

Sant Gadge Baba Amravati University Amravati

Faculty –Humanities

Scheme of teaching, learning & Examination leading to the Degree Master of Arts (M. A. PSYCHOLOGY)**(Two Years, Four Semesters Master Degree Programme- C.B.C.S -2023 -24)****M. A.PSYCHOLOGY Part-II : Semester- III**

Sr. No	Subjects	Subject Code	Teaching & Learning Scheme							Duration of Exams Hrs.	Examination & Evaluation Scheme						
			Teaching Period Per week				Credits				Maximum Marks					Minimum Passing	
			L	T	P	Total	Theory/Tutorial	Practical	Total		Theory + M.C.Q External	Theory Internal	Practical		Total Marks	Marks	Grade
										Internal	External						
1	DSC - 1 Stress ,Coping and Health		4	-	-	4	4	-	4	3	80	20	-	-	100	40	p
2	DSC – 2 Abnormal Psychology : I		4	-	-	4	4	-	4	3	80	20	-	-	100	40	p
3	DSC – 3 Clinical Psychology		4	-	-	4	4	-	4	3	80	20	-	-	100	40	p
4	DSE – 4 A Counseling Psychology OR DSE – 4B Health and Behavior (Elective)		4	-	-	4	4	-	4	3	80	20	-	-	100	40	P
5	DSC – 5 (Practical for Psychology)				4	4	-	2	2	3	-	-	80	20	100	50	P
6	DSC – 6 Research Project Phase I				2	2		1	1				30		30	15	P
7	DSC – 7 Case Study			1	2	3	1	1	2				20	20	40	20	P
8	DSC 8 – SEC Stress Management				2	2		1	1				30		30	15	P

	Techniques																
						27			22							600	

Note –

1. DSC is compulsory to all students.
2. DSE is optional, students must choose any one amongst DSE- 4A or DSE- 4B (any one DSE)
4. Research Project Phase I is compulsory to all students
3. SEC syllabus constructs on the basis of self-study and guidance of the faculty

L: Lecture, T: Tutorial, P: Practical

Note : Internship /Field Work / Work Experience will be conducted after I semester till IV semester in vacations for minimum 60 hrs. to maximum 90 hours. It's credits and grades will be reflected in final semester IV credit grade report.

- OEC (Optional) can be studied during semester I to IV, Its credits and grades will be reflected in final semester IV credit grade report

SantGadge Baba Amravati University Amravati
Faculty –Humanities
Scheme of teaching, learning & Examination leading to the Degree Master of Arts (M. A. Psychology)
(Two Years, Four Semesters Degree Master Programme- C.B.C.S)

(M. A. Psychology -Part-II : Semester- IV

Sr. No	Subjects	Subject Code	Teaching & Learning Scheme							Duration of Exams Hrs.	Examination & Evaluation Scheme						
			Teaching Period Per week				Credits				Maximum Marks					Minimum Passing	
			L	T	P	Total	Theory/Tutorial	Practical	Total		Theory + M.C.Q External	Theory Internal	Practical		Total Marks	Marks	Grade
													Internal	External			
1	DSC – 1 Health Psychology		4	-	-	4	4	-	4	3	80	20	-	-	100	40	P
2	DSC – 2 Abnormal -II		4	-	-	4	4	-	4	3	80	20	-	-	100	40	P
3	DSC – 3 Clinical Assessment		4	-	-	4	4	-	4	3	80	20	-	-	100	40	P
4	DSE – 4A Psychotherapy Or DSE – 4B Health and Behavior		4	-	-	4	4	-	4	3	80	20	-	-	100	40	P
5	DSC – 5 (Practical for Psychology)		-	-	4	4		2	2	3		-	80	20	100	50	P
6	DSC – 6 Research Project Phase II			2	4	4	2	2	4	3			50	50	100	50	P
						24			22						600		

Note –

1. DSC is compulsory to all students.
2. DSE is optional, students must choose any one amongst DSE- 4A or DSE- 4B (any one DSE).
3. Research Project Phase II is compulsory to all students..

