defining a Research Problem - Sources – Criteria of a Good Problem. Review of Literature: Functions – Sources. Importance of theory, Conceptualization and Operationalization of research.

UNIT II

Hypothesis testing and Research Design: Hypothesis: Meaning – Types – Criteria – Formulating and Stating hypothesis – Type-I & Type-II errors. Research Design: Types – Descriptive Research – Experimental Research – Variables and experimental control.

Experimental designs: Pre-experimental designs – True experimental designs – Quasi experimental designs – Single subject experimental designs – Ex-post Facto Designs.

UNIT III

Methods: Sampling: Meaning – Types – Probability and Nonprobability sampling. Tools of research: Criteria for selection of tools – Factors related to construction of tools – Tools of different types: Observation – Interview – Questionnaire – checklist- Rating Scales. Reliability and Validity. Writing a research proposal – Interpretation and report writing.

UNIT IV

Fundamental Statistics: Scales of measurement - Frequency distributions - Measures of Central Tendency: The Mean, Median and Mode – Measures of Variability: The Range, Quartile Deviation, Average Deviation and Standard Deviation. Normal probability curve: Characteristics – Applications – Skewness and kurtosis.

UNIT V

Data Analysis: Quantitative Analysis - Correlation: Meaning, assumption and interpretation. T test – Meaning, Assumption and Interpretation. Analysis of Variance (ANOVA): Meaning, Assumption and Interpretation. Regression: Meaning, Assumption and Interpretation. Overview of Non-Parametric Statistics.

Reference

1. Aditham Bhajanaga Rao. 2006. Research Methodology. Excel books. New Delhi.
2. Debashis Chakraborty. 2009. Research Methodology. Saurabh Publishing House. New Delhi.
3. Foster, J.J. 1998. Data Analysis Using SPSS for Windows. Sage Publications Ltd. London.
4. Gaur, Ajai S and Sanjaya S Saur. 2009. Statistical Methods for Practice and Research. A guide to Data Analysis using SPSS. Sage Publications. New Delhi.
5. Gupta, S. P. 2009. Statistical Methods. New Delhi. Sultan Chand and Sons.
6. Kothari, C.R. 2004. Research Methodology – Methods and Techniques. New Delhi. New Age International Private Limited.
7. Kultar Singh. 2007. Quantitative Social Research Methods. Sage Publications India PVT LTD. New Delhi.
8. Padgett, D.L. 1998. Qualitative Methods in Social Work Research. Sage Publications. California.
9. Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan Publishers.

SEMESTER – II

PSYCHOPATHOLOGY-I (MC-4)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY231T

6 Hours Per Week

UNIT I

Mental Disorder: Definition and meaning - Classification of DSM 5 and ICD -11 - Psychosis and Neurosis. Mental Status Examination - General Description, Thinking, Emotions and Cognition. **Neurodevelopmental Disorders:** Intellectual Disabilities - Communication Disorders - Autism Spectrum Disorder - Attention-Deficit/Hyperactivity Disorder - Specific Learning Disorder.

UNIT II

Schizophrenia Spectrum and Other Psychotic Disorders: Schizotypal (Personality) Disorder - Delusional Disorder - Brief Psychotic Disorder - Schizophreniform Disorder - Schizophrenia - Schizoaffective Disorder - Substance/Medication-Induced Psychotic Disorder - Psychotic Disorder Due to Another Medical Condition.

UNIT III

Bipolar and Related Disorders: Bipolar I Disorder - Bipolar II Disorder - Cyclothymic Disorder. **Depressive Disorders:** Disruptive Mood Dysregulation Disorder - Major Depressive Disorder - Persistent Depressive Disorder (Dysthymia) - Premenstrual Dysphoric Disorder - Substance/Medication-Induced Depressive Disorder - Depressive Disorder Due to Another Medical Condition.

UNIT IV

Anxiety Disorders: Separation Anxiety Disorder - Selective Mutism - Specific Phobia - Social Anxiety Disorder (Social Phobia) - Panic Disorder - Panic Attack (Specifier) - Agoraphobia - Generalized Anxiety Disorder. **Trauma-and Stressor-Related Disorders:** Reactive Attachment Disorder - Disinhibited Social Engagement Disorder - Posttraumatic Stress Disorder - Acute Stress Disorder - Adjustment Disorders.

UNIT V

Feeding and Eating Disorders: Pica - Rumination Disorder - Avoidant/Restrictive Food Intake Disorder - Anorexia Nervosa - Bulimia Nervosa - Binge-Eating Disorder. **Elimination Disorders:** Enuresis - Encopresis. **Sleep-Wake Disorders:** Insomnia Disorder - Hypersomnolence Disorder - Narcolepsy. Breathing-Related Sleep Disorders - Circadian Rhythm Sleep-Wake Disorders. Parasomnias: Sleepwalking - Sleep Terrors - Nightmare Disorder - Rapid Eye Movement Sleep Behavior Disorder - Restless Legs Syndrome.

Reference Books:

1. Blaney, PH, Krueger RF & Million T. (2015). Oxford Textbook of Psychopathology, III Ed. London: Oxford University Press.
2. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th .ed.)*. Arlington, VA: American Psychiatric Publishing.
3. Sarason, I.G., & Sarason, B.R., (2005) Abnormal Psychology- The problem of Maladaptive behavior. India: Dorling Kindersly.

4. Casey p & Kelly B (2007).Fish's Clinical Psychopathology- Signs and Symptoms in Psychiatry, III Ed. Gaskell.
5. Sadock, B.J., & Sadock, V.A. (2007) (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioural sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins.
6. Ahuja, N. (2011). A short Textbook of Psychiatry. New Delhi: Jaypee Publishers.
7. World Health Organization. (2018). *International classification of diseases for mortality and morbidity statistics* (11th Revision).
8. Adams, H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3rd Ed.). New York: Kluwer Academic publishers.
9. Barlow, D. H., & Durand, V.M. (2015). Abnormal Psychology. An Integrative Approach. 7th edition. New Delhi. Cengage Learning India Private Ltd.
10. Nolen-Hoeksema, S. (2017).Abnormal Psychology. 7th Edition. New York. McGraw Hill.
11. Butcher, J.N., Hooley, J.M., & Mineka, S. (2013). Abnormal Psychology. 16th Edition. Upper Saddle River. Pearson Education Inc.
12. Maddux, J.E. & Winstead, B.A. (2007). Psychopathology: Foundations for a contemporary understanding. NY: CRC press.

SEMESTER – II

THEORIES OF PERSONALITY (MC-5)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY232T

6 Hours Per Week

UNIT I

Personality Theory: The Study of Personality - Definition of Personality- Definition of Theory- Personality Perspectives- Components of Personality – Philosophical Assumption - Ethnic and Gender Issues in Personality - Assessment in the Study of Personality.

UNIT II

Type and Trait Theories of Personality: Type Theories - Trait Theories, Raymond Cattell 16 Personality Factors, Hans Eysenck, Lewis Goldberg five-dimension personality model - Gordon Allport.

UNIT III

Dynamic Personality Theories: Freud's Psychoanalytic Theory- Defense Mechanisms in the Dynamic Theories - Adler's Individual Psychology - Jung's Analytical Psychology - Erik Erikson.

UNIT IV

Learning and Behavioural Theories of Personality: Theory of Classical Conditioning, Operant Conditioning - Social Learning Theory - Cognitive Learning theory, Kohlberg's Theory of Moral Behaviour. Rotter- Internal and external locus of control.

