

Proposed Syllabus OF B.VOC (Applied & Clinical Psychology), CCS UNIVERSITY, Meerut

(Max Marks : 100 Each for theory Courses and 50 each for Practical courses)

Semester I

Paper I- Introduction to Applied & Clinical psychology

Paper II- Basic Psychological process

Paper III- Biological Foundation of Behaviour

Paper IV- Subsidiary Paper- language & communication Skills

Practicals:- The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester I

Semester II

Paper I- Health Psychology

Paper II- Personality Psychology

Paper III- Motivation & Emotion

Paper IV- Subsidiary –Soft Skills Training

Practicals:- The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester II

Semester III

Paper I- Classification of Mental Disorders

Paper II- Psychopathology

Paper III- Stress & Coping

Paper IV- Subsidiary- value Education

Practicals:- The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester III

Semester IV

Paper I- Counselling Psychology

Paper II- Methods of behavioural Research & measurement

Paper III- Social psychology

Paper IV- Subsidiary Paper- Environmental

Practicals:- The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester

Semester V

Paper I- Psychotherapy

Paper II- Community mental Health

Paper III- Childhood disorders & its intervention (including learning disability)

Paper IV- Subsidiary Paper- basic Computer Applications

Practicals:- The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester V

Semester VI

Paper I- Supervised Training & Internship in Clinical Setting

Paper II- S Supervised Training & Internship in School Setting

Paper III- Project- Based on Case Studies

Paper IV- Application of Computers in Behavioural Assessment (Training of Computer assisted Psychological assessments)--- (Subsidiary Paper)

Semester I

Paper I- Introduction to Applied & Clinical psychology

Paper II- Basic Psychological process

Paper III- Biological Foundation of Behaviour

Paper IV- Subsidiary Paper- language & communication Skills

Practicals

Paper I- Introduction to Applied & Clinical psychology

Unit I- Nature & Scope of Psychology: Nature, Definitions and Scope of Psychology; Brief history of psychology, Branches and applications of psychology

Unit II-Nature, Scope & History of Clinical Psychology: Nature, Definitions and scope of Clinical Psychology, History of Clinical Psychology

Unit III-Theories & Approaches of psychology: Psychoanalysis; Behavioural approach; Humanistic and Existential approach, Cognitive Behaviour approach, Positive psychology

Unit IV- Applications of Psychology: Applications of psychology and Clinical Psychology in various settings- Health, mental health, school, social issues etc.

Unit V- Models of Mental Health: Medical, Biological, Heredity, Social Cultural and Statistical models

Paper II- Basic Psychological process

Unit I: Nature, meaning of attention: Concepts & Mechanisms, selective attention: Determinants & theories, signal detection, attention training.

Unit II: Nature & Meaning of Perception, Direct and indirect theories of perception: Form perception, space perception, time perception & Movement perception.

Unit III: Nature & meaning Learning; Theories of learning & its application, Nature & meaning of Memory: Process & types of memory, Memory Improvement techniques.

Unit IV: Intelligence: Meaning & Types, Theories of Intelligence and its measurement.

Unit V: Nature & meaning of Thinking, Nature & meaning of thinking process of types of basic thesis, introduction of reasoning and problem solving.

Paper III- Biological Foundations of Behaviour

Unit I- Introduction to Biological Behaviour: Classification of Nervous System, Structure and Functions of Sensory Processes: Eye, Ear, Skin, Olfactory and Gustatory

Unit II- Central Nervous System: Structure and Organization of CNS- Spinal cord, Division of the Brain, Brainstem, Cerebellum, the Cerebral Cortex

Unit III- Neuron: Microscopic Structure, Functions and Types of Neuron

Unit IV- Functional Division of Brain: Forebrain, Midbrain and Hindbrain; Division of Cerebral Cortex-Frontal lobe, temporal lobe, Parietal and Occipital lobe

Unit V- Neuropsychology: Introduction to neuropsychology: Brain & behaviour relationship. Neuropsychological Assessment – Common Neuro-psychological tests batteries

Paper IV- Subsidiary Paper- language & communication Skills

Unit I-Practice in grammar and composition:

What is grammar? Parts of speech, phrases and clauses, sentence connectors, subordinating and coordinating conjunctions, questions, articles and prepositions, tenses, reported speech.

Unit II- Vocabulary and word study: Synonyms, words easily confused, everyday verbs, thematic vocabulary; people, the world, at home, school and workplace, leisure and social issues, forming adjectives.

Unit III- Written Communication: Writing gist/ summary; writing curriculum vitae, job description, presentation of language in a variety of real life situations- at the workplace, at the hotel, at the post office, at the airport, etc., notice and advertisement.

Unit IV- Group Communication: In this module, students will take part in simulated classroom activities such as role play, pair and group activities, etc. They will be engaged in communicative tasks that resemble real life activities in actual situations.

Unit V- Interview Skills: In this module, students will take part in simulated classroom activities like facing interview situations. Teachers will create a Board of Interview and simulate the Interviewing process for the learning of students. Groups can also be formed in the classroom to facilitate interview skills.

