

## Department of Psychology

University of Patanjali

Haridwar

### M.A Psychology with specialization in Clinical Psychology

Revised Syllabus for Master of Arts (Psychology) with specialization in Clinical Psychology  
(w.e.f. Academic Session: 2018-19 and onwards)

The course requirements for the degree of M.A Psychology with specialization in Clinical Psychology have been designed with the objective to provide comprehensive knowledge and training with research orientation in the details of modern Psychology. The students shall have to pass in the theory and practical papers separately.

**Eligibility for Admission:** Bachelor's Degree in any discipline from UGC recognized University/Institute. Reservation will be as per University/ Central Government Rules.

**Duration:** Four semesters (Two years course)

The distribution of theory and practical papers for M.A I year and II year examinations (semester wise) is as follows-

#### FIRST YEAR (M.A. PART-I)

##### I Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-101	Yoga Psychology	30	70	100
MAP-102	Statistical techniques and experimental designs	30	70	100
MAP-103	Social Psychology	30	70	100
MAP-104	Biological foundations of behaviour	30	70	100
MAP-105	Practicum	30	70	100
	Total Marks			500

##### II Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-201	Research Methods	30	70	100
MAP-202	Positive Psychology	30	70	100
MAP-203	Cognitive Psychology	30	70	100
MAP-204	Theories of Personality	30	70	100
MAP-205	Practicum	30	70	100
	Total Marks			500

Important: In second year (Semester III and IV). Clinical Psychology course (Group-A) will be run by the department and five days educational tour to visit Mental Health Institution and one month internship should be mandatory. However Organizational Behaviour course (Group-B) may also be run in special condition if minimum five students of the course. In this case permission of the Head of the Department is required.

Group-A : Clinical Psychology  
 Group-B : Organizational Behavior

**SECOND YEAR (M.A. PART-II)**  
**Group-A: Clinical Psychology**

**III Semester (500 Marks)**

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-301	Health Psychology	30	70	100
MAP-302	Psychopathology	30	70	100
MAP-303	Clinical Psychology	30	70	100
MAP-304	Psychometry	30	70	100
MAP-305	Practicum	30	70	100
	Total Marks			500

**IV Semester (500 Marks)**

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-401	Guidance and counseling Psychology	30	70	100
MAP-402	Psychological Testing	30	70	100
MAP-403	Therapeutic techniques	30	70	100
MAP-404	Dissertation/Project work	30	70	100
MAP-405	A report of the academic tour/survey in mental Health Institution/in clinical situation prepared by the students	30	70	100
	Total Marks			500

\*Dissertation/Project work will be of 100 marks.

## Dissertation in IV Semester:

The students securing a minimum of 60% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4<sup>th</sup> paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30<sup>th</sup> April to the Head of the Department along with Supervisor certificate.

Division of Marks:

Report Writing	:	70 Marks
Viva Voce	:	30 Marks
Total	:	<hr/> 100 Marks <hr/>

Note: Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

## Name of the course: Yoga Psychology

Course Code: MAP 101

### Course objectives:

- To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being.
- To deepen the practice of yoga and meditation systems and linking to applications in various contexts.
- Illustrate the use of this knowledge in the professional field such as counselling and clinical psychology.

Total number of Hrs:60	Theory	Tutorial	Practical
credits	3	1	0
Hrs/week	3	1	0
Scheme of the Examination			
Theory		Practical	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

### Unit 1: Yoga Introduction: [12 Hrs]

Definition and meaning of Yoga, Historical Development of Yoga over the ages including a brief philosophical overview (Patanjali yoga)

### Unit 2: Yoga in Modern Context: [12 Hrs]

Vivekananda's frame work of Raja Yoga; Karma Yoga, Swami Ramdevji and his ideas.

### Unit 3: Yoga school in contemporary context: [12 Hrs]

Bihar school of Yoga, Art of living and Sri Sri Ravi Shankar, Integral Psychology by Sri Aurobindo.