UNIT V

Cognitive and Humanistic Theories: Albert Ellis, Aaron T. Beck, Donald Meinchbaum. Rogers' Self Theory - Maslow's Self-Actualization Theory - Viktor Frankl. Need Theory (Henry Murray)ERG Theory (Alderfer), Theory of needs (McClelland); Personal construct (Kelly).

Reference

1. Allen, B. P. (2015). *Personality theories: Development, growth, and diversity*. Psychology Press
2. Schultz, D, & Schultz, S. (2016). *Theories of personality*. Cengage Learning.
3. Cervone, D, & Pervin, L. A. (2015). *Personality*. John Wiley & Sons.
4. Mischel, W. (2013). *Personality and assessment*. Psychology Press.
5. R.B. Tripathi and R.N. Singh (2001). *Psychology of Personality*. Varanasi: Gangasaran and Grand Sons.
6. R.M. Rckman (2000). *Theories of Personality*. USA: Thomson Wadsworth.
7. Ryckman, R. (2012). *Theories of personality*. Cengage Learning.
8. Sharf, R. (2015). *Theories of psychotherapy & counseling: Concepts and cases*. Cengage Learning.
9. W. Mischel (1976). *Introduction to Personality*. New York: Holt Reinhart and Winston. York: Alfred A. Knoj.

SEMESTER – II
PSYCHOTHERAPIES (MC-6)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY233T

6 Hours Per Week

UNIT I (Psychodynamic Therapies)

Sigmund Freud – Carl Jung - Alfred Adler

Theory and Therapeutic Interventions

UNIT II (Behavioural Therapies)

B. F. Skinner – Ivan Pavlov – Albert Bandura

Theory and Therapeutic Interventions

UNIT III (Humanistic Therapies)

Carl Rogers – Abraham Maslow – Viktor Frankl – Eric Berne

Theory and Therapeutic Interventions

UNIT IV (Existential Therapies)

Rollo May – Fritz Perls – Irvin Yalom

Theory and Therapeutic Interventions

UNIT V (Cognitive Therapies)

Aaron Beck - Albert Ellis -Donald Meichenbaum

Theory and Therapeutic Interventions

Reference

1. Corey, G (2009), Theory and Practice of Counselling and Psychotherapy
2. Nelson-Jones, R (2011), Theory and Practice of Counselling and Therapy, Sage Publication
3. Seligman, L. & Reichenberg, L. W. (2016). Theories of Counselling and Psychotherapy: Systems, Strategies and skills. Pearson
4. Antony, D. John (2003) *Psychotherapies in Counselling*, Nochiodaipatti, Dindigul, Anugraha Publications.
5. Wolberg. L.R. (1989). The Technique of Psychotherapy. Vol. I & II London, Warburg and Heinmann.
6. Bergin, A.E. & Garfield, S.L. (1994). Handbook of Psychotherapy and Behavioural Change. 4th ed. N.Y. Wiley.
7. Stein, S.M. Hough, R. & Stein, J. (1999). Essentials of Psychotherapy. UK: Hodder Arnold Publishers
8. Bellack, A.S., Herson, M & Kazdin, A.E. (1983). International Handbook of Behaviour Modification and Therapy; New York; Plenum Press.
9. Watson, J. B. (1924). *Behaviourism*. New York: Norton.
10. Gabbarel, G.O., Beck, J.S., & Holmes, J. (2007). Oxford Text Book of Psychotherapy. New York: Oxford University Press.

SEMESTER – II

FIELD PRACTICUM – II (FP-2)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY234F

- The first year students during the second semester go for practice based counselling for one day in a week and expected to spend a minimum of 7 hours per day in the field where they are placed.
- The first year students are placed in schools or colleges or counselling centers or welfare organizations or service organization for their practice based counselling.
- During the placement they have to practice all the primary skills of counselling. One has to help minimum of 3 clients, by having 3 sessions a day.
- Every week the students write a report of their activities and submit to the concerned field practicum supervisor. The supervisor conducts individual and group evaluation regularly.
- The CA marks are awarded by the supervisor out of 40 marks for the quality, regularity, initiatives, leadership, participation and team worker.
- At the end of the semester Viva Voce is conducted by an external examiner and marks are awarded out of 60.

Field Practicum Outline

Field Practicum - II (Semester-2)

- 20 Counselling Progression Report
- 1 Case Study
- 3 Psychological Tests on two clients

SEMESTER – II

SUMMER INTERNSHIP (SI-1)

I MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY235F

Record Work for Practicum – (summer of 2nd semester)

- Cover Page
- Certificate – A page with the name and the roll number and the details of the academic semester with the sign of the HOD.
- Attendance Log - A page that details the whole month Reporting Time, Working Time and Checking out time with a signature from someone in the agency (Like an attendance) (Ref-1)
- Table of content

1. Profile of Agency (Name, Address, objectives/motto/vision, Details of the target group and description of the Agency) (2-3 pages)
2. Activities carried out Daily (A short and general description of the activity – Like the attendance but you will describe the nature of work done on a daily basis) (Ref-2)
3. Client work (Counseling, working with mentally challenged persons or learning) (Do the following for One client every day even though you may meet many clients- 2 pages)
 - a. Demographical features
 - b. Presenting problem
 - c. History of the problem (Past treatment, if)
 - d. Counseling proper/Action Taken
 - e. Learning (Professional and Personal, if any)
 - f. Future plan
4. 2 case conferences (5-7 pages) (one in the middle of the practicum and one at the end of the practicum)
5. A self-evaluation of the one month field placement (4-5 Pages)
 - a. Professional learning/Appraisal
 - b. Personal growth/Appraisal

Space – 1.5

Font Size – 12

No Colour

Ref.1

S.No	Date	Reporting Time	Check-out Time	Working Hours	Signature of the Supervisor

Ref. 2

S.No	Day	Activities Carried out

SEMESTER -III

UNIT I

Personality Disorders: Cluster A Personality Disorders: Paranoid Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder. **Cluster B Personality Disorders:** Antisocial Personality Disorder - Borderline Personality Disorder - Histrionic Personality Disorder - Narcissistic Personality Disorder. **Cluster C Personality Disorders:** Avoidant Personality Disorder - Dependent Personality Disorder - Obsessive-Compulsive Personality Disorder

UNIT II

Obsessive-Compulsive and Related Disorders: Obsessive-Compulsive Disorder - Body Dysmorphic Disorder - Hoarding Disorder - Trichotillomania (Hair-Pulling Disorder) - Excoriation (Skin-Picking) Disorder. **Disruptive, Impulse-Control, and Conduct Disorders:** Oppositional Defiant Disorder - Intermittent Explosive Disorder - Conduct Disorder - Antisocial Personality Disorder - Pyromania - Kleptomania.

UNIT III

Dissociative Disorders: Dissociative Identity Disorder - Dissociative Amnesia - Depersonalization/Derealization Disorder. **Somatic Symptom and Related Disorders:** Somatic Symptom Disorder - Illness Anxiety Disorder - Conversion Disorder (Functional Neurological Symptom Disorder) - Factitious Disorder.

UNIT IV

Sexual Dysfunctions: Delayed Ejaculation - Erectile Disorder - Female Orgasmic Disorder - Female Sexual Interest/Arousal Disorder - Genito-Pelvic Pain/Penetration Disorder - Male Hypoactive Sexual Desire Disorder - Premature (Early) Ejaculation. **Paraphilic Disorders;** Voyeuristic Disorder - Exhibitionistic Disorder - Frotteuristic Disorder - Sexual Masochism Disorder - Sexual Sadism Disorder - Pedophilic Disorder - Fetishistic Disorder - Transvestic Disorder. Gender Dysphoria.