Suggested Readings:

1. Strengthen your writing: V.R Narayanswami (Orient Longman)
2. Everyday Dialogues in English: Robert J Dixon (Prentice Hall of India)
3. Spoken English: V Sasikumar & P Dhamija (Tata Mcgraw Hill Publishing ltd)
4. C. S. Communication: Rayudu (Himalaya Publishing House)
5. Oxford Advanced Learners

Practicals:

The students will conduct two/ four practicals (preferably experiments) based on topics in Papers taught in Semester I

Semester II

Paper I- Health Psychology
Paper II- Personality Psychology
Paper III- Motivation & Emotion
Paper IV- Subsidiary –Soft Skills Training
Practicals:

Paper I- Health Psychology

Unit I- Introduction: Definition, Mind-body relationship, Bio-psychosocial model of Health,

Life styles and disease patterns

Unit II- Behaviour and Health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications

Unit III- Health Enhancing Behaviour: Exercise, nutrition, accident prevention, pain, stress management

Unit IV- Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope

Unit V- Common Life style Disorders: Cardiovascular; Respiratory; Allergies; Skin Disorders; Oncology etc.

Suggested Readings:

Allen, F.(2011). Health psychology and behaviour. Tata McGraw Hill Edition.

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.

Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.

Snyder, C.R., Lopez S. J., & Pedrotti, J. T. (2011). Positive psychology: The scientific and practical explorations of human strengths. New Delhi: Sage

Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.

Paper II- Personality Psychology

Unit I- Introduction: Meaning & Definitions of Personality; Factors influencing personality: Physical, Hereditary, Chemical, Psychological & Social factors

Unit II- Classification of Personality: Type and Trait Theories (Allport & Sheldon) Factorial Approach (Cattell); and Other theories

Unit III- Other theories of Personality: Psychoanalytic; Humanistic; Behaviouristic and Social Learning approach

Unit IV- Personality Development: Stages of Development (Erickson); Cognitive Development (Piaget); Moral Development (Kohlberg); Methods of study of Personality development

Unit V- Personality Assessment: Subjective, Objective & Projective Methods with Examples of Tests (MMPI, 16 PF, Rorschach &TAT)

Paper III- Affective and Emotional Processes / Emotion & Motivation

Unit I- Introduction to Emotion: Concept, Meaning, Nature & Definitions of Emotions; Components and Types of Emotions; Bodily changes and Emotions

Unit II- Theories of Emotions: James- Lange theory; Canon-Bard theory and other popular theories

Unit III- Applications of Emotions: Positive Emotions & Wellbeing; Emotional Regulation; Emotional Intelligence and Competence

Unit IV- Introduction to Motivation: Concept, Meaning, Nature & Definitions of Motivation; Types of Motivation; Theories of Motivation

Unit V- Applications of Motivation: Perspectives of various Motivations; Role of Achievement Motivation & Goal Setting; Motivation Enhancement

Paper IV-Soft Skills Training (Subsidiary Paper)

Unit I- Communication Skills for Effective Presentation: Organizing skills of message and context; Presentation skills of message; Situating it to different audience, Handling question/answer.

Unit II- Communicating Skills in Interpersonal Context: Engaging in meaningful conversation; Interviewing skills; Art of listening ; Non-Verbal skills

Unit III- Effective Leadership Skills: Developing Effective Behavioural Styles of Leadership; Participatory Communication; Consideration for members; Defining goals and distributing tasks effectively; Team Building and public speaking

Unit IV-Techniques in Personality development: Self confidence; Mnemonics; Goal setting; Time Management and Effective planning

Unit V- Development of Self: Stress Management; Relaxation and Concentration techniques; Self acceptance and self growth

Suggested Readings:

Adler, R.B & Rodman, G. (2006) Understanding Human Communication. Oxford University Press.

Sherfield, R.M, Montgomery, R.J. & Moody, P.G. (2009) Developing soft skills, Pearson education, India.

Forsyth, D.R. (2006). Group processes. New Delhi: Cengage learning

Lussier, R. N. & Achua, C.(2007). Effective Leadership. New Delhi: Thomson South Western

Practicals:

The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester II

Semester III

Paper I- Classification of Mental Disorders

Paper II- Psychopathology

Paper III- Stress & Coping

Paper IV- Subsidiary- value Education

Practicals

Paper I- Classification of Mental Disorders

Unit I- Introduction: Introduction to Classificatory Systems (DSM & ICD); Brief outline of latest classificatory Systems for Mental Disorders; Benefits of having classificatory system

Unit II- Anxiety Disorders: Clinical picture of Generalized Anxiety Disorder; Obsessive Compulsive Disorder and Phobias

Unit III- Somatoform Disorders: Somatization; Hypochondriasis; Dissociative and Conversion Disorders

Unit IV- Psychotic Disorders: Mood Disorders (Bipolar; Mania & Depression); Schizophrenia; Delusional Disorder

Unit V- Other Disorders: Personality Disorders; Alcoholism and Substance Use Disorders

Suggested Readings:

Alloy, L.B., Riskino, J.H. and Manos, M.I. (2006). Abnormal Psychology; Current Perspectives. New Delhi: Tata McGraw Hill

Barlow, D.H. & Durand, V.M. (2010). Textbook of Abnormal Psychology. New Delhi: Cengage Learning India Pvt. Ltd.

Bennett, P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer, K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.

Kring, A.M., Johnson, S.L., Davison, G.C. & Neale, J.M. (2010) Abnormal Psychology. Eleventh Edition or Latest Available Edition. Delhi: Wiley-India.

Nolen-Hoeksema, S. (2010). Abnormal Psychology. New Delhi: Tata McGrawHill.

Paper II- Psychopathology

Unit I- Introduction : Nature and meaning of Psychopathology, Criteria of abnormal behaviour, misconceptions about psychopathology.