### Unit 4: Fundamental text of Yoga Psychology 1: [12 Hrs]

Samadhi Paada- Concepts Svaroop, Samsskara, Vasana, Viveka, Vairagya and Ishwar.

### Unit 5: Fundamental text of Yoga Psychology-11: [12 Hrs]

Saadhanna Paada- Kriya Yoga, Tapas, Svadhyaya, Ishwar Pranidhana, Kleshas, Avidya, asmita, raga-dvesa, abhinivesha, yama, niyam pranayama, pratyahara, two yoga therapies: Meditation and yognidra (with practical knowledge).

**Books Recommended:**

- Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
- Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.
- Jacobsen, K. A., Larson, G. J. (2005). Theory and practice of yoga: Essays in honour of Gerald James Larson. Leiden, Holland: Brill.
- Vivekananda, S. (1982). Raja yoga or conquering the internal nature. Calcutta, India: Advaita Ashram.

## Name of the course: Statistical Techniques and Experimental Designs

Course Code: MAP 102

### Course objectives:

- To develop an understanding of various statistical techniques in terms of their Applications
- To create understanding about different types of Design employed in Psychological Research
- Enable the students to use this knowledge in research work

Total number of Hrs:60	Theory	Tutorial	Practical
credits	3	1	0
Hrs/week	3	1	0
Scheme of the Examination			
Theory		Practical	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

### Unit 1: Measures of Variability: [12 Hrs]

NPC- Characteristics & Applications of Normal Probability Curve, Average Deviation, Quartile and Standard Deviation.

### Unit 2: Test of Statistical Significance: [12 Hrs]

Significance of difference between means: CR and 't' test (Correlated & Uncorrelated). Analysis of variance (one way and two ways), Non-Parametric Statistics: Chi-Square test, Sign Test, Median Test. Difference between parametric and non-parametric statistics.

### Unit 3: Correlation Methods: [12 Hrs]

Concept and Significance of correlation methods, Product Moment Correlation (Ungrouped Data), Rank Difference Correlation, Bi-serial, Point Bi serial, Phi contingency.

### Unit 4: Regression and Prediction: [12 Hrs]

Partial and Multiple (Introduction only not numerical).

### Unit 5: Introduction to Experimental Design: [12 Hrs]

Randomized group design, Block design, within group design, factorial design.

### Note:

1. Students can use simple calculator (Without Programming/Nonscientific) during the Examination.
2. Statistical Tables will be provided during the Examination.

**Books Recommended:**

1. Garett, H.E. (2005). *Statistics in Psychology and Education*. New Delh. Paragon International Publishers.
2. Haslam, S.A., & Mcarty, C. (2003). *Research Methods and Statistics in Psychology*. London: Sage Publication.
3. D. Howitt, D., & Cramer, D. (2000). *An Introduction to Statistics in Psychology*. London: Pearson Education.
4. Siegal, S. (1994). *Non-Parametric Statistics for Behavioural Sciences*. New York: McGraw Hill.
5. Guilford, P. (1975). *Fundamental Statistics in Psychology and Education*. New York: Mc Graw Hill.

**Name of the course: Social Psychology****Course Code:** MAP 103**Course objectives:**

- To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations or socio-historical context.
- To develop insight about the basic assumptions and scope of social psychological perspectives.
- To explore the use of social psychological perspectives in addressing the issues and problems of the real world.
- Enhance social qualities such as leadership, prosocial behaviour to build healthy human being

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Unit 1: Introduction to Social Psychological Perspectives: [12 Hrs]**

Nature and scope of Social Psychology, Methods of Social Psychology: Experimental, Survey, Field Studies and Questionnaire.

**Unit 2: Social Influence and Responding to Social Situations: [12 Hrs]**

Social facilitation, social loafing, Social perception, attitude and its change within cultural context, aggression and ways to manage aggression.