UNIT V

Substance-Related and Addictive Disorders: Substance-Related Disorders - Alcohol-Related Disorders - Caffeine-Related Disorders - Cannabis-Related Disorders - Hallucinogen-Related Disorders - Inhalant-Related Disorders - Opioid-Related Disorders - Sedative-, Hypnotic-, or Anxiolytic-Related Disorders - Stimulant-Related Disorders - Tobacco-Related Disorders. **Non-Substance-Related Disorders:** Gambling Disorder. **Neuro-cognitive Disorders:** Brief descriptions of Delirium - Alzheimer's disease - Parkinson's Disease.

Reference Books:

1. Blaney, PH, Krueger RF & Million T. (2015). Oxford Textbook of Psychopathology, III Ed. London: Oxford University Press.
2. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th .ed.)*. Arlington, VA: American Psychiatric Publishing.
3. Sarason, I.G., & Sarason, B.R., (2005) *Abnormal Psychology- The problem of Maladaptive behavior*. India: Dorling Kindersly.
4. Casey p & Kelly B (2007). *Fish's Clinical Psychopathology- Signs and Symptoms in Psychiatry, III Ed*. Gaskell.
5. Sadock, B.J., & Sadock, V.A. (2007) (2003). *Kaplan & Sadock's Synopsis of psychiatry: Behavioural sciences/clinical psychiatry (9th. Ed.)*. Philadelphia: Lippincott Williams & Wilkins.
6. Ahuja, N. (2011). *A short Textbook of Psychiatry*. New Delhi: Jaypee Publishers.
7. World Health Organization. (2018). *International classification of diseases for mortality and morbidity statistics (11th Revision)*.

8. Adams, H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3rd Ed.). New York: Kluwer Academic publishers.
9. Barlow, D. H., & Durand, V.M. (2015). Abnormal Psychology. An Integrative Approach. 7th edition. New Delhi. Cengage Learning India Private Ltd.
10. Nolen-Hoeksema, S. (2017). Abnormal Psychology. 7th Edition. New York. McGraw Hill.
11. Butcher, J.N., Hooley, J.M., & Mineka, S. (2013). Abnormal Psychology. 16th Edition. Upper Saddle River. Pearson Education Inc.
12. Maddux, J.E. & Winstead, B.A. (2007). Psychopathology: Foundations for contemporary understanding. NY: CRC press.

SEMESTER -III

PSYCHOPATHOLOGY-II (MC-7)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY330T

6 Hours Per Week

UNIT I

Personality Disorders: Cluster A Personality Disorders: Paranoid Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder. **Cluster B Personality Disorders:** Antisocial Personality Disorder - Borderline Personality Disorder - Histrionic Personality Disorder - Narcissistic Personality Disorder. **Cluster C Personality Disorders:** Avoidant Personality Disorder - Dependent Personality Disorder - Obsessive-Compulsive Personality Disorder

UNIT II

Obsessive-Compulsive and Related Disorders: Obsessive-Compulsive Disorder - Body Dysmorphic Disorder - Hoarding Disorder - Trichotillomania (Hair-Pulling Disorder) - Excoriation (Skin-Picking) Disorder. **Disruptive, Impulse-Control, and Conduct Disorders:** Oppositional Defiant Disorder - Intermittent Explosive Disorder - Conduct Disorder - Antisocial Personality Disorder - Pyromania - Kleptomania.

UNIT III

Dissociative Disorders: Dissociative Identity Disorder - Dissociative Amnesia - Depersonalization/Derealization Disorder. **Somatic Symptom and Related Disorders:** Somatic Symptom Disorder - Illness Anxiety Disorder - Conversion Disorder (Functional Neurological Symptom Disorder) - Factitious Disorder.

UNIT IV

Sexual Dysfunctions: Delayed Ejaculation - Erectile Disorder - Female Orgasmic Disorder - Female Sexual Interest/Arousal Disorder - Genito-Pelvic Pain/Penetration Disorder - Male Hypoactive Sexual Desire Disorder - Premature (Early) Ejaculation. **Paraphilic Disorders;** Voyeuristic Disorder - Exhibitionistic Disorder - Frotteuristic Disorder - Sexual Masochism Disorder - Sexual Sadism Disorder - Pedophilic Disorder - Fetishistic Disorder - Transvestic Disorder. Gender Dysphoria.

UNIT V

Substance-Related and Addictive Disorders: Substance-Related Disorders - Alcohol-Related Disorders - Caffeine-Related Disorders - Cannabis-Related Disorders - Hallucinogen-Related Disorders - Inhalant-Related Disorders - Opioid-Related Disorders - Sedative-, Hypnotic-, or Anxiolytic-Related Disorders - Stimulant-Related Disorders - Tobacco-Related Disorders. **Non-Substance-Related Disorders:** Gambling Disorder. **Neuro-cognitive Disorders:** Brief descriptions of Delirium - Alzheimer's disease - Parkinson's Disease.

Reference Books:

- Blaney, PH, Krueger RF & Million T. (2015). Oxford Textbook of Psychopathology, III Ed. London: Oxford University Press.
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th .ed.)*. Arlington, VA: American Psychiatric Publishing.
- Sarason, I.G., & Sarason, B.R., (2005) Abnormal Psychology- The problem of Maladaptive behavior. India: Dorling Kindersly.
- Casey p & Kelly B (2007).Fish’s Clinical Psychopathology- Signs and Symptoms in Psychiatry, III Ed. Gaskell.
- Sadock, B.J., & Sadock, V.A. (2007) (2003). Kaplan & Sadock’s Synopsis of psychiatry: Behavioural sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins.
- Ahuja, N. (2011). A short Textbook of Psychiatry. New Delhi: Jaypee Publishers.
- World Health Organization. (2018). *International classification of diseases for mortality and morbidity statistics (11th Revision)*.
- Adams, H.E., Sutker, P.B. (2001). Comprehensive handbook of psychopathology (3rd Ed.). New York: Kluwer Academic publishers.
- Barlow, D. H., & Durand, V.M. (2015). Abnormal Psychology. An Integrative Approach. 7th edition. New Delhi. Cengage Learning India Private Ltd.
- Nolen-Hoeksema, S. (2017).Abnormal Psychology. 7th Edition. New York. McGraw Hill.
- Butcher, J.N., Hooley, J.M., & Mineka, S. (2013). Abnormal Psychology. 16th Edition. Upper Saddle River. Pearson Education Inc.
- Maddux, J.E. & Winstead, B.A. (2007). Psychopathology: Foundations for a contemporary understanding. NY: CRC press.

SEMESTER – III

SOCIAL PSYCHOLOGY (MC-8)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY331T

6 Hours Per Week

UNIT I

Introduction: Social Psychology – Definition, Nature and History.

Social Cognition: Schemas, Heuristics, Automatic and Controlled Processing, Potential Sources of Error in Social Cognition, Affect and Cognition.

UNIT II

Social Perception: Nonverbal Communication, Attribution, Impression Formation and Management.

The Self: Self-Presentation, Self-Knowledge, Self-Esteem, Personal versus Social Identity, Social Comparison.

UNIT III

Attitudes – Attitude Formation, Attitudes Influence Behaviour, Persuasion, Resisting Persuasion, Cognitive Dissonance.

Stereotyping, Prejudice and Discrimination Origins and its related concepts, Techniques for Countering.

UNIT IV

Interpersonal Attraction, Close Relationships: Internal and External Determinants of Attraction, Factors Based on Interacting with others, Close Relationships, Romantic Relationships.

Social Influence: Conformity, Compliance, Obedience to Authority.

UNIT V

Pro Social Behavior: Motives for Pro Social Behavior, Responding to an Emergency, Factors that increase or decrease the tendency to help and Long-Term Commitment to Pro social Acts.