Unit II- Perspectives of Abnormal Behaviour: Biological, Genetic; Statistical; Social and Cultural Perspectives of abnormal behaviour

Unit III- Models of Abnormal Behaviour : Psychodynamic; Behavioural; Cognitive; Humanistic & Existential models of abnormal behaviour.

Unit IV- Assessment Methods : Case Study method, Interview method, Psychological test: Intelligence test and personality test.

Unit V- Etiology of Psychopathology : Biological Factors, Psychological Factors and Socio-cultural factors.

Suggested Readings :

Adams, H.E. & Sutker, P.B (1984). Comprehensive handbook of psychopathology. New York : Plenum Press.

Bellack, A. S. & Hersen, M. (1984). Clinical psychology. New York

Paper III- Stress & Coping

Unit I-: Introduction: History, definition and nature of stress; Concept of stress; Types of Stressors- Internal & External; Physical, Psychological, Environmental and Social.

Unit II- Response to Stress : Physiological and Psychological response to stress; Life Events as Stressors; Measurement of stressful life event; Stress and development of psychological and somatic disorders

Unit III- Coping: Concept of coping: Nature, Meaning, Definition of Coping; Classification of Coping styles (Problem focused and Emotion focused); Measurement of coping behaviour.

Unit IV- Life Style and Related aspects: Stress and Personality; Life Style and Health ; Stress and substance abuse; Stress Diathesis Model

Unit V- Management of stress: Relaxation Techniques and biofeedback; Cognitive behaviour therapy; Social skills training and stress inoculation.

Suggested Readings-:

Barrett, J.E. (1979) --- Stress and Mental Disorder, American Psychopathological Association Series, New York : Raven Press, Section A-6.

Braunstein, J.J. and Toister, R.P (1981)----- Medical Applications of Behaviour Science, Chicago: Year Books Medical publishers Inc. Section A. I : C.2 and C.3.

Dohrenwend B.S. and Dohrenwend, B.P. (1974) --- Stress life events : their nature and effect, New York, John Wiley and sons.

Paper IV- Value Education (Syllabus Not Available) (Subsidiary Paper)

Stress Management (Can we keep this instead of Value Education)

Unit I- Sources of stress: Nature of stress; various sources of stress- environmental, social, physiological and psychological

Unit II- Symptoms of stress – Emotional response, physiological & behavioral responses; Abrupt and Violent behavior; Anger & Rage

Unit III- Learning to manage stress effectively : Methods - yoga, meditation, Vipassana, relaxation techniques

Unit IV- Problem Solving Skills: Understanding & clarifying problem, alternate actions, support; Coping skills & constructive approach

Unit V: Positive & Social Skills: Learning Positive behaviours and Attitudes- Altruism, Gratitude, helping behavior, caring and sharing etc. Training of Social skills to resolve social problems

Readings:

Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar Learning.

Practicals:

The students will conduct two/ four practicals (preferably psychological tests) based on topics in Papers taught in Semester III (e.g. Anxiety rating scale; Depression rating scale etc.)

Semester IV

Paper I- Counselling Psychology

Paper II- Methods of Behavioural Research & Measurement

Paper III- Social psychology

Paper IV- Subsidiary Paper- Environmental

Practicals:- Any 4

Paper I- Counselling Psychology

Unit I- Introduction: Definitions and goals; Counselling and psychotherapies (similarities and differences); Current Trends

Unit II- Characteristics & Relationship: Characteristics of a good Counsellor; Therapeutic Relationship & Ethical Considerations

Unit III- Counseling skills: theory & practice –I

Person centered approach; Psychodynamic approach;
Existential Approach

Unit IV: Counseling skills: theory & practice –II

Behavioral Counseling; Cognitive behavioral counseling

Unit V: Counseling in diverse settings: Group counseling; Marital and Family Counseling;
School and Career counseling

Suggested Readings:

Belkin, G. S. (1988). Introduction to Counseling. W. C.: Brown Publishers.

Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.

Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage Learning.

Galdding, S.T. (2009). Counseling: A comprehensive Profession. Pearson: Delhi

Nelson, J. (1982). Theory and Practice of Counseling Psychology. New York: Holt Rinehart & Winston.

Seligman, L. & Reichenberg, L.W (2009). Theories of Counseling and Psychotherapy: Systems, Strategies and Skills.

Windy, D. (Ed.) (1988). Counseling in Action. New York: Sage.

Paper II- Methods of Behavioural Research & Measurement

Unit I- Introduction: Meaning and nature of Psychological Measurement; Scales of psychological measurement- Nominal, Ordinal, Interval and Ratio; Issues related to psychological measurement in Clinical setting; Ethical Considerations

Unit II-Psychological Testing: Steps in test development: item analysis, reliability, validity, and norms and standardization.

Unit III- Applications of Psychological testing in Clinical Setting: Types of psychological tests used in clinical setting; Intelligence tests, Personality tests, Tests of Cognitive functions etc.

Unit IV- Psychodiagnostic Assessment: Techniques of Psychodiagnostic Assessment- Case Study, Clinical Interview, Observation, Questionnaires, Psychological tests and Rating Scales

Unit V- Methods in Clinical Research: Nature, meaning, definition and purpose of research in clinical Psychology; Ethical Considerations; Introduction to Methods and Steps of research

Suggested Readings:

Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4th Ed.)*. New Delhi: Pearson Education.

King, B.M. & Minium, E.W. (2007). *Statistical Reasoning in the Behavioral Sciences.(5th Ed.)* USA: John Wiley.

Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.

Robson, C. (2011). Real world research: A Resource for users of Social Research Methods in Applied Settings. (3rd edition). John Wiley and Sons.

Paper III- Social Psychology

Unit I- Introduction: Social Psychology & Applied Social Psychology; historical roots, theories, Indian scenario

Unit II- Socialization: Nature, Meaning and Definition of Socialization; Factors of Socialization; Process of Socialization and Social Change

UNIT III- Social Cognition & Attitudes: Self in a social world, Attribution biases; Formation and change of social attitudes

UNIT III: Application of Social Psychology I: Prosocial behavior, Meaning and Determinants of Interpersonal attraction, Group processes

UNIT IV: Application of Social PsychologyII: Understanding Aggression & Violence, Determinants of aggression; Cultural diversity, Socio-cultural situation of Current India

Suggested Readings :

Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.). Boston:Prentice Hall.

Baron, R.A., Branscombe, N.R., Byne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition). Delhi, Pearson.

Chadha, N.K. (ed) (2012) Social Psychology: McMillan Publishers , New Delhi

Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012).

Community psychology: Linking individuals and communities. Wadsworth, Cengage.

Mikkelson, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.

Misra, G. (2009). Psychology in India: Social and Organisational Processes. Delhi Pearson.

Myers, D.G. (2005). Social Psychology (8th ed.). New Delhi : Tata McGraw Hill Pub. Co. Ltd.

Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology:

Understanding and addressing social and practical problems. New Delhi: Sage publications.

Paper IV- Environmental Studies (Subsidiary paper)

Unit I- Introduction: Definition, Different factors of Environment, Global Environment and its segments atmosphere, hydrosphere, lithosphere and biosphere, Scope and importance.

Unit II- Natural Resources: Definition and types of Natural Resources, Renewable and non-renewable resources. Natural resources and associated problems-

(a) Forest Resources: Use and Over-exploitation, deforestation, Timber extraction, mining, and their effects on forests and tribal people.

(b) Water resources: Use and over-utilization of surface and ground water, floods, drought, dams-benefits and problems.

(c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources.

(d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer, pesticides problems, water logging.

(e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources.

(f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification, Role of an individual in conservation of natural resources.

Unit III- Ecosystems: Concept of an ecosystem, Structure and function of an ecosystem - producers, consumers and decomposers, Energy flow in the ecosystem, Food chains, food webs and ecological pyramids, Introduction, types, characteristic features, structure and function of the following Ecosystem-(a) Forest ecosystem, (b) Grass land ecosystem and (c) Aquatic ecosystems (ponds, streams, lakes, rivers, and oceans).

Unit IV- Bio-diversity and its Conservation: Introduction-Definition: Biogeographical classification of India, Biodiversity at global, national and local levels, India as a mega-diversity nation, Hot-spots of biodiversity, Threats of biodiversity: habitat loss, poaching of wildlife, man - wildlife conflicts, Conservation of biodiversity: In-situ and ex-situ conservation of biodiversity.

Unit V- Environmental Pollution: Definition, causes, effect and control measures of: (a) Air pollution (b) Water pollution (c) Soil pollution, Solid waste management, Role of an individual in prevention of pollution.

Suggested Readings:

1. Text book of Environmental Studies Erach Bharucha, UGC
2. A Textbook of Environmental Studies - D.K. Asthana, Meera Asthana, S.Chand.
3. Environmental Studies- Prof. R.B. Singh, Dr. D.K. Thakur, Dr. J.P.S. Chauhan, Romesh Book Depot.
4. Perspective in Environmental Studies Anubha Kaushik, C.P. Kaushik, New Age International
5. Paribesh Adhyayan-A.K. Medhi, Dr. Basist ha Kalita, M.Saikia, Dr.J.Borah, G.C.Das, K.Devi, J.Pathak Sarma.Kaliabor College Science Forum.

Practicals: The students will conduct **two/ four practicals** (preferably psychological tests) based on topics in Papers taught in Semester IV (e.g. Rating Scales to measure clinical and social issues etc.)

Semester V

Paper I- Psychotherapy

Paper II- Community mental Health

Paper III- Childhood disorders & its intervention (including learning disability)

Paper IV- Subsidiary Paper- basic Computer Applications

Practicals:- Any 4

1. Test of learning disability

Paper I- Psychotherapy

Unit I- Introduction: Definition, Scope, Objectives and General Principles of Psychotherapy; Characteristics of a good Psychotherapist.

Unit II- Process of Psychotherapy Psychotherapeutic relationship; Interviewing Procedures; Phases in Psychotherapy- Initial, Middle and Terminating Phase; Training of Psychotherapists.

Unit III- Types of Psychotherapies: Classification of Psychotherapies; Supportive, Re-educative and Re-constructive psychotherapies

Unit IV- Techniques of Psychotherapy I: An introduction to Psychoanalytical Therapies; Supportive Therapy; Client Centered Therapy & Existential therapy

Unit V- Techniques of Psychotherapy II: An introduction to Behaviour Therapies & Cognitive, Behaviour therapy; Family, Marital and Group therapy

Suggested Readings :

Garfield, S.L. (1980) Psychotherapy : An eclectic approach, New York, John Wiley & Sons.

Sahakian, W.S. (1976) (Ed.) Psychotherapy and Counselling : Techniques in Intervention (Second editions) Chicago Monally College Publishing Company.