**Unit 3: Intergroup relations: [12 Hrs]**

Group dynamics, leadership style and effectiveness, theories of intergroup relations (relative deprivation theory, realistic conflict theory, conflicts and resolution).

**Unit 4: Socialization: [12 Hrs]**

Agents (Family, per group, neighbor, religion, community), process and characteristic of socialization, determinants of socialization, communication and language.

**Unit 5: Social Conformity and Social Problems: [12 Hrs]**

Social Conformity, Conformity Bias, Impact of Feedback and Non-Conformity, Social Problems: Poverty and Deprivation, Gender Issues and Social Violence.



**Books Recommended:**

1. Baron, R.A. & Byrne, D. (2000). Social Psychology, New Delhi: Prentice Hall of India Pvt. Ltd.
2. Fraser, C. & Burchell, B. (2001). Introducing Social Psychology. Madlen: Blackwell.
3. Myers, D. (2007.) Social Psychology. New Delhi: Cengage Learning.
4. Singh, A.K. (2009). An outline of Social Psychology. New Delhi: Motilal Banarasi Das.
5. S. Mohamad (2009). Advanced Social Psychology. New Delhi: Motilal Banarasi Das.
6. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

## **Name of the course: Biological Foundations of Behavior**

**Course Code:** MAP 104

### **Course objectives:**

- Helping learners to realize contribution of biological science to understand human behavior
- To learn about biological foundations of behavior.
- To understand about physiology and importance of brain functions.
- Illustrate the use of these general information in daily life

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

### **Unit 1: Introduction to Physiological Psychology [12 Hrs]**

(Meaning and definition), nature and scope of Physiology Psychology.

### **Unit 2: Central Nervous System: [12 Hrs]**

Structure and functions of human brain (spinal cord, medulla oblongata, cerebellum, thalamus and hypothalamus, cerebrum.)

### **Unit 3: Peripheral Nervous System: [12 Hrs]**

Cranial nerves and spinal nerves, Sympathetic and Para- Sympathetic nervous system-structure and functions, Endocrine glands and Psychological functions.

### **Unit 4: Brain and behavior: [12 Hrs]**

Mechanism of Hormonal action, Reproductive behavior, sleep and biological rhythm.

### **Unit 5: Recent advances in neurophysiology: [12 Hrs]**

Application of neurophysiology, Hemispheric specialization and localization.

### **Books Recommended:**

1. F. Leukel. (1985). Introduction to Physiological Psychology. New Delhi: CBS Publishers and Distributors.
2. Tiwari, G & Pal, R. (1985). Experimental Psychology: A Dynamic Approach. Agra: Vinod Pustak Mandir.
3. Morgan, C.T. (1965). Physiological Psychology. New York: McGraw Hill.
4. Tiwari, B.D. (2001). Modern Physiological Psychology. Varanasi: Motilal Banarasidas.
5. Kalat, J.W. (1995). Biological Psychology. (7<sup>th</sup> Ed.) Wadworth, Thomson Learning, Belmont, CA, USA.
6. Carlson, N.R. (1994). Physiological Psychology. (5<sup>th</sup> Ed), Boston: Allyn Bacon.

## **Name of the course: Research Methods**

**Course Code:** MAP 201

### **Course objectives:**

- To inform students about the basics of scientific research in clinical psychology.
- To make them learn the statistical rigors in designing research and processing data.
- To create research oriented attitude of the students
- To enable the students to apply research knowledge in practical life
- To enhance profession skill of the students by the use of current research

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

### **Unit 1 Research Process:** [12 Hrs]

Nature of research, Problem and hypothesis, Variables: selection, manipulation and control of independent and extraneous variables, measurement of dependent variables.

### **Unit 2: Types of Research:** [12 Hrs]

Experimental, Quasi Experimental, Correlation Research and Ex-post facto research.

### **Unit 3: Sampling:** [12 Hrs]

Meaning, Purpose and Types (Probability and non probability sampling techniques) Sampling error, Factors affecting sampling error.