Aggression: Types, Perspectives, Causes, Prevention and Control of Aggression.

Reference

- Baron, R.A & Byrne, D. Social Psychology. Delhi: Pearson Education Asia, 2000.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Charles Emerson Kimble (1990) Social Psychology - Studying Human Interaction, USA, WM.C.Brown Publishers.
- Elliot Aronson, Timothy D. Wilson and Robin M. Akert, (2010). Social Psychology, (7th Ed.), Pearson Publishing.
- Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill.
- Robert A. Baron & Donn Byrne, Nyla. R Branscombe, GopaBhardwaj Social Psychology, 12th Edition, New Delhi, Pearson Education.
- Roy F. Baumeister and Eli J. Finkel, Advanced Social Psychology. The State of the Science.
- Sam, D L & Berry, J.W. (Ed.). Acculturation Psychology. NY: Cambridge University Press, 2006.
- Shelly E. Taylor, Letitia Anne Peplau & David O. Sears (2006) Social Psychology, 12th Edition, New Delhi, Pearson Education.
- Vangelisti, A.L & Perlman, D (Ed). The Cambridge Handbook of Personal Relationships. NY: Cambridge University Press, 2006.
- Worcel, S., Cooper, J., Goethals, G.R., & Olson, J.M. Social Psychology. CA: Wadsworth, 2000.

SEMESTER – III

SCHOOL COUNSELLING (MC-9)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY332T

6 Hours Per Week

UNIT I

Introduction: Introduction to Guidance and Counselling: History, Nature, Scope and Needs of Guidance and Counselling in Schools, Individual differences, The Role of Student Advisor and Teacher in School Counselling - Important Features - School Counselling for the 21st Century.

UNIT II

Comprehensive School Counseling Programs And Services

The Purpose of School Counselling Programs- Educational Development, Career Development, Personal and Social Development

A Comprehensive Program- The Comprehensive Guidance Program Model, Developmental Guidance and Counselling Approach

Facilities- Counselling Center, Materials and Equipments, Personnel

Responsive Services – Counselling, Consulting, Coordinating, Appraising

UNIT III

Counselling And Management Of Common Childhood Problems And School Counseling Program Evaluation:

Educational - School refusal, Scholastic backwardness, Conduct and Emotional problems

Educational and Career Development – Educational planning for all students, Career Planning and Decision -Making

Social - Abuse Counselling : Types of Abuse, Causal Theories of Abuse, Effects of Abuse on a child.

Evaluation of School Counselling Program- Types of Program Evaluation, School Counsellor Evaluation, Performance Appraisal Processes and Instruments

UNIT IV

Counselling Situations in Adolescence: Educational Counselling and Guidance, Acceptance of Changed Physical Self, Counselling Adolescents Regarding Sexuality and Substance Abuse, Counselling the Young Adult. Social relations and Personal Identity and work – D.E. Super's and J.L. Holland's Theories. Counselling situations – Physical Disorder, Career Planning, Financial Planning, Conjugal Relationship.

UNIT V

Guidance Strategies for Social and Personal Problems: Developing Self-Confidence, Assertive training, Improving Communication Skills, Mental and Physical Methods of Relaxation; Self-improving Programmes: Study Skills Training, Problem Solving Techniques, Managing Motivation, Time Management, Remedies for Procrastination, Decision Making. Organization of Guidance Programme in School.

Legal and Ethical Issues: Legal and Ethical Responsibilities in School Counselling: Legal Concepts - Ethical standards - Government regulations - Keeping Good Student Records.

Reference

- S.K. Kocitihar (1984): Guidance & Counselling in Colleges and University, Sterling Publications Pvt. Ltd. (Text book)
- S.K. Kocitihar (1984) Educational and Vocational Guidance in Secondary Schools, Sterling Publication Pvt. Ltd.
- John J. Schmidt (2008). Counselling in Schools: Comprehensive Programs of Responsive Services for all Students, Pearson Education Inc. (Text Book)
- Stanley B. Baker & Edwin R. Gerler, Jr. (2004) School Counselling for the Twenty First Century. 4th Edition, New Jersey, Pearson Education.
- Berki B.G. & Mukhopadhyay; Guidance & Counselling, Sterling Publication Pvt. Ltd., 1989.
- K.P. Pandey (1985) Advanced Educational Psychology, Second Revised Edition, Konark Publication Ltd.
- Woolfolk, A. (2004). *Educational psychology Ninth Edition*, Pearson Education B.N. Dash, A Textbook of Educational Psychology, Dominant Publishers, 2014.
- Santrock, J. W. (2006) Educational Psychology, 2nd Edition, New Delhi, Tata McGraw Hill
- Carrol, Michael (1996) Work Place Counselling, New Delhi, Sage Publications.
- Mearns, Dave (1999) Person centred Counselling Training.
- Cooper, Carry L. (1997) Managing Workplace Stress.
- Wiilaims, Hank. (1996) Managing groups and teams.
- Allgood, Eleanor. Implicit Theories about Practice become Explicit: Case Studies of School Counsellors' Experiences. Toronto: University of Toronto, 1990.
- MuktaRathee, Advanced Educational Psychology, Rajat Publicatios, 2015.
- Robert J. Wright, Introduction to School Counseling 1st edition.
- S.K. Mangal, Essentials of Educational Psychology, PHI Learning Private Limited, 2015.

SEMESTER – III

HUMAN RIGHTS AND REHABILITATION (MC-10)

II MSC (COUNSELLING PSYCHOLOGY)
MSY333T

CODE:

6 Hours Per Week

UNIT I

Human Rights: Meaning - UNO - Universal Declaration of Human Rights - International Covenant on Economic, Social and Cultural Rights - International Covenant on Civil and Political Rights - Human Rights in the Constitution of India - Fundamental Rights and Duties in the Indian Constitution - Roles and Powers of National Human Rights Commissions - Responsibilities of State Human Rights Commissioner.

UNIT II

Contemporary Issues: Rights of Children, Women, Dalit, Refugees, and Victims of HIV/AIDS - Capital Punishment - The Special Marriage Act 1954 - Adoption and Maintenance Act 1956 - Juvenile Justice Act 1986 - The Maintenance and Welfare of Parents and Senior Citizens Act 2007.

UNIT III

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.

UNIT IV

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 V

Counselling Special Groups: Suicide prevention and management - Drug addicts and alcoholics - Trauma and sexual abuse counselling - Physical, psychological, vocational and social rehabilitation of persons with disabilities and mental retardation.

Reference Books:

1. Deb, Sibnath (2006). Contemporary Social Problems in India. New Delhi, Anmol Pub.
 2. Deb, Sibnath (2006). Children in Agony. New Delhi, Concept Pub.
- Kundu.C.L., 2003. Status of Disability in India. Rehabilitation Council of India, New Delhi.
- Deb Sibnath, MitraChirasree, MajumdarBishakha and Sun Jiandog (2011). Effect of '12 Day Induction Training for ART/CCC Counsellors' under GFATM Project in India: an In-depth Study, *Indian Journal of Health and Wellbeing*, Vol.2 (2), pp.5-11
- Human rights education for beginners: prepared by Karnataka women's information and resource centre. For national human rights commission
- Human Rights in India(2007)By Asish Kumar Das, Prasant Kumar Mohanty.Sarup& Sons Publications.
- Velleman, R. (2001). Counselling for Alcoholic Problems. New Delhi:Sage Publications,.
- Wolfe, R. Dryden, W. and Star bridge, S. (eds) (2003). Handbook of Counselling Psychology. Sage Publications.
- Riggar, T.F. & Maki, D.R. (2004). Handbook of Rehabilitation Counselling (Eds). New York, NY: Springer Publishing Company.
- Etherington, K. (2002). Rehabilitation Counselling in Physical and Mental Health. New York: Jessica Kingsley Publishers.