Walberg, L.R. (1977)- The technique of Psychotherapy, 3rd Edition Part, I & II, New York, Grune & Stratton

Wolman, B.B (1976) (Ed.), The Therapist's handbook : Treatment Method of Mental Disorders.

Paper II- Community Mental Health

Unit I- Introduction: Concept, nature, principles of community psychology; Fields of Community Psychology; relation with other branches of Psychology

Unit II- Community Mental Health: Models of Community Psychology; Model of Community Mental Health; Quality of life, mental health education and awareness and promotional programs in India.

Unit III- Problems of Community Life: Understanding and Identifying Problems of community life in Indian Context: population, unemployment, alienation, aggression and violence; Community intervention; Role of media.

Unit IV- Intervention in Education System :School Mental Health Programme; Life Skills Education in Schools; Special Education and Integrated Education for the disabled.

Unit V- Intervention in Health System: Community Psychology in primary care; National mental health programme; Indices of Community Health -Quality of life; Training of paraprofessional and non - professional.

Suggested Readings:

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education

Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

Paper III- Childhood Disorders & Intervention

Unit I- Introduction to Childhood: Meaning of Childhood; Theories of Child Development- Freud, Piaget, Erickson; Etiological factors for Childhood Disorders- Genetic, Biological, Social, Psychological, Environmental

Unit II- Parenting Styles: Types of Parenting Styles; Pathological Parenting styles; Attachment Styles; Modeling and Shaping of behavior through Social Learning

Unit III- Childhood Disorders I: Classification of Childhood Disorders; Pervasive Developmental Disorders (Autistic Spectrum disorders & attention Deficit hyperactivity disorders) and Mental retardation

Unit IV- Childhood Disorders II: Childhood Emotional disorders- Internalizing & Externalizing disorders; Mood disorders (Depression); Specific Learning Disorders & Learning Disability

Unit V- Assessment and Intervention of Childhood Disorders: Knowledge of Tests for assessment for Childhood Problems- Child Behavior Check List (CBCL), Children Apperception Test (CAT), Draw a Man Test, Picture Frustration Study, Scales for Autism, ADHD, Learning Disability; Intervention- An Introduction to Behaviour Modification Techniques

Paper IV- Basic Computer Applications (Subsidiary Paper)

Unit I- Introduction: Introduction to Computer; Characteristics and Components of computer system-Central Processing Unit , Keyboard, mouse and VDU, Other Input devices, Other Output devices, Computer Memory

Unit II- Concept of Hardware and Software: Hardware ; Software- Application Software, Systems software; Programming Languages; Representation of Data/Information ;Concept of Data processing; Applications of IECT ; e-governance; Multimedia and Entertainment

Unit III- Applications of Computers: MS Office-Word, Power Point MS Excel etc. c) Item d) SPSS (introduction, analysis of data)

Unit IV- Computer Communication and Internet: Introduction; Basics of Computer Networks; Local Area Network (LAN) ;Wide Area Network (WAN) ; Concept of Internet; Basics of Internet Architecture ; Services on Internet; World Wide Web and Websites; Communication on Internet; Internet Services; ISPs and examples (Broadband/Dialup/WiFi); Internet Access Techniques

Unit V- Computer Applications in Psychology- Use of Computers in psychology; An Introduction to SPSS; Computer Assisted Psychological Assessments (CAPA)- Advantages and Limitations

Practicals: The students will conduct **two/ four practicals** (preferably psychological tests) based on topics in Papers taught in Semester V (e.g. Rating Scales to measure clinical and social issues related to Childhood Disorders etc.)

Semester VI

Paper I- Supervised Training & Internship in Clinical Setting

Paper II- S Supervised Training & Internship in School Setting

Paper III- Project- Based on Case Studies

Paper IV- Application of Computers in Behavioural Assessment (Training of
Computer assisted Psychological assessments)--- (Subsidiary Paper)

Paper I- Supervised training & Internship in Clinical Setting

Paper II- Supervised Training & Internship in School Setting

Paper III- Project- Based on Case Studies

**Paper IV- Application of Computers in Behavioural Assessment (Training of
Computer assisted Psychological assessments)--- (Subsidiary Paper)**

- a. Nature & Scope of Psychology**
- b. Nature, Scope & History of Clinical Psychology**
- c. Theories & Approaches of psychology**
- d. Applications of Psychology**
- e. Models of Mental Health**

Unit 1:

Nature & meaning of attention: Concepts & Mechanisms, selective attention: Determinants & theories, signal detection, attention training.

Unit 2:

Nature & Meaning of Perception, Direct and indirect theories of perception: Form perception, space perception, time perception & Movement perception.

Unit 3:

Nature & meaning Learning; Theories of learning & its application, Nature & meaning of Memory: Process & types of memory, Memory Improvement techniques.

Unit 4:

Intelligence: Meaning & Types, Theories of Intelligence and its measurement.

Unit 5:

Nature & meaning of Thinking, Nature & meaning of thinking process of types of basic thesis, introduction of reasoning and problem solving.

i. Applied Social psychology-

- a. Theoretical foundation of social psychology: Psychoanalytic, Cognitive & Behaviouristic theories.
- b. Interpersonal relations & influence: Affiliation, interpersonal attraction & gender identity, compliance, obedience, conformity, pro-social behaviour & interpersonal conflict.
- c. Groups: Types, social facilitation, group dynamics, leadership & political behaviour.
- d. Social cognition & persona perception: categorization of schemes, casual judgement, attribution rules, schemas in perception, impression formation.
- e. Attitude: concept, formation & change, individual differences in per- suability. Attitude scaling; (likert & thurston).
- f. Current social problems: Aggression & violence conflict resolution; isolation & crowding, personal space, noise, cognitive overload, prejudice & inert- group relations, socio-economic deprivation.