### **Unit 4: Methods of Data Collection:** [12 Hrs]

Observation, Interview and questionnaire, content analysis, sociometry method.

### **Unit5: Report Writing** [12 Hrs]

Research Report Writing based on APA Style. Ethical issues in psychological research – APA ethics code.

**Books Recommended:**

1. K.D. Broota (1992). Experimental Design in Behavioural Research, New Delhi: Willey Eastern.
2. F.N. Ferlinger (1973). Foundation of Behavioural Research, Delhi: Surjeet Publications.
3. A.K. Gupta and R. Singh (2009). Research Methodology, New Delhi: Vayu Education of India.
4. L.H. Kidder (1981). Research Methods in Social Science. Tokyo: Holt Saunders.
5. Mohsin: Research Methods in behavioural Sciences, New Delhi; Longman.

**Name of the course: Positive Psychology****Course Code:** MAP 202**Course objectives:**

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness
- To understand personality in real situation and enhance personality traits

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course contents****Unit 1: Introduction: Positive psychology:** [12 Hrs]

Meaning, definitions, nature, goals and relation with other fields.

**Unit 2: Happiness and well-being:** [12 Hrs]

Happiness: concept and definitions, happiness and facts of life, gender, love, marriage, close relationships and others.

**Unit 3: Emotion, personality traits and well-being:** [12 Hrs]

Emotional Intelligence, Positive emotion and well-being, positive beliefs and illusions.

**Unit 4: Virtues, character strengths and well-being:** [12 Hrs]

Classification of human virtues, religion, spirituality, religion and virtue: Buddhism, Islam and Hinduism.

**Unit 5: Positive Health and Positive change:** [12 Hrs]

Meaning of positive health and positive change with definitions, stages of change process.

**Books recommended:**

- Kumar, V., Archana, & Prakash, V. (2015). Positive Psychology-Application in work, health and well-being. Delhi& Chennai, India:Pearson.
- David, S, A., Boniwell, I & Ayers, A.C. (2013) The oxford handbook of happiness. Oxford: Oxford University.
- Snyder, C.R., & Lopez, S.J. (2002) Handbook of positive Psychology. New York: Oxford University.
- Carr: Positive Psychology

**Name of the course: Positive Psychology****Course Code:** MAP 203**Course objectives:**

- To learn about basic Psychological processes through scientific experiments.
- To understand various mental processes: Attention and consciousness, Memory processes, Reasoning and decision making.
- To enhance decision making ability of the students.
- To build problem solving attitude in the students.

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course contents****Unit 1: Attention and Perceptual Processes:** [12 hours]

Attention: Concepts and Mechanisms, factors affecting attention, Perception – Figure- ground organization. Perception of depth and movement, Perceptual constancy – Brightness, size and shape.

**Unit 2: Memory and Forgetting:** [12 hours]

Types of memory (STM and LTM). Methods and Material, determinants of memory. Forgetting – Concepts, Causes and theories of forgetting – Interference Theory (Behaviouristic) and repression theory.

**Unit 3: Thinking and Problem solving:** [12 hours]

Thinking – Meaning and Types, Language and thinking. Problem solving – Nature, factors affecting problem solving and strategies.

**Unit 4: Verbal Learning:** [12 hours]

Nature, materials and methods of verbal learning, Determinants of verbal learning and transfer of learning.

**Unit 5: Creativity and decision making:** [12 hours]

Meaning and nature, Factors affecting decision making, improving Decision Making.