SEMESTER – III

UNIT 1 BASIC CONCEPTS

Definition and characteristics of behavior modification. Historical aspects. Areas of application. **Reinforcement** - positive and negative reinforcement, escape and avoidance behaviors, conditioned and unconditioned reinforcers, factors that influence the effectiveness of reinforcement, schedules of reinforcement.

Punishment - positive and negative punishment - Factors that influence the effectiveness of punishment.

Respondent conditioning, timing of neutral and unconditioned stimulus, higher order conditioning, conditioned emotional responses, extinction of conditioned responses, discrimination and generalization of respondent behavior, Influential factors of respondent conditioning.

UNIT II PROCEDURES TO ESTABLISH NEW BEHAVIOR

Stimulus control: discrimination and generalization. Defining stimulus control, stimulus discrimination training, the three-term contingency. Generalization .

Shaping and its applications - How to use shaping, shaping of problem behaviors.

Prompting and fading techniques. Types of prompts.. How to use prompting and transfer of stimulus control (for example in autism).

Chaining. Examples of behavioral chains, analyzing stimulus-response chains, task analysis, backward chaining, forward chaining, total task presentation. Components of behavioral skills training procedures. Modeling, instructions, rehearsal, feedback.

UNIT III PROCEDURES TO INCREASE DESIRABLE BEHAVIOR AND DECREASE UNDESIRABLE BEHAVIOR

Differential reinforcement of alternative behavior, differential reinforcement of other behavior - Differential reinforcement of low rates of responding Antecedent control procedures. Using antecedent control strategies. Using punishment. Time out, response cost.

UNIT IV OTHER BEHAVIOR CHANGE PROCEDURES

Token economy - practical considerations, implementing a token economy, applications of token economy, advantages and disadvantages of a token economy.

Behavioral contract - components of a behavioral contract.

Assertiveness training - Components of assertive behaviour, Method of assertiveness training, steps in assertive training.

Modelling - Basic functions of Modelling, Processes inherent in Modelling, Modelling procedures.

UNIT V CLINICAL APPLICATION OF BEHAVIOUR THERAPY

In anxiety disorders, Psychoactive Substance Use Disorders- Sexual Disorders- Psychotic Disorders- Personality Disorders- Childhood Disorders- Biofeedback principles and clinical applications.

References

- Miltenberger, R.G. (2012). Behaviour Modification: Principles and Procedures. 5th edition. Wadsworth Cengage Learning.
- Masters, J. C., Burish, T. G., Hollon, S. D. & Rimm, D. C. (1987). Behaviour Therapy: Techniques and Empirical Findings. 3rd edition. Harcourt Brace Jovanovich College Publishers, New York.
- Kenneth, R.G. Williams and Williams. Clinical Biofeedback. Baltimore.
- Houten Ron Van (1993). Behavior Analysis and Treatment. Plenum Press New York

SEMESTER – III

TRAINING AND DEVELOPMENT (ME-1)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY334B

6 Hours Per Week

UNIT I

Definition, Nature and Meaning of Training and Development; The training process- Factors: to improve Effectiveness of Training, for success of training activity and management training in future - reasons for training skills – qualities of a trainer.

UNIT II

Training and Assessment of Needs: Training Need Analysis – reasons, method of data collection, criteria for data collection– training design- task analysis – basic learning styles of participants, factors influencing the learning process.

UNIT III

Training Methods: Approach, On-the-Job methods, Off-the-Job methods; Knowledge-based, Simulation methods, Experiential Methods

UNIT IV

Training designs for specific areas- Training for Cultural Diversity – Web-based Training for Call Centers – Training: for Call Centers, Team-building, Interim Staff, and Apprenticeship. Transforming Anger – Learning to Build Self-Esteem, Identifying Training Needs of Small-Scale Enterprises and Techniques for Trainers to improve Voice

UNIT V

Evaluation of the training: Purpose of evaluation, Kirkpatrick's four levels of evaluation, guidelines for measuring the four levels.

REFERENCE BOOKS

- Camp, R.R., Blanchard, N.P., & Huszycz, G.E. (1986). Toward a more organizationally effective training strategy and practice. New Jersey: Prentice Hall.
- Lynton, R. P., & Pareek, U. (2013). Training for Development. 3rd ed. New Delhi: India: Sage Publications.
- Nick, P. B., & James, T. W. (2008). *Effective training - systems, strategies and practices*. Prentice hall.
- Landale. A. (2006). Advanced Techniques for Training and Development. New Delhi: Infinity Books.

- Bhatia, S.B. K. (2009). Training and development: concepts and practice. New Delhi: Deep and Deep publication private limited.*
- Pepper, A. D. (1984). *Managing the Training and Development Function. Aldershot: Goiwer*
- Chadha, N. K. (2007). *Organizational Behaviour. New Delhi: Galgotia. Lynton, T & P, U (1990). Training for Development, 2nd edition. New Delhi: Vistaar.*
- Goldstein, I., & Ford, K. (2001). *Training in organizations. 4th ed. CA: Wadsworth Thomson.*
- Blanchard, N.P., & Thacket, J. W. (2009). *Effective training: systems, strategies and practices. New Delhi, India: Pearson Education.*
10. Biech, E. (2005). *Training for dummies. Hoboken, NJ: Wiley Publishing Inc.*

SEMESTER – III

HUMAN RESOURCE DEVELOPMENT (ME-1)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY334C

6 Hours Per Week

UNIT I

HRD: Concept, Objectives, Approaches & Principles – Systems & strategies in HRD -**HRD Interventions:** Organizational Goal setting process - Key Result Areas (KRA) and Key Performance Indicators (KPI) - Performance Measurement Systems – Feedback sessions - Coaching, Mentoring, Career planning, Career development, Reward system.

UNIT II

Approaches to Measuring Human Resources: Competitive Benchmarking - HR Accounting, HR Auditing - HR Effectiveness Index - HR Key Indicators - HR Management by Objectives.

UNIT III

Training Need Analysis at Individual and Organizational level: Designing and conducting Training programs - **Types of Training:** On the Job and Off the Job Training- Coaching Apprentices, Job Rotation.

UNIT IV

Training & Development: Importance of training and development - Methods - Programmed Instruction - Role Play - Structured and Unstructured Role Plays - In-basket Exercise – Simulation - Case Study and Sensitivity – **Training** - Evaluation of Training Program - Kirk Patricks Model- The Cost/Benefit Analysis of Training - Using the Results to Improve Training and Development Function - Improving Training Utility by Following up Training Action Plans.

UNIT V

Employee Empowerment: Concept - Definition & Objectives of Employee Empowerment – Prerequisites – Types & Benefits – Strategies - Ways to Employee Empowerment – Employee Counselling - Role of Counsellor in Organization - Developing Positive Employee Relationship – Balance Score Card. Quality of work life. Employees’ participation in Management.