L: Lecture, T: Tutorial, P: Practical

Note : Internship /Field Work / Work Experience will be conducted after I semester till IV semester in vacations for minimum 60 hrs. to maximum 90 hours. It's credits and grades will be reflected in final semester IV credit grade report.

- OEC (Optional) can be studied during semester I to IV, Its credits and grades will be reflected in final semester IV credit grade report

**Format and Template for Courses (Theory) of
UG /PG Programmes**

**Sant Gadge Baba Amravati University
,Amravati**

Part A

Faculty :HUMANITIES

Programme : M.A. (PSYCHOLOGY)

PSOs :

Programme Specific Outcomes

After completing the programme, a psychology graduate will be able to...

PSO 1: Analyze major concepts like, functions of neuron, motivation, emotion, intelligence personality and cognitive process including attention, perception, learning, problem solving, memory and forgetting.

PSO 2: Conduct and design basic experiments on cognitive processes and apply psychology principles.

PSO 3: Understand the concepts in human development and apply psychology principles in development related problems like learning disabilities and conduct disorders.

PSO 4: Understand the nature of various psychotherapies and application of psychology in industrial and forensic sector.

PSO 5: Administer psychometric tests, test scoring and interpretation of results. This will enable students to diagnose psychological problems and assess various traits.

Employability Potential of the Programme :

Explain in detail on about 3 to 4 pages

Study of Psychology offers the chance to explore unanswered questions about the brain-mind interaction. During the Post Graduate Degree Programme students will get acquainted with different vistas of knowledge as well practical experience of various fields including; basic concepts in psychology like motivation, emotion, intelligence, personality, human development, psychopathology, psychotherapeutic methods, administration of psychometric tests, advertising, forensic psychology, research methods in psychology.

There are ample career options in public as well as private sectors to psychology degree holders. With a psychology degree, you're well placed to pursue careers in both arts and scientific fields, depending on your personal interests.

In Government Sector Defense Research and Development Organization, Indian Railway, Indian Army, Indian Air Force offer top class job opportunities (Specially after post-graduation in Psychology). Private sector offers number of career opportunities as enlisted below.

Psychotherapist

As a psychotherapist you have to will work with individuals, couples, groups or families, and help them to overcome their psychological issues, including emotional and relationship-related issues, stress and even addiction.

Social worker and Social Psychology

Social workers may work within schools, homes, hospitals or other public agencies and will tend to specialize in working with children and families or vulnerable adults.

Counselor

Like psychotherapy, counseling is often a form of talking therapy and can encompass areas including marriage and family, health, abuse, rehabilitation, education, grief, mental health, career guidance and pediatrics. As a counselor you'll be involved in helping clients come to better terms with their lives and experiences through exploration of feelings and emotions.

Psychology careers in education

Nowadays, number of private schools offer school counselor job to psychology students. This is a role concerned with the development of young people in educational settings, with the aim of enhancing learning and dealing with social and emotional issues or learning difficulties.

Psychology careers in research

Psychology careers in research may be based within research agencies, public and private organizations or in universities. University-based careers vary but tend to combine research and teaching. Research careers within other sectors are even more wide-ranging but could mean contributing to governmental policy development or issues of importance for industry.

Media and advertising

Psychology graduates can impart valuable insights into human behavior, as well as offering the ability to analyze problems, listen attentively, give considered responses and act with empathy and reason. Because of this, media roles within all departments including management, production, scheduling and writing are well within reach for psychology graduates.

Human resources and communications careers

Psychology is all about understanding people and how they think, making human resources and communications careers another good match. These roles, available in both the public and private sectors, encompass areas such as employee satisfaction, professional development, training, recruitment, PR, payroll and internal communications.

Business and management careers

Business and management careers are another good option for psychology graduates. However, further training and work experience are likely to be required before entering managerial roles, you could start out by pursuing careers within business consultancy, marketing, sales, advertising or business development, before working your way up the ladder.

Part B

Syllabus Prescribed for 2023-24 Year PG Programme :M.A.