**Books Recommended:**

1. M.R. D'Amato (1979). Experimental Psychology: Methodology, Psychophysics and learning. New Delhi: Tata McGraw Hill.
2. B.E. Goldstein (2002). Sensation and Perception. USA: Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). Woodworth and Schlosberg's Experimental Psychology. New Delhi: Khosla Publishing House.
4. R.L. Solso (2001). Cognitive Psychology, Singapore: Pearson Education.
5. A. Baddley (1997). Human Memory: Theory and Practice. New York: Psychology Press.
6. F.J. McGuigan (1969). Experimental Psychology. New Delhi Prentice Hall of India Pvt



**Name of the course: Psychology of Personality**

**Course Code:** MAP 204

**Course objectives:**

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness
- To understand personality in real situation and enhance personality traits

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Objective:**

- To develop an understanding of the concept of individual difference.
- To develop an appreciation of the biological and social impact on personality.
- Enhancement of Indian techniques of personality

**Course contents**

**Unit 1: Concept and Definition of Personality [12 Hrs]**

Meaning and definition of Personality, Views on self and Personality: Upanishadic, Gita and Buddha

**Unit 2: Determinants of Personality: [12 Hrs]**

Importance of heredity in the development of personality, Role of biological factors: Direct genetic effect; mediated effect through environment factors: Physical and socio- cultural impact.

**Unit 3: Trait and type Approaches: [12 Hrs]**

Allport, Cattell, Eysenck and Big Five Factors Models.

**Unit 4: Personality of individual differences:**

Biological and social explanation of gender differences in Personality, Trigun theory of Personality.

**Unit 5: Recent advances in Personality Research:**

Human Strength and virtues: Learned Helplessness.

**Books Recommended:**

1. G.C. Hall, G. Lindzey and J.C. Campbell (1998). Theories of Personality. New York: John Wiley and Sons.
2. W. Mischel (1976). Introduction to Personality. New York: Holt Reinhart and Winston.
3. R.M. Rehman (2000). Theories of Personality. USA: Thomson Wadsworth.
4. R. Frager and J. Fadiman (1998). Personality and Personal Growth, New York : Longman.
5. J.M. Burger (2004), Personality. USA: Thomson Wadsworth.
6. R.B. Tripathi and R.N. Singh (2001). Psychology of Personality Varansi :Gangasran and Grand Sons.

## Name of the course: Health Psychology

Course Code: MAP 301

### Course objectives:

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness
- To understand personality in real situation and enhance personality traits

Total number of Hrs:60	Theory	Tutorial	Practical
credits	3	1	0
Hrs/week	3	1	0
Scheme of the Examination			
Theory		Practical	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

### Course Objective:

- To familiarize with the concept of health psychology to live healthy life.
- To orient the students about management of stress.
- To aware students about harmful effect of substance abuses.
- Enable the students to utilize health enhancing behaviour in their daily lives.

### Course contents

Unit 1: **Concept of Health:** [12 Hrs]

Definition of Health, Biopsychosocial model VS biomedical model. Interaction of biopsychosocial variables, clinical implication of biopsychosocial model, cross cultural perspective on health.

Unit 2: **Social and Environmental Factors:** [12 Hrs]

Global health trends, Health care systems, socio-economic factors in health, Gender and Health.

Unit3 : **Stress and Coping:** [12 Hrs]

Meaning and sources of stress, Stress as stimulus and Response, techniques of coping, Stress related health problems: – cardiovascular disease: hypertension, stroke, diabetes.

Unit 4: **Modification of Health Behaviour:** [12 Hrs]

Changing health beliefs, self observation and self monitoring, Health enhancing behaviour – Exercise, accident prevention and weight control.

Unit 5 : **Behavioural health:** [12 Hrs]

Effect of smoking, interventions to reduce smoking, effects of alcohol, preventing alcohol

**Books Recommended:**

1. Baum, A., R.J. Gatchel, R. J. & Krantz, D.S (1997). An Introduction to Health Psychology. New York: McGraw Hill.
2. Baum, A., Revenson, T.A & Singer, J.E. (2001). Handbook of Health Psychology. New Jersey: Lawrence Erlbaum.
3. Dimatteo, M.R. & Martin, L.R. (2010). Health Psychology. New Delhi: Dorling Kindersley Pvt. Ltd.
4. Taylor, S.E. (1994). Health Psychology. New York: Random House.
5. Khokhar, C.P. (2007). A Text Book of Stress Coping and Health Meerut: Shalab Publication

**Name of the course:** Psychopathology

**Course Code:** MAP 302

**Course objectives:**

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness
- To understand personality in real situation and enhance personality traits

Total number of Hrs:60	Theory	Tutorial	Practical
credits	3	1	0
Hrs/week	3	1	0
Scheme of the Examination			
Theory		Practical	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course Objectives:**

- To develop understanding of the various manifestations of psychopathology.
- To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.
- Enable the students to use pathological knowledge in various mental health institutions.