References:

- Arun Kumar, 2000, International Encyclopaedia of Management Training and Development Anmol Publications Pvt.Ltd, New Delhi
- Bhatia S K, 2008, Emerging Human Resource Development (HRD), Deep & Deep Publications Pvt.Ltd, New Delhi.
- Dday Kumar Halder, 2010, Human Resource Development, Oxford University Press, New Delhi.
- Denisi, Griffin, 2008, Human Resource Management, Houghton Mifflin Company, New York.
- Rishipal, 2011, Training and Development Methods, S. Chand Competition, New Delhi
- Khanka S. S., 2003, Human Resource Management, S, Chand & Company Ltd, New Delhi.
- Jon M. Werner, Randy L. Desimone, 2009, Human Resource Development, Cengage Learning, New Delhi.
- Nair L G, Latha Nair, 1999, Personal Management and Industrial Relations, S. Chand & Company Ltd, New Delhi.
- Rao T V, 2009, Human Resource Development, SAGE Publications, New Delhi.
- Raymond A Noe, Amitabh Deo Kodwani, 2012, Employee Training and Development, Tata McGraw-Hill Edition, New Delhi.
- Tapomoy Deb, 2006, Human Resource Development (Theory and Practice), Ane Books India, New Delhi.
- Vinod N Patel, Girish K Rana, 2007, Personal Management, Oxford Book Company, Jaipur.

SEMESTER – III

FIELD PRACTICUM – III (FP-III)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY335F

During the third semester field practicum, the students are placed in different organization and they undergo the counselling training under the close supervision of the organizational personnel.

The students get a hand on experience of the day-to-day functioning of the organization. They assist the organization in their routine functions of the organization and participate in all the professional activities. It provides them an opportunity to link theory with practice.

The students are encouraged to undertake mini research studies, analyze case and present their findings. The students also undertake any assignments given to them by the organization.

The Field Practicum consists of one block (Total of 15 days). At the completion of the block the students are required to submit the record for valuation and guidance.

The CA marks are awarded by the supervisor out of 40 marks for the quality, regularity, initiatives, leadership, participation and team work.

At the end of the semester Viva Voce is conducted by an external examiner and marks are awarded out of 60.

Field Practicum Outline

Field Practicum - III (Semester-3)

15 Counselling Progression Report

2 Case Studies

4 Psychological Tests

Prepare 1 seminar on a psychological Theme (5-7 Pages)

SEMESTER –IV

POSITIVE PSYCHOLOGY (MC-11)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY430T

6 Hours Per Week

UNIT I

Introduction to Positive Psychology: Definition, Nature and Goals of Positive Psychology; Genesis of Positive Psychology as a separate Branch; Eastern and Western Perspectives of Positive Psychology.

UNIT II

Positive Emotional States and Process: The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being. Making the Most of Emotional Experience: emotional-focused coping, emotional intelligence, Socioemotional selectivity, and emotional storytelling.

UNIT III

Positive Cognitive States and Processes: Seeing Future through Self-Efficacy – Optimism and Hope. Two Universal Virtues – Wisdom and Courage. In Search of Optimal Experiences- Mindfulness, Flow, and Spirituality.

UNIT IV

Prosocial behaviour and Changing Human Behavior: Empathy and Egotism-Portals to Altruism, Gratitude, and Forgiveness. Attachment, Love, and Flourishing Relationships. Changing Human Behavior: Balanced conceptualizations of Mental Health and Behavior. Interceding to prevent the Bad and Enhance the Good.

UNIT V

Positive Environment: Positive Schooling – Components of positive schooling – Teaching as a calling. Gainful Employment – Strength based approach to work – capital at work – Positive Organization.

Reference

- C.R.Snyder and Shane J Lopez, Positive Psychology – The Scientific and Practical Explorations of Human Strength, Sage South Asia Edition, 2007.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Aspinwall, L. G., & Staudinger, U. M. (2003). A psychology of human strengths: Fundamental questions and future directions for a positive psychology. American Psychological Association.
- Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
- Boniwell, I. (2006). *Positive Psychology in a Nutshell*. PWBC (Personal Well-Being Centre)
- Lopez, S. J., & Snyder, C. R. (Eds.). (2009). The Oxford handbook of positive psychology. Oxford University Press.
- Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
- Seligman, M. E., & Csikszentmihalyi, M. (2014). Positive psychology: An introduction (pp. 279-298). Springer Netherlands.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

SEMESTER – IV
FAMILY AND COUPLE COUNSELLING (MC-12)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY431T

6 Hours per Week

UNIT I

Family, Marriage & Life Span: Definition - Changing trends in family structure - Types of families - Characteristics of families - Family strengths - Divorce and Remarriage – Cohabitation - Stages of marriage - Factors affecting spouse selection - Reasons for marrying, remaining single - Counselling the engaged - Attitude towards marriage - Goals of premarital preparation - Premarital counselling.

UNIT II

Family Counselling: Evolution of the Concept of Family Counselling - Developments in Psychoanalysis - Growth of Child Guidance Movement - Emergence of Marriage Counselling Movement - Initiation of Group Counselling - Influence of General Systems Theory - Concepts of 'Family Life Cycle' and 'Communication Pattern within Families' - Approaches to Family Counselling - Types of Family Counseling - Family Counselling in Relation to Individual Counselling - Family Counselling Process - Indications and Contraindications for Family Counselling.

UNIT III

Counselling in Family Areas: Introduction - Developmental Models of Family Life - The Family Life Cycle - The Family Life Spiral - The Family Genogram - Theoretical Antecedents of Family Counseling - Conjoint Theory - Strategic Theory - Structural Theory - Goals of Family Counselling - The Process of Change - First-Order Change - Second-Order

Change - Intervention Strategies - Specific Vs. Nonspecific Factors - Family Interview - Techniques of Family Counselling - Evaluation of Family Counselling.

UNIT IV

Couple Counselling: Reasons for Seeking Couple Counselling - Approaches to Couple Counselling - Psychodynamic (or Insight-oriented) Couple Counselling - Systems Couple Counselling - Behavioural Couple Counselling - Cognitive Behavioural Couple Counselling - Emotionally Focused (EF) Couple Counselling - Factors that Contribute to Marital Distress - Twelve (12) Destructive Ways of Spoiling a Marital/ Spousal Relationship - Process of Family Counselling - Intervention Process and Techniques in Couple Counselling - Defining the Couple's Problem - Stages in Couples Counselling - Sexual Counselling - Couples and Domestic Violence, Mental Illness.

UNIT V

Schools of Family Therapy: Structural Family Therapy - Solution Focused and Strategic Family Therapy - Systemic Family Therapy - Cognitive Behavioural Family Therapy - Integrated Approach to Family Therapy.

Reference Books:

- Ackerman, N.W. (1958). *The Psychodynamics of Family Life*. New York: Basic Books.
- Ackerman, N.W. (1966 b). *Treating the Troubled Family*. New York: Basic Books.
- Goldenberg, I., & Goldenberg, H., (2004). *Family Therapy: An Overview*. (7th ed.). Pacific Grove, CA: Brooks/ Cole.
- Scharf, R. S. (2001). *Theories of Psychotherapy & Counseling: Concepts and Cases*. (3rd ed.). Thomson, Brooks/Cole.
- Coppersmith, E. (1980). The Family Floor Plan: A Tool of Training, Assessment, and Intervention in Family Therapy. *Journal of Marital & Family Therapy*, 6, 141-145.
- Duhl, F. S., Kantor, D., & Duhl, B. S. (1973). Learning Space and Action in Family Therapy: A Primer of Sculpting. In D. Bloch (Ed.), *Techniques of Family Psychotherapy: A Primer*. New York: Grune & Stratton.
- Minuchin, S., & Fishman, H. (1981). *Techniques of Family Therapy*. Cambridge, MA: Harvard University Press.
- Stuart, R.B. (1980). *Helping Couples Change: A Social Learning Approach to Marital Therapy*. Guilford press, New York. Jacobson, N.S. & Gurman, A.S. (ed.) (1986). *Clinical Handbook of Marital Therapy*. Guilford press, New York.
- Framo, J.L. (1970). Symptoms from a Family Transactional Viewpoint. In *Family Therapy in Transition*. Edited by Ackerman. NW. Boston, MA, Little, Brown, 1970, pp 125–171.
- Gabbard, G.O. Beck, J.S. Holmes. (2005). *Psychodynamic Couple Therapy*. Oxford University Press, New York.
- Sholevar, G. P. & Schwoeri, L.D. (2003). *Textbook of Family and Couples Therapy: Clinical Applications*. American Psychiatric Association. Washington, D.C.
- Nichols, P.M & Schwartz C.R (2006). *Family Therapy –concepts and methods*, 7th Edition, Allyn and Bacon, Boston, Pearson education, Inc.Press, Inc.
- Gladding, S.T. *Family Therapy: History, Theory, and Practice* (4th Edition).