M.A. Psychology
Semester III
Paper-I
STRESS, COPING AND HEALTH

Marks – Theory : 80
Int.Ass. : 20

Co's

- 1. To impart an introduction to the concept, forms/types and sources of stress phenomenon within a life-span perspective;**
- 2. To discuss in brief the nature, consequences, and management of emotional vital signs of health/well-being;**
- 3. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress-health/well-being linkage;**

Unit	Content	Hours
UNIT I: STRESS AND HEALTH	A) Understanding Stress i) Common Sense Understanding of Stress ii) Early Research in Stress iii) Definition of Stress-Its Nature and Meaning B) Theories of Stress i) Fight or Flight Response ii) General Adaptation Syndrome iii) Cognitive Appraisal Theory iv) Person-Environment Fit Theory v) Psychodynamic Theory vi) Nuclear Conflict Theory vii) Genetic Constitutional Theory viii) Diathesis-Stress Model ix) Holistic Health Theory	15

	<p>C) Role of Physiology in Stress</p> <ul style="list-style-type: none"> i) Nervous System ii) The Brain: Its Role in Stress iii) The Autonomic Nervous System iv) Endocrine System and Its Role in Stress v) The Cardiovascular System <p>D) Sources of Stress</p> <ul style="list-style-type: none"> i) Daily Hassle ii) Stressful Life Events iii) Academic Stress iv) Family and Relationship v) Occupational Stress vi) Social Stressors <p>E) After-effects of Stress</p> <ul style="list-style-type: none"> i) Effects of Early Stressful Life Experiences 	
UNIT II: MODERATOR AND EFFECTS OF STRESS	<p>A) Personality and Stress</p> <ul style="list-style-type: none"> i) Type A Behaviour Pattern and Health ii) Type A Behaviour Pattern and Stress iii) Health and Type A Behaviour iv) Type C Personality and Stress v) Locus of Control vi) Hypersensitivity Personality vii) Cancer-Prone Personality viii) Depression-Prone Personality ix) Attribute Style <p>B) Psycho-Physiological Consequences of Stress</p> <ul style="list-style-type: none"> i) The Cardiovascular Disorders ii) Allergies iii) The Digestive System Disorders iv) Stress and Ageing v) Stress and Cancer vi) Stress and Acquired Immune Deficiency Syndrome (AIDS) vii) Other Indirect Effects of Stress 	15
UNIT III: COPING WITH STRESS	<p>A) Meaning and Definition of Coping</p> <ul style="list-style-type: none"> i) Styles of Coping ii) Goals of Coping <p>B) Measurement of Stress</p> <ul style="list-style-type: none"> i) Measurement in Laboratory ii) Physiological Measure iii) Major Life Events iv) Daily Hassles 	15

	<ul style="list-style-type: none"> v) Perceived Stress C) Individual Differences in Coping with Stress <ul style="list-style-type: none"> i) Personality ii) Psychological Hardiness iii) Tolerance for Stimulation iv) Attributional Style v) Learned Helplessness vi) Sense of Coherence vii) Gender and Coping 	
<p>UNIT IV: HEALTH PROMOTION AND PREVENTION OF ILLNESS</p>	<ul style="list-style-type: none"> A) Health Promotion <ul style="list-style-type: none"> i) Methods Used in Health Promotion ii) Dissemination of Information iii) Behaviour Change Methods iv) Incentives v) Social Engineering B) Levels of Preventive Health Behaviour <ul style="list-style-type: none"> i) Primary Prevention ii) Secondary Prevention iii) Tertiary Prevention C) Health Enhancement Through Primary Prevention <ul style="list-style-type: none"> i) Immunization ii) Safety Measures 	<p>15</p>

	<ul style="list-style-type: none"> iii) Diet and Nutrition <ul style="list-style-type: none"> a. What is Nutrition? b. Effects of Malnutrition c. Obesity d. Factors linked to Obesity e. Weigh Management iv) Exercise <ul style="list-style-type: none"> a. Benefits of Exercise b. Types of Exercise c. The Exercise Regimen v) Sleep <ul style="list-style-type: none"> a. Sleep Cycle b. Health Implication of Sleep vi) Personal Hygiene <ul style="list-style-type: none"> a. HIV Infection and AIDS b. Dealing with HIV vii) Genetic Screening <ul style="list-style-type: none"> a. Advantages and Disadvantages of Genetic Screening 	
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Reference Books

1. Manika Gosh (2015). Health Psychology-concepts in Health and Well-Being. Pearson Publication Delhi.
2. Madhukar K. Tajne (2017). Health Psychology-Basic Issues and Process. Ishika Publication House, Delhi, Jaipur.
3. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.