**Course contents**

- Unit 1: **Approaches to Psychopathology:** [12 Hrs]  
overview of latest version of Diagnostic and statistical Manual (DSM) International classification of diseases. Biological, Psychodynamic, behavioural, cognitive, Socio-cultural.
- Unit 2: **Anxiety disorders:** [12 Hrs]  
Approaches and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder and post traumatic stress disorder.
- Unit3 : **Psychotic disorders:** [12 Hrs]  
Approaches and etiology of Schizophrenia, Paranoid and mood disorders.
- Unit 4 : **Cognitive Impairments:** [12 Hrs]  
Approaches and etiology of delirium, dementia and amnesic syndromes, dementia of the Alzheimers type.
- Unit 5: **Substance Related Disorders:** [12 Hrs]  
Alcohol Dependence, Short-term effects of Cannabis.

**Books Recommended:**

1. Buss, A.H. (1999). Psychopathology. New York: John Wiley and Sons.
2. Lamm, A. (1997). Introduction to Psychopathology. New York : Sage Publications
3. Davison, G.C., & Neals, J.M. (1996). Abnormal Psychology. New York: John Wiley and Sons.
4. Mohanty, G.B. (1998). Text Book of abnormal Psychology. New Delhi: Kalyani Publishers.
5. Coleman, C. (1981). Abnormal Psychology and Modern Life. Bombay: D.B. Taraporewala Sons and Company Ltd.
6. Singh, A.K. (2004). Modern Abnormal Psychology. Varanasi: Motilal and Banarashidas.
7. Rastogi, G.D. (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.

**Name of the course:** Clinical Psychology

**Course Code:** MAP 303

**Course objectives:**

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness
- To understand personality in real situation and enhance personality traits

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Objective:**

- To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity.
- To orient students to major theoretical models which guide clinical psychological practice and research
- To orient about clinical assessment process and its application in various domains.

**Course contents:**

Unit 1: **Clinical Psychology:** [12 Hrs]

Meaning and nature of clinical psychology, professional issues: roles, skills and ethics.

Unit 2: **Psychoanalytic approach:** [12 Hrs]

Brief orientation to four psychoanalytic psychologies: Drive, Ego, Object relations and Self-personality, understanding of psychological defences.

Unit 3: **Other approaches of clinical psychology:** [12 Hrs]

Behavioural approach, humanistic approach, attempt at integration: bio-psycho-social.

Unit 4: **Clinical assessment:** [12 Hrs]

Meaning and stages of Clinical interview with its merits and demerits, case history

Unit 5: **Areas of application:** [12 Hrs]

Intellectual and educational, personal and interpersonal.

**Books Recommended:**

1. Llewelyn, S., Murphy, D. (Eds.) (2014). What is clinical psychology? Oxford UK: Oxford University Press.
2. Bellack, A. S., & Hersen, M. (1980). Introduction to clinical psychology. New York: Oxford University Press.
3. Korchin, S. J. (1986). Modern clinical psychology. Delhi: CRR Publishers and Distributors.
4. Ray, S. D. (1996). The practice of psychotherapy. New Delhi: New Age International.
5. Plante, T. G. (2011). Contemporary clinical psychology. (3rd edition). New York: John Wiley & Sons.
6. Pomerantz, A. M. (2008). Clinical psychology: Science, practice and culture. New Delhi: Sage Publications



**Name of the course:** Psychometry

**Course Code:** MAP 304

**Course objectives:**

- To recognize the importance of psychological testing in human life.
- To gain familiarity with Psychometry and psychological measurement.
- Criteria of psychological test and the steps used in test construction

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course contents**

Unit 1: **Foundations of Psychometric:** [12 Hrs]

Basic of measurement theory, Speed vs. power test, nature of Psychological testing.