SEMESTER – IV

HEALTH PSYCHOLOGY (MC-13)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY432T

UNIT I

Introduction to Health Psychology: Definition of Health Psychology – Nature, Mind-Body Relationship – Models of Health Psychology: Biomedical Model, Bio-psychosocial Model. Need of Health Psychology. The Systems of the Body.

UNIT II

Health Behaviour and Primary Prevention: Introduction to Health Behaviour, Changing Health Habits. Specific Health-Related Behaviors: Health-Compromising Behaviours: Health Beliefs: Health belief model, Theory of reasoned action, Theory of planned behaviour, Cognitive-behavioural approaches to health change

UNIT III

Stress and Coping: Definition of Stress, Theoretical Contributions to the Study of Stress, Sources of Chronic Stress. Moderators of the Stress Experience: Coping with Stress, Coping and External Resource, Coping Outcomes, Social Support, Coping Interventions.

The Management of Pain and Discomfort: The Elusive Nature of Pain, Clinical Issues in Pain Management, Pain Control Techniques, Management of Chronic Pain.

UNIT IV

Management of Chronic and Terminal Illness: Quality of Life, Emotional Responses to Chronic Disease, Coping with Chronic Illness, Psychological Interventions and Chronic Illness. Psychological Issues in Advancing and Terminal Illness. Heart Disease, Hypertension, Stroke, and Diabetes. Psychoneuroimmunology, AIDS, Cancer, Arthritis.

UNIT V

Challenges for the Future: Health Promotion, Health Services, Management of Serious Illness, Trends in Health and Health Psychology, Becoming a Health Psychologist.

Reference

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
- Shelley E. Taylor, Health Psychology, Seventh Edition, McGraw Hill Education (India) Edition, 2012.
- Singh, R., Yadava, A. & Sharma, N.R. (2015). Health Psychology. New Delhi: Global Vision Publishing House.
- D.F.Marks, M.Murray, B.Evans and E. VidaEstacio, Health Psychology, Third Edition, Sage, 2011.

- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Gordon, E. and Eric, G.(2010). Health and Wellness (10thEd.). Boston. Jones and Bartlett Publishers.
- Margaret, K. Snooks (2009). Health Psychology: Biological, Psychological, and Sociocultural Perspectives. Boston. Jones and Bartlett Publishers.
- Naima Khatoon, Health Psychology, Pearson, 2012.
- Ogden Jane (2000): Health Psychology: A guidebook (2nd edition). Open University Press. UK.
- Rajbir Singh (2005). Health Psychology. New Delhi: Global vision Publishing House.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.
- Annabel Broome and Sue Lbwelyn. Health Psychology – Process & Application, NewYork, Chapman & Hall.

SEMESTER – IV
COMMUNITY PSYCHOLOGY (ME-2)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY433A

3 Hours Per Week

UNIT I

Meaning and Concept: Definition of community psychology - Types of communities - Locality based and relational - Models: Ecological level analysis of community, Conceptual level model.

UNIT II

Core Values in Community Psychology: Individual and family wellness - Sense of community - Respect for human diversity - Social justice - Empowerment and citizen participation - Collaboration and community strengths - Community functions - Learning, socialization, and supportive functions.

UNIT III

Communities as Setting for Health Promotion: Need and process of community organization and building for health promotion programming. Community programme for child and maternal health, for physical challenged and old age in the Indian context.

UNIT IV

Student Mental Health: Academic stress - Anxiety related to examination – Depression = adjustment of the students, motivating students for better academic performance.

UNIT V

Applied Community Psychology: Violence and aggression - Theories of aggression - management of aggression - Developing a community-centered approach to prevention of aggression and violence - Natural disasters - Impact of natural disasters - physical, psychosocial, economic consequences of natural disasters; Role of community psychologists in facilitating adaptation to natural disasters.

Reference Books:

- Desai, A.N. (1995). Helping the handicapped. Ashish Pub. House.
- Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication. (Chapter 8).
- Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning. Chapter 1 (page 02).
- McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers. (Chapter 5, 7, 9)
- Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education (Unit III Chapter 2).
- Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi
- Iscoe, I. Block, B.L. & Spielberger, CD (Eds.) (1997). Community psychology: Perspectives in training and research. Appleton Century Crofts. NY.
- Mandelbawn, B. (1972). Society in India. Popular Prakashan. Bombay.
- Mann, P.A. (1978). Community Psychology: Concepts and Applications. The Free Press.
- Rajan, S.I. et al., (1999). Indian's elderly: Burden or challenge, Sage Pub.
- Korchin, S.J. (1976). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. Basic Books, New York
- Levine, M., Perkins, D.D., & Perkins, D.V. (2004). Principles of Community Psychology: Perspectives and Applications. Oxford University Press

SEMESTER – IV
PSYCHOMETRY (ME-2)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY433B

3 Hours Per Week

UNIT I

Introduction to Psychological Tests: Definition; Importance of Psychometrics and psychological testing, Ethical issues in Testing; The History of Psychological Testing;

UNIT II

Measurement: meaning, differences between psychological and physical properties of scales and measures, Levels of measurement, Likert scale; Uses of Scale: Nature, meaning and use of psychological tests. Characteristics of a good Psychological test.

UNIT III

Creating a Test—Test/Scale construction, standardization, adaptation and translation, item analysis and item response theory.

UNIT IV

Standardizing a Test— Reliability, validity, norms—issues and challenges

UNIT-V

Application of Testing—Applications of psychological testing in various settings-educational testing, Occupational testing, Test use in clinical and counselling and guidance.

REFERENCES BOOKS:

- Chadha, N. K. (2009). Applied Psychometry. New Delhi: Sage.
- Guilford, J. P. (1989) Psychometric methods. NJ: John Wiley.
- Murphy, K. R., & Davidshofer, C. O. (1994). Psychological testing - Principles and applications. New Jersey: Prentice Hall.
- Jackson, C. (2003) Understanding Psychological Testing. Mumbai: Jaico Pub. House
- Kaplan. R. M. & Saccuzzo. D. P. (2005) Psychological testing: principles, applications and issues (6th ed).
- Anastasi A & Urbina S (2005). Psychological testing. (7th ed)
- Cohen. R. J., Swerdlik. M. E., Phillips. S. M. (1996) Psychological testing and assessment: an introduction to tests and measurements (3rd ed)
- Cozby. P. C. (1997) Methods in behavioural research (6th ed)
- Cronbach. L. J. (1990) Essentials of psychological testing (5th ed)
- Heiman. G. W. (1999) Research Methods in Psychology 2nd ed)
- Kline, T. J. B. (2005). Psychological Testing. New Delhi: Vistaar Publication

SEMESTER – IV
ORGANIZATIONAL PSYCHOLOGY (ME-2)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY433C

UNIT I

Introduction to Organizational Psychology: Definition, Goals, Key forces, and fundamental concepts. Nature of people and nature of organization. History of industrial psychology. Major Fields of I/O Psychology and IO. **Psychology as a career:** Training & Employment.