Semester- II

i. Biological foundations of behaviour & Neuropsychology-

Biological foundations of behaviour

- a. Sensory processes: Physiological bases of vision: Structure & Functions of eye, visual adaptability and acuity, Colour Vision, Theories of color Vision, Structure & Functions of ear; Theories of audition, Kinesthetic sensations: Anatomy of gustatory receptors; Kinesthetic sensation & types.
- b. Structure & organisation of central nervous system: the spinal cord, division of the brain, the brainstem, the cerebellum, the cerebral cortex.
- c. Neuron: Microscopic structure, the nerve impulse & synaptic transmission, chemical & metabolic aspects, the resting potential, excitation & spike potential.

ii. Neuropsychology-

- a. Introduction to neuropsychology: Brain & behaviour relationship.
- b. Frontal lobes-Temporal lobes, Parietal lobes & Occipital lobes; functional specialization, disturbances in function of various lobes & syndromes.
- c. Cerebral dominance- handedness, split-brain, divided visual fields, Dichotic listening studies, sex differences in cerebral organization.
- d. Neuropsychological assessment- Luria- Nebraska & Halstead- Reitan Neuropsychological test batteries, psychophysiological recording.

ii. Psychology of personality-

- a. Personality: meaning & definitions of personality; factors influencing personality: physical factor, chemical factor, social factor, heredity factor.
- b. Classification of personality: Trait & type theories (Allport & Sheldon) theories of personality- psycho-analysis, factorial approach, humanistic approach, behaviouristic, social learning approach.
- c. Personality development: Methods of study- longitudinal & cross-sectional; stages of development (Erikson), cognitive development (Piaget); moral development (Kohlberg).
- d. Personality assessment: subjective, objective & projective- concepts, merits & demerits: personality tests- Rorschach inkblot, TAT, MMPI, 16PF.

iii. Health psychology-

- a. **INTRODUCTION-** Definition and Scope, Historical development-A brief history of medicine, Models in health psychology- Biomedical and Biopsychosocial model, The Mind-Body Connection, Psychological factors in Illness and Disease, The stages of change model, The Health belief model, Theories of reasoned action and planned behaviour.
- b. **STRESS AND ILLNESS-** Definition, Categories of stressors, Predisposing factors, Effects of stress- GAS and Psycho. Neuroimmunology, Type A behaviour and Stress. Adjustment disorders, Coping with stress – general principles of coping, Techniques of coping Issues related to care giving- Caregivers burden, Burnout (**12 hours**)

c. PATIENT- PROVIDER RELATIONS & HEALTH PROMOTION

Communication issues in health care : Nature of patient-provider communication, Results of Poor Patient- provider communication (Non Adherence), Improving patient-provider communication Prevention of Diseases-Primary Prevention- Safety restraints, Immunization, Safe-Sex, Nutrition and Diet, Obesity and Weight Control, Exercise, Sleep, Substance use.

iv. Community mental health-

- a. Community mental health- development of community orientation.
- b. Historical trend in mental health ideology.
- c. Basic concepts: population & prevention; mental health prevention
- d. Principles & methods of community intervention: crisis intervention, consultation, non-professionals community psychology; mental health education.
- e. Theory & research in community psychology: Ecology, Epidemiology of mental health & general system theory.
- f. Strategies of organization a community mental health programme.

Semester III-

i. Methods of behavioural research-I

Section one

- a. Psychological research: meaning, nature, need & importance of psychological research.
- b. Major approaches to psychological research: descriptive research; survey research; experimental research; ex-post facto research, laboratory & field research , action research.
- c. The research process: selection of research problem: survey of related literature, aims of the study; formulation of hypotheses; data collection; analysis of data; findings, interpretations & conclusions.
- d. Population & sample: meaning & definition of population & sample, methods of sampling, probability & non probability sampling; errors in sampling.

section two-

- a. Measures of central tendency; measures of variability & percentile.
- b. Normal distribution curve: characteristics & application
- c. Chi-square meaning & assumptions
- d. Correlation: product moment correlation.
- e. Multiple & partial correlation

ii. Developmental psychology-

- a. Development: Nature, principles & determinants of development. Various development periods. Study methods of developmental psychology (cross sectional & longitudinal).

- b. Prenatal development: periods of prenatal development. Factors affecting prenatal development: infant, childhood, puberty & adolescence developmental hazards at different stages.
 - c. Emotional development- concept & development.
 - d. Cognitive development: concept & development.
 - e. Social development: development of social behaviour. Role of socialization. Development of self concept. Moral development.
 - f. Middle & old age: characteristics, problems & adjustment.
 - g. Developmental assessment: use of development schedule & various tests related too developmental psychology
- iii. Psychology of learning disability-**
- a. Learning disability: nature & concept; characteristics & behavioural manifestation; types: reading, writing & arithmetic disabilities; causes of learning disability: biological, behavioural & sociological.
 - b. Disorders of reading, writing & arithmetic: oral reading- characteristics, theories; written language characteristics, theories; arithmetic disorders- characteristics, theories.
 - c. Diagnostic process: identification& assessment of various learning disabilities; differential diagnosis.
 - d. Remediation of learning disabilities: principles & strategies for remediation; training strategies & planning of intervention programmes for reading, writing & arithmetic skills.
 - e. Development of basic & specific skills: readiness, perceptual motor, language comprehension & expression.
- iv. Clinical psychology of childhood disorders-**
- a. Developmental perspective of child clinical psychology: models & clinical practice.
 - b. Diagnostic assessment of children: Strategies of interview, behavioural assessment; projective testing & neuropsychological assessment.
 - c. Problem of childhood & adolescence: fears & anxiety, sleep disorders, psychosomatic problems, suicidal behaviour, stereotyped & self injurious behaviour, aggressive & delinquent behaviour.
 - d. Other neurotic disorders: autism, toilet problems, attention-deficit disorder, sexual problems, eating disorders, school problems, language disorders, adolescent- parent problems.
 - e. Intervention strategies: Parent training, behaviour therapy with children, psychotherapy with children, biofeedback with children, prevention of disorders in children.

