



SACRED HEART COLLEGE (AUTONOMOUS)

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Ready for
Every Good Work

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

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*				600
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*				600
	Course Total				90 + 12*				2300

Sacred Heart College (Autonomous), Tirupattur District

1.2.1 List of New Courses

Department: M.Sc. Counseling Psychology

S.No	Course Code	Course Name
1.	MSY334T	Behaviour Modification
2.	MSY334B	Training And Development
3.	MSY333B	Psychometry

Semester III

Behavior Modification

BEHAVIOUR MODIFICATON (ME-1)

II MSC (COUNSELLING PSYCHOLOGY)

CODE: MSY334A

6 Hours Per Week

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.

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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

- Milten berger, 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

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., & Thackett, 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 IV

Psychometry

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