UNIT II

Job Analysis and Selection: Job Analysis: Definition and methods –Questionnaire method, Checklist method, Individual interview method, Observation, Group interview method, Technical conference method, Diary method, Work participation method and Critical incident method. **Interview**–guided interview, unguided interview, stress interview, online interview and group interview.

UNIT III

Individual Behaviour in Work Place: Attitudes– Components of attitude, Major Job attitudes, sources of attitudes and its application, sources of emotions and moods, Emotional Intelligence, Organizational behavior application of emotions and moods. **Perception and individual decision making**- Interpersonal Perception, Factors influencing perception, Link between perception and decision making.

UNIT IV

Job Satisfaction and Incentives: Job Satisfaction: Measuring job satisfaction, Causes of job satisfaction, Impact of satisfied and dissatisfied employees in work place, Methods to improve Job Satisfaction. **Content Theories:** Maslow, Herzberg, Alderfer, McGregor, McClelland, **Process Theories:** Vroom, Porter and Lawler’s Expectancy Model, Adams Equity Model, Skinners Reinforcement Model, Goal Setting Theory. Motivating by job design- Employee involvement –Employee recognition.

UNIT V

Leadership:Personal Characteristics Associated with Leadership,Kendra Cherry’s “Eight Leadership Theories”,Kurt Lewin’s Three Leadership Styles,Person Orientation of Leadership,Team Leaders vs. Impoverished Leaders,Theory X and Theory Y, Six emotional leadership styles.

Reference

- Aaker, D. A., & Joachimsthaler, E. (2012). *Brand leadership*. Simon and Schuster
- Girishbala Mohanty - Industrial Psychology and Organisational Behaviour, Kalyani Publishers, Ludhiana
- Jex, S. M., & Britt, T. W. (2014). *Organizational psychology: A scientist-practitioner approach*. John Wiley & Sons.
- John W Newstrom –Organizational Behaviour-Human Behaviour at Work. Twelfth Edition Tata McGraw-Hill Publishing Company Limited.New Delhi.
- Landy, F. J., & Conte, J. M. (2009). *Work in the 21st century: An introduction to industrial and organizational psychology*. John Wiley & Sons.
- Miner, J. B. (1992). *Industrial-organizational psychology*. McGraw-Hill Book Company.
- Schein, E. H. (2010). *Organizational culture and leadership* (Vol. 2). John Wiley & Sons.
- Schultz D.P. and Schultz E.S–Psychology & Work Today Eighth Edition ,Pearson Education,Inc.and Dorling Kinderssley Publishing Inc.

SEMESTER – IV
EMPLOYABILITY SKILLS (SK-2)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY434S

3 Hours Per Week

UNIT I

Career Planning Skill: Multiple Intelligence theory and career choice. Good understanding of careers in the Development sector and the Industry and job opportunities and roles available within it - Career Analysis Survey - Career Exploration activities - Skills and qualifications required for a range of occupations relating to Psychology.

Skill Practice

- Completing Career Planning Survey
- Self-Analysis of skills required for a specific occupation of choice
- Undergoing a Psychometric Testing on Career aspiration and submitting a report

UNIT II

Job Hunting skill: Role of one's life history in Job hunting - Role of Qualification (education, training, work experience, positions held) in job hunting - Importance of job search based on one's Values and Strengths - Developing expectations regarding work- Understanding employer's expectations.

Skills Practice

- Identifying one's career choices after preparing one's Skills check list, Strengths check list and Values Check list
- Identifying Recruitment channels & networks (e.g. naukri, monster, deventindia) and registering oneself
- Analyzing job advertisements and preparing an Action Plan to market oneself for a job

UNIT III

Resume Writing & Interview Skills: Components of an effective resume- Preparing for an interview.

Skill Practice

- Preparing a CVs for a job and writing a job application letter
- Participating in a Group Discussion
- Attending a Mock Interview

UNIT IV

Team Work Skill: Participation in group activities - Listening to other's ideas with an open mind - Negotiating time lines, roles and responsibilities on a project - Maintaining productive and harmonious working relationship with colleagues.

Skill Practice

- Organizing a group activity in the college as a team and writing a report on how time deadlines, roles and responsibilities of different team members were negotiated
- SWOT Analysis on Sustaining Relationship with classmates
- Demonstrating workplace telephone conversation

UNIT V

Planning & Organizing Skill: Identifying priorities and reorganizing schedules - Identifying time wasters that are blocks to task completion- identifying tasks to be delegated to subordinates or shared with equals - Adapting to job rotations within or outside the department.

Skill Practice

Preparing Competency Matrix for two different jobs related to MSW setting
Preparing Skill Portfolio
Activity on Exploring careers

Knowledge Dimension of Employability Skills: Workplace health and safety- types of workplace injury- hazards and safety signs- Appropriate workplace behaviour and conduct
- Anti-discrimination- Harassment/Sexual harassment.

SEMESTER – IV
RESEARCH PROJECT (RP)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY434J

6 Hours Per Week

Each student is assigned with a research supervisor. The students have to get the guidance and carryout the following steps and complete the research project within a semester.

Selection of Topic, Defining terms, Finalization of Objectives of Study.

Feasibility Study, Pilot Visit to the Field of Study

Detailed Research Proposal

Finalization of Research tool

Review of Literature and Bibliography

Finalization of Methodology Chapter.

Analysis and Interpretation of Data using SPSS

Main Findings and Suggestions

Summary and Conclusion

Submission of Bound Copy

The supervisor evaluates the work of the student out of 40 marks for above components also considering the quality, punctuality and regularity of consultation and correction.

The student submits the approved chapters as a bound volume. The Public Viva Voce is conducted by an external examiner and the marks are awarded out of 60.

SEMESTER – IV
SUMMER INTERNSHIP (SI-2) OPTIONAL

II MSC (COUNSELLING PSYCHOLOGY)

CODE:

This second internship programme is purely non-compulsory.

During the summer holidays the second year students go for one month summer internship training. The students are placed in hospitals or counseling centers or welfare organizations or service organization during the summer holidays.

During the placement the students are expected to learn about the vision, mission, philosophy, administration, strategies, program, activities, and achievements and also involve with the activities of the organization to whatever extent possible.

Students should get daily activity sheets signed by the concerned persons in the organizations. They have to write daily records of their learning and submit to the department once they complete their summer internship. Successful completion is certified by the department and communicated to the Controller of Examination.

This is optional programme and no marks are attached. The students get extra credits.

Record Work for Practicum – 2 (summer of 4th semester)

Cover Page

Certificate – A page with the name and the roll number and the details of the academic semester with the sign of the HOD and Principal.

Attendance Log - A page that details the whole month Reporting Time, Working Time and Checking out time with a signature from someone in the agency (Like an attendance) (Ref-1)

Table of content

Profile of Agency (Name, Address, objectives/motto/vision, Details of the target group and description of the Agency) (2-3 pages)

Activities carried out Daily (A short and general description of the activity – Like the attendance but you will describe the nature of work done on a daily basis) (Ref-2)

Client work (Counseling, working with mentally challenged persons or learning) (Do the following for One client every day even though you may meet many clients- 2 pages)

Demographical features

Presenting problem

History of the problem (Past treatment, if)

Psycho-social development

Counseling proper/Action Taken

Learning (Professional and Personal, if any)

Future plan

2 case conferences (5-7 pages) (one in the middle of the practicum and one at the end of the practicum)

A self-evaluation of the one month field placement (4-5 Pages)

Professional learning/Appraisal

Personal growth/Appraisal