Unit 2: **Test Construction:** [12 Hrs]

Item writing – method of scoring, step use in test construction, Item analysis – meaning and purpose, items difficulty, difficulty value and index of discrimination.

Unit3: **Standardization of tests:** [12 Hrs]

Types of norms, specificity of norms.

Unit 4: **Reliability and Validity:** [12 Hrs]

Meaning of reliability, Methods – test retest, internal consistency/ split half. Factors influencing reliability of a test. Validity – meaning, types-content, criterion, predictive, concurrent and construct validity. Factors influencing validity of the test.

Unit 5: **Application of Tests:** [12 Hrs]

Applications of Psychological testing in various settings- education, counseling and guidance, and ethical issues.

**Books Recommended:**

1. Chadha, N. K. (2009). Applied Psychometry. New Delhi: Sage Publications.
2. Guilford, J. P. (1989). Psychometric Methods, New Jersey: John Wiley and Sons.
3. C. Jackson (2003). Understanding Psychological Testing, Mumbai: Jaico Publishings House.
4. Nunnaly, J. C. (1978). Psychometric Theory. New York: McGraw Hill.

5. Chandha, N. K. (1996). Theory and Practice of Psychometry. New Delhi: New Age international Publishers.
6. Singh, A.K. (1997). Tests, Measurement, Research Methods in Behavioural Sciences Patna: Bharati Bhawan.

**Name of the course: Guidance and Counseling Psychology**

**Course Code: MAP 401**

**Course objectives:**

- To gain the knowledge about guidance and counseling
- Importance of counseling in real life.
- Application of counseling in various areas of life.
- Enable the students about use of various counseling approaches in practical.

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course contents:**

- Unit 1: **Counseling Psychology:** [12 Hrs]  
Meaning and nature of guidance and counseling, Ethical issues in counseling, Distinctions between counseling and Psychotherapy.
- Unit 2 : **Expectations and goals of Counseling:** [12 Hrs]  
Goals and expectations, Process, Characteristics of counselors, Role and functions of the counselors and their professional training.
- Unit 3 : **Theoretical Approaches to Counseling:** [12 Hrs]  
Psychoanalytic, Behavioral, Rational- Emotive Behavior Therapy, Client Centered and Transactional Analysis.
- Unit 4 : **Areas of Counseling:** [12 Hrs]  
Educational, Career, Family and Martial, Gerontological and Weaker Sections, Stress Management Oriented Counseling.
- Unit 5 : **Future of Counseling:** [12 Hrs]  
The future and status of counseling with special reference to India.

**Books Recommended:**

1. C.J. Gelso and B.R. Fretz (1995). *Counselling Psychology*. Bangalore: Prism Books Pvt. Ltd.
2. V.R. Patri (2001): *Counselling Psychology*, New Delhi : Authors Press.
3. S.N. Rao (2002). *Counselling and Guidance*, New Delhi : McGraw Hill
4. A. David (2004). *Guidance and Counselling*. New Delhi: Common Wealth Publishers.
5. S. Gladding (2009), *Counselling: A Comprehensive Profession*, New Delhi: Pearson Education.
6. T.S. Sodi and S.P. Suri (2006). *Guidance and Counselling*. New Delhi: Tata McGraw Hill.
7. S.T. Gladding (2009) *Counselling*. New Delhi: Dorling Kindersley Pvt. Ltd.
8. Amarnath Rai and Madhu Asthana (2006). *Guidance and Counselling*. Varanasi: MotilalBanarasidas.