Semester IV-

I. Methods of behavioural research- II

- a. Measurement & evaluation
- b. Psychological tests

- c. Construction & standardization of test
- d. Test parameters- (reliability, validity & norms)
- e. Writing research report
- f. Non parametric statistics.

II. Psychopathology-

- a. Classificatory systems in psychopathology- approaches, diagnosis, models. Recent advances in methods in psychopathology.
- b. Theories & models of anxiety disorder- panic, phobia, OCD, PTSD, schizophrenia, mood disorders.
- c. Psycho-physiological disorders- theories: personality disposition, CGD, asthma, allergy, eczema, itching, RA, peptic ulcer, diabetes, menstrual disorder.
- d. Disorder of personality, adjustment disorder, substance related disorders, substance use disorders, eating disorders, sleep disorders, sexual & gender identity disorders.
- e. Organic mental disorders- changing views of brain function & dysfunctions.

III. Psycho-diagnosis-

- a. Psycho-diagnosis: introduction & rationale, factors influencing psychological testing
- b. Case history & MSE
- c. Tests of primary mental abilities- Attention & concentration, perception, memory, thinking & reasoning, intelligence.
- d. Tests of differential diagnosis- tests for thought disorders, questionnaire for differential diagnosis, rating scale
- e. Personality tests
- f. Practical's

Semester –V

I. Organizational psychology-

- a. Organizational psychology: overview & history
- b. Social organization: definition; nature of social system & its components; organization in relation to environment.
- c. Organizational role taking
- d. Leadership- approaches- nature, types & role of leaders.
- e. Organizational conflict: definition, conflict as process, models of conflict & conflict management.
- f. Organizational effectiveness- work stress & quality of life.

II. Indian psychology-

- a. **An introduction to the study of culture and Psychology-** Definition of culture, Approaches to culture, Interface between psychology and culture, Methods of understanding culture ,scope of cultural psychology .
- b. **Culture and Basic psychological processes-** Culture and perception – perception and experience cultural influence on visual perception, Culture and

Cognition – culture, categorization and concept formation, culture and memory, Culture and consciousness- culture and dreams, culture and time, culture and perception of pain, Culture and intelligence – cross cultural research on intelligence, cultural differences in the

c. Culture ,self and personality-

d. Culture and health –difference in the definitions of health, sociocultural influence on physical, health and medical disease process, Culture, self and personality.

III. Rehabilitation psychology-

a. Rehabilitation psychology: nature & scope, concept of rehabilitation for disabled people, concept of impairment, disability & handicap.

b. Mental retardation: definition & classification; causes & prevention of mental retardation, characteristics. Screening & assessment.

c. Hearing impairment- definition & classification, causes & prevention, characteristics.

d. Rehabilitation programmes in India- role of Govt, NGO's, child guidance centre.

IV. Computer applications in psychology-

a. Introduction to computers: development history generation of computers, characteristics of computer

b. Computer hardware: organization of computers, peripheral devices. Input/output devices.

c. Computer software & operating systems

d. Common software tools- graphical tools, mathematical & statistical tools, presentation tools.

Semester VI- research and case studies (only)

The following papers can be added accordingly to any of the five semesters above :

Guidance and counselling – basic processes

UNIT –I Concept of Guidance and Counselling Meaning, Nature, Goals and Principles; Need and Relevance. Emergence and Growth of Guidance and Counselling Psychology; Guidance and counselling Movement in India Ethical and legal considerations

UNIT –II Organizing a Guidance Programme Principles of organizing an effective guidance program; Guidance activities at Elementary, Secondary and Senior Secondary

level. Meaning & Importance of Counselling Skills & Strategies; Stages of Counselling
UNIT –III Educational Guidance Nature, Pupil Personnel work, Pupil Appraisal information, School Curriculum and Guidance. Vocational Guidance Nature, Study of Occupations- Collecting and Disseminating occupational information; Theories of occupation choice. Role of counselor in education and vocational guidance.

UNIT –IV Developing Empathy, rapport establishment, respect and genuineness. Skills of Counselor Selection, implementation, evaluation, Observation, listening, silence, attending behaviour, use of questions & termination of counselling.

Guidance and counselling – skills and strategies

Unit I Introduction Meaning and Importance of Skills and Strategies; Guidance Resources and Methods: Organising Guidance programme; Individual and Group Guidance. Guidance and Counselling process Initiation and rapport establishment, establishing structure and creating a therapeutic environment, empathy, respect and genuineness.

Unit II Appraisal Procedures Psychological Tests: Intelligence, Personality, Aptitude and Interest . Non- test Appraisal procedures: Rating scales, Interviews, Self report inventories.

