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Every Good Work

SACRED HEART COLLEGE (AUTONOMOUS)

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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

Name of the Programme: M.Sc Counselling Psychology

S No	Title of the Paper	Course Code	Course Objectives	Course Outcomes	Relevance
1	INTRODUCTION TO COUNSELLING (MC-2)	MSY133T	<ul style="list-style-type: none">To introduce the students to counselling.To understand the helping relationship and process in counselling.To learn the skills and techniques in counselling.To understand about counselling theories and therapyTo instruct them about the basic ethics in counselling	<ul style="list-style-type: none">Outline the meaning and nature of counselling.Illustrate various stages of counselling process.Evaluating verbal and non-verbal communication in counselling.Analyze various skills required in counselling.Appraise the dynamics of Counsellor – Client interaction.Develop an understanding of basic concepts processes and techniques of counselling.	national developmental needs

2	RESEARCH METHODOLOGY & STATISTICS (MC-3)	MSY230T	<ul style="list-style-type: none"> • Explain the basic concepts related to research methodology and statistical applications. • Comprehend research design and formulating hypothesis in research • Describe sampling techniques and report writing in the research • Expose to the different scales of measurements and various statistical application • Teach the usage quantitative techniques in SPSS 	<ul style="list-style-type: none"> • Understand the concept and knowledge about research methodology and statistical applications. • Analyse the research design and formulating hypothesis in research. • Acquire the skill of adopting the sampling techniques and report writing in the research • Analyse the scales of measurements and various statistical application. • Discuss the quantitative research • Apply the quantitative techniques in SPSS 	national developmental needs
3	SOCIAL PSYCHOLOGY (MC-8)	MSY331T	<ul style="list-style-type: none"> • Offer basic knowledge in social psychology. • Understand social perception, attitudes and stereotyping. • Analyse the impact of attitude and its related concepts. • Interpret the difference between stereotyping, prejudice and discrimination. • Assess the role of the dimensions related to 	<ul style="list-style-type: none"> • Describe the basic concepts and theories in Social Psychology. • Comprehend the concepts related to self, social cognition and social perception. • Illustrate the impact of attitude in an individual. • Comprehend the difference between Stereotyping, Prejudice and Discrimination. • Understand and appraise the 	national developmental needs

			interpersonal relationship and social influence.	determinants related to interpersonal relationship. <ul style="list-style-type: none"> Critically analyse and evaluate the various dimensions of social influence. 	
4	HUMAN RIGHTS AND REHABILITATION (MC-10)	MSY333T	<ul style="list-style-type: none"> To understand the nature and extent of problems faced by specific categories of people who badly require safe shelter and rehabilitation. To get knowledge about the government response toward rescue, intervention and rehabilitation for people who require immediate attention. To gain knowledge on human rights in India and understand the contemporary issues of human rights. To understand the role of psychologists in intervention and rehabilitation of street children. To gain knowledge about addressing psychological trauma and arrangement of safe shelter 	<ul style="list-style-type: none"> Develop expertise in the field of human rights and rehabilitation. Discover skills in the field of human rights and government response toward rescue, intervention and rehabilitation. Identify issues and problems relating to the realization of human rights. Analyze the role of psychologists in helping street children. Recognize the impact of psychological trauma on individuals, families, and communities and arrangement of rehabilitation services. Develop positive parents-child relationship in the family to promote safety. 	national developmental needs
5	TRAINING AND DEVELOPMENT (ME-1)	MSY334B	<ul style="list-style-type: none"> Teach basic concepts related to training and development Equip students with tools to evaluate the needs of the 	<ul style="list-style-type: none"> Describe the concept of training and development. Assess the needs (Skill and competency level)of the 	national developmental needs

			<p>employees</p> <ul style="list-style-type: none"> • Expose students to the various training methods • Understand the issues related to training and assessment. • Create their own training program 	<p>employees</p> <ul style="list-style-type: none"> • Compare and contrast the various training methods. • Summarise the practical issues related to employee training and development • Create modules for personal and interpersonal trainings • Comprehend the event and use appropriate evaluation tools 	
6	HUMAN RESOURCE DEVELOPMENT (ME-1)	MSY334C	<ul style="list-style-type: none"> • Gain knowledge about human resource development. • Understand the approaches and activities of human resource development. • Acquire the skills of developing human resources in different sectors. • Introduce the students to training and development. • Gain knowledge and skills regarding relationship at work. 	<ul style="list-style-type: none"> • Describe the human resource development process and how human resource needs are determined • Comprehend the approaches and activities of human resource development. • Apply the skills of developing human resources in different sectors. • Devise a training and development program to the employees of organizations. • Explain how labour-management relations are different in a unionized environment. • Role-play the position of the organizational counsellor 	national developmental needs
7	FAMILY AND COUPLE COUNSELLING (MC-12)	MSY431T	<ul style="list-style-type: none"> • To understand the historical evolution of field of marriage and couple counselling. 	<ul style="list-style-type: none"> • Appraise the foundational principles and theories of marriage and couple counselling. 	national developmental needs

			<ul style="list-style-type: none"> • To understand the psychological theories and various therapies in family counselling. • To understand the concept of adaptive and dysfunctional communication patterns. • To analyze or evaluate the entire family counselling process. • To analyze the effectiveness of various techniques of family and couple counselling. 	<ul style="list-style-type: none"> • Understand the use of various psychological theories and therapies in family counselling. • Recognize the impact of communication patterns among couple. • Describes the counselling process and the assessment procedure following counselling. • Develop the various counselling skills and techniques used in family and couple counselling. • Developing the systems of interactions between family members to reduce distress and conflict. 	
8	HEALTH PSYCHOLOGY (MC-13)	MSY432T	<ul style="list-style-type: none"> • Understand the definition of health psychology and biopsychosocial model. • Acquire knowledge about health behavior and primary prevention of health issues. • Understand stress and coping methods and management of pain and discomfort. • Compare about chronic and terminal illness. • Contrast manage pain, discomfort, chronic and terminal illness 	<ul style="list-style-type: none"> • Describe the biopsychosocial model of health and other specific but related psychological theories • Develop an understanding of basic human biology such as the functioning of the endocrine, immune and nervous systems • Evaluate how a person's health can be affected by their behaviour, given certain social factors, environments, and biological factors • Understand the effects of stress on a person's health and the role played by stress-buffering factors 	national developmental needs

				<ul style="list-style-type: none">• Recognise the factors that underpin positive and negative changes in health-related behaviour, and the promotion of healthy behaviour• Understand the effects of health status and changes in health on a person's emotions, thinking, and behaviour	
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