**Name of the course: Psychological Testing****Course Code:** MAP 402**Course objectives:**

- To gain familiarity with psychological testing and its nature and functions
- To create understanding about different types of testing.
- To learn basic concepts of psychological testing

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Course contents**Unit 1: **Psychological Test:** [12 Hrs]

Nature, Uses, Functions and Types of Psychological Tests. Test Administration- Effects of examiner and situational variables. Test-takers perspective, Effects of training on test performance.

Unit 2: **Measurement of Aptitude and Abilities:** [12 Hrs]

Group Tests – Multidimensional Aptitude Battery, Multilevel Aptitude Batteries – Cognitive Ability Test. Multiple Aptitude Test Batteries- Differential Aptitude Test

Unit 3: **Personality Testing:** [12 Hrs]

Self Inventories – MMPI, EPPS, 16PF, Neo Personality, Inventory, Projective techniques: TAT, Rorschach test.

Unit 4: **Interest Inventories:** [12 Hrs]

Strong interest Inventory, Kuder Interest Inventory, Jackson's Vocational Interest Inventory.

Unit 5: **Tests for special Population:** [12 Hrs]

Infant and Pre-school testing, Assessment of mentally retarded and physically handicapped.

**Books Recommended:**

1. A. Anastasi (1998). Psychological Testing. New Delhi : McMillan.
2. Paul Kline (1993). The Hand Book of Psychological Testing. London Poutlege.
3. K.R. Morphy and C.O. Davidshofer (1988). Psychological Testing: Principles and Application. New Jersey: Prentice Hall of India Pvt. Ltd.
4. F.S. Freeman (1971). Theory and Practices of Psychological Testing. New York: Oxford Press.
5. L.J. Croppbach (1972). Essentials of Psychological Testing. New York: Harper and Row.
6. KusumMathur (1983). Psychological Testing. Agra : Vinod PustakMandir.
7. L.R. Alken and G.G. Marnat (2009). Psychological Testing and Assessment, New Delhi: Dorling Kindersley Pvt. Ltd.

**Name of the course: Therapeutic techniques****Course Code:** MAP 403**Course objectives:**

- To gain knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.
- Illustrate the use of therapeutic techniques to treat various types of psychological disorders.

<b>Total number of Hrs:60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
credits	3	1	0
Hrs/week	3	1	0
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Unit 1: Psychotherapies:**

Concept, Roles and responsibilities, The Client and therapist Relationship, Ethical issues.

**Unit 2: Psychodynamic Therapy:**

Freudian Psychoanalysis, Alfred Adler and Erik Erikson.

**Unit 3: Behaviour Therapy:**

Guided Exposure, Systematic desensitization, Aversion Therapy, Assertion training, Modeling, Biofeedback.

**Unit 4: Cognitive Behaviour Therapy:**

Beck's Cognitive Therapy, Rational emotive behavior Therapy, Michenbaum's cognitive behaviour therapy.

**Unit 5: Humanistic Therapies:**

Person centered therapy- Gestalt Therapy, existential therapy. Transactional therapy, Interpersonal Relationship Therapy- Marital and Family Systems Therapy.

**Books Recommended:**

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.
3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publications
5. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.
6. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.
7. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.



**Name of the course: Dissertation**

**Course Code: M.A.P 404**

**Course objectives:**

- To develop research oriented attitude in the students.
- To create scientific ambiance for the development of the society.
- To do research for the well being of the society.

<b>Total number of Hrs: 60</b>	<b>Theory</b>	<b>Tutorial</b>	<b>Practical</b>
Credits	0	0	3
Hrs/week	0	0	3
<b>Scheme of the Examination</b>			
<b>Theory</b>		<b>Practical</b>	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam(SEE)	Internal Assessment (CT+TA/PR)
70	30		

**Division of Marks:**

Viva Voce : 75 Marks

Practical Record Book : 15 Marks

Internal Viva-Voce : 10 Marks

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Total : 100 Marks

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Note: The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.