Unit III Attending behaviour Micro and Macro Skills of Counsellor: Observation, Non Verbal behaviours, Listening, Silence. Strategies of counselling: Developing a pragmatic position. Affectively oriented strategies Existential approach, Client Centered approach, Gestalt approach.

Unit IV Behaviour oriented strategies Behaviour modification: Assumptions, Methods: Increasing / Decreasing behaviour through reinforcement, Extinction, Shaping and Systematic desensitisation Cognitively oriented strategies Rational Emotive therapy by Ellis, Beck's Models, Meichenbaum's Self-instructional training.

Value education

UNIT – I : Concept of Human Values, Value Education Towards Personal Development Aim of education and value education; Evolution of value oriented education; Concept of Human values; types of values; Components of value education. Personal Development :Self analysis and introspection; sensitization towards gender equality, physically challenged, intellectually challenged. Respect to - age, experience, maturity, family members, neighbours, co-workers. Character Formation Towards Positive Personality: Truthfulness, Constructivity, Sacrifice, Sincerity, Self Control, Altruism, Tolerance, Scientific Vision.

UNIT – II : Value Education Towards National and Global Development National and International Values: Constitutional or national values - Democracy, socialism,

secularism, equality, justice, liberty, freedom and fraternity. Social Values - Pity and probity, self control, universal brotherhood. Professional Values - Knowledge thirst, sincerity in profession, regularity, punctuality and faith. Religious Values - Tolerance, wisdom, character. Aesthetic values - Love and appreciation of literature and fine arts and respect for the same. National Integration and international understanding.

UNIT – III : Impact of Global Development on Ethics and Values Conflict of cross-cultural influences, mass media, cross-border education, materialistic values, professional challenges and compromise. Modern Challenges of Adolescent Emotions and behavior; Sex and spirituality: Comparison and competition; positive and negative thoughts. Adolescent Emotions, arrogance, anger, sexual instability, selfishness, defiance.

UNIT - IV : Therapeutic Measures Control of the mind through a. Simplified physical exercise b. Meditation – Objectives, types, effect on body, mind and soul c. Yoga – Objectives, Types, Asanas d. Activities: (i) Moralisation of Desires (ii) Neutralisation of Anger (iii) Eradication of Worries (iv) Benefits of Blessings

UNIT; V : Human Rights 1. Concept of Human Rights – Indian and International Perspectives a. Evolution of Human Rights b. Definitions under Indian and International documents 2. Broad classification of Human Rights and Relevant Constitutional Provisions. a. Right to Life, Liberty and Dignity b. Right to Equality c. Right against Exploitation d. Cultural and Educational Rights e. Economic Rights f. Political Rights g. Social Rights 3. Human Rights of Women and Children a. Social Practice and Constitutional Safeguards (i) Female Foeticide and Infanticide (ii) Physical assault and harassment (iii) Domestic violence (iv) Conditions of Working Women 4. Institutions for Implementation a. Human Rights Commission b. Judiciary 5. Violations and Redressal a. Violation by State b. Violation by Individuals c. Nuclear Weapons and terrorism d. Safeguards.

Communication skills

UNIT I: Introduction to Communication Definition of Interpersonal Communication, General Characteristics; Process- linear view, Transactional view, Concept of Communicative Competence and skill & Functions

UNIT II: Effective Interpersonal Communication Characteristics of Effective Communicator; Types of Interpersonal Communication Skills:- Verbal skills and non-Verbal Communication Skills – General Characteristics, Functions and Improvement.

UNIT III: Barriers to Effective Communication Psychological Barriers- Defensiveness, Motivational Distortion, Self preoccupation, game play: Cultural & Gender Barriers, Overcoming Communication Barriers.

UNIT IV: Significance of Communication Skills in Interpersonal Relationships, Group Performance, Media, Health Promotion

Positive psychology

UNIT –I Positive Psychology: Emergence, Subject matter and Future. Virtue and Strengths of Character: Developing a Classification of Human Virtues and Measuring Strengths of Character.

UNIT –II Positive Emotions and Well- Being: The Broaden and Build theory of Positive Emotions; Happiness – meaning; Theories: Need/ Goal satisfaction, Process/ Activity, Genetic/ Personality Disposition; Money, Happiness and Culture. Flow, Savoring and

Spirituality: Fostering Flow and its Benefits; Preconditions of Savoring; The True benefits of Spirituality.

UNIT –III Positive Cognitive States and Processes: Hope and Optimism- Snyder's Theory of Hope; Learned Optimism. Wisdom and Courage: Theories of Wisdom: Implicit and Explicit; Implicit theories of Courage.

UNIT –IV Pro-Social Behaviour: Altruism; Gratitude and Forgiveness- Definition, cultivation and social implications. Resilience: Developmental and Clinical perspectives, Sources; Successful Aging.

Environment and behaviour

UNIT-I Nature of Environmental Psychology, Theories of Environment Behaviour relationships, Research Methods.Environmental Perception and Cognition.

UNIT-II Values, Beliefs and Attitudes about the environment. Weather, Pollution and Behaviour: Heat, Cold Temperature, Barometric pressure and attitude, air, water and noise pollution.

UNIT-III Personal space and Territoriality: Functions, methods and determinants of personal space. Functions of territoriality.Crowding: Effects of population density on animals and humans.

UNIT-IV Work, leisure and recreational Environment. Future environment. Changing behaviour to save the environment: Environmental Education, Reinforcement techniques, Approaches to specific environmental problems.