M.A. Psychology
Semester III
Paper-II
Abnormal Psychology-I

Co's

- 1. The paper aims at providing an overview of the concept of abnormality**
- 2. to help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders.**
- 3. This will sensitize them to information on abnormal psychology and dispel myths regarding it.**

Marks – Theory : 80
Int.Ass. : 20

Unit	Content	Hours
UNIT I: INTRODUCTION TO ABNORMAL PSYCHOLOGY	A) Abnormal Behavior and Society i) Defining Abnormal Behavior ii) Relating Abnormal Behavior iii) Explaining Abnormal Behavior iv) Treating Abnormal Behavior B) Classification and Assessment i) Classification of Abnormal Behavior based on DSM 5 and ICD 11 (Major categories) ii) Assessment	15
UNIT II: Causal Factors and Viewpoint of Abnormal Behaviour	A) Causes and Risk Factors for Abnormal Behaviour i) Necessary, Sufficient and Contributory Causes ii) Feedback and Bidirectionality in Abnormal Behaviour	15

	iii) Diathesis-Stress Model B) Viewpoints for Understanding the Causes of Abnormal Behaviour i) The Biological Viewpoint and Biological Casual Factors ii) The Psychodynamic Perspectives iii) The Cognitive Behavioural Perspective iv) The Humanistic-Existential Perspective v) The Socio-cultural Viewpoint and Socio-cultural Causal Factors	
UNIT III: ANXIETY DISORDERS AND OBSESSIVE-COMPULSIVE DISORDER	A) Anxiety Disorder Syndromes i) Panic Disorder ii) Generalized Anxiety Disorder iii) Phobia iv) Obsessive-Compulsive Disorder v) Posttraumatic Stress Disorder B) Interpreting and Treating Anxiety Disorder i) The Psychodynamic Perspective ii) The Behavioural Perspective iii) The Cognitive Perspective iv) The Biological Perspective	15
UNIT IV: SOMATOFORM AND DISSOCIATIVE DISORDERS	A) Somatoform disorder i) Somatization Disorder ii) Hypochondriasis Disorder iii) Pain Disorder iv) Conversion Disorder v) Causal Factors in Somatoform Disorder vi) Treatment and outcomes in Somataform Disorder B) Dissociative Disorder i) Dissociative Amnesia and Fugue ii) Dissociative Identity Disorder iii) Depersonalization Disorder iv) Causal factors in Dissociative Disorder v) Treatment and Outcomes in Dissociative Disorder	15

Reference Books

1. Butcher J.N., Hooley J.M., Mineka S & Dwivedi, C.B., (2018). Abnormal psychology. 16th Edn. Pearson publication New Delhi.
2. Oltmanns. T.F., (2016). Abnormal psychology, 8th Edn. Pearson Publication, New Delhi.
3. Sarason I.G., & Sarason, B.R., (2010). Abnormal Psychology: The problem of Maladaptive Behaviour, 11th Edn. PHI Learning Pvt. Lmt New Delhi.

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4. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). *Abnormal psychology: Current perspectives* (9th ed.). Delhi: Tata McGraw-Hill.
 5. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM5 (5th Ed)
 6. Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology* (2nd ed.). Pacific Grove: Books/Cole.
 7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Edn. Pearson Education, India.
 8. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). New York: Wiley.
 9. Comer, R.J. (2007). *Abnormal psychology* (6th ed.). New York: Worth Publishers.
 9. Sue, D., Sue D. W. & Sue S. (2006) "Abnormal Behavior" (8th Ed) Houghton Mifflin Company

M.A. Psychology
Semester III
Paper-III
CLINICAL PSYCHOLOGY

Marks – Theory : 80
Int.Ass. : 20

Co's

:

- 1. Develop a basic understanding about assessment and interventions in the context of clinical psychology.**
- 2. Demonstrate familiarity with scientific, ethical, legal, and practice-oriented issues in the field**
- 3. Demonstrate the Methods of assessment and intervention in clinical psychological practice within the contemporary healthcare environment**

Unit	Content	Hours
UNIT I : INTRODUCTION AND FOUNDATION OF CLINICAL PSYCHOLOGY	A) Definition and Characteristics of Clinical Psychology i) Definition ii) Characteristics of Clinical Psychology i) Emphasis on Science ii) Emphasis on Individual iii) Emphasis on helping B) Activities and Work setting of Clinical Psychologist i) Research ii) Teaching iii) Psychotherapy iv) Consultation v) Administration C) Distinguishing Clinical Psychology from Related Profession i) Psychiatry ii) Counseling Psychology iii) School Psychology iv) Social Work v) Other Related Profession	15
UNIT II: HISTORY AND RECENT DEVELOPMENTS	A) Ancient Roots B) Eighteen and Nineteenth Centuries	15

	<p>C) The Birth of a Discipline : 1890-1910 D) Childhood: World War I through World War II E) Adolescence : Post WWII and the Development of an Identity F) Adulthood: Milestones and Growing Pains</p>	
NIT III: MODELS IN CLINICAL PSYCHOLOGY	<p>A) The Role of Theoretical Models B) Psychoanalysis C) Biological Model D) Interpersonal Model E) Humanism F) The Behavioural Model G) Cognitive Model</p>	15
UNIT IV: SPECIALIZATION IN CLINICAL PSYCHOLOGY: FORENSIC PSYCHOLOGY	<p>A) Definition B) Psychology and Law C) Expert Witnesses D) Psychology and Criminal Law E) Civil Commitment F) Child Abuse and Neglect G) Training and Certification in Forensic Psychology</p>	15

Reference Books

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
3. Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
4. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
5. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues (5th ed.). New Delhi: Asian Books Pvt. Ltd. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). Psychologists' desk reference. Oxford: Oxford University Press.
6. Marks, D.F., & Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
7. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press.

M.A. Psychology
Semester III
Paper-IV
COUNSELLING PSYCHOLOGY

Marks – Theory : 80
Int.Ass. : 20

Co's

- 1. Understand the nature and process of counseling**
- 2. Acquire the listening and communication skill for counseling.**
- 3. Understand the personal and professional aspects of counseling**

Unit	Content	Hours
UNIT I: INTRODUCTION TO COUNSELING	A) Definition and Goals of Counseling B) Training, Job Setting and Activities of Counselor C) Stages of the Counseling process D) Characteristics of Counselor E) Written Communication and Counseling i) Aims and objectives of record keeping ii) File composition	15
UNIT II: BUILDING THE COUNSELING RELATIONSHIPS, AND IN DEPTH EXPLORATION	A) Communication and Building the Counseling Relationship B) The Core Conditions of Counseling C) Counselor's Actions that Impede Communication D) In Depth Exploration i) Goals and methods ii) Advanced empathy iii) Immediacy iv) Confrontation v) Interpretation vi) Role playing	15
UNIT III : ETHICS, COMMITMENT TO ACTION AND TERMINATION	A) Ethics in Counseling i) Codes of Professional Ethics ii) Ethical Principals iii) Ethical Theory iv) The Relationship between Ethics and the Law	15

	v) Common Ethical Violation by Mental Health Professionals B) The Process of Goal Setting C) Design and Implication of Action Plans D) Termination	
UNIT IV: COUNSELLING STRATEGIES AND TECHNIQUES	A) Assessment and Diagnosis in Counseling B) A Frame of Reference for Understanding Assessment and Diagnosis C) Components of Effective Assessment D) Tools for Effective Diagnosis E) Placement of Assessment in The Counseling Process: Risk and Opportunities F) Intake Interviews G) Mistakes Counselors Make in the Assessment Process	15

Reference Books

1. Welfel, E. R. and Patterson L.E. (2005), The counseling Process: A Multitheoretical integrative Approach' CENGAGE Learning India private Ltd. New Delhi.
2. Tajne. M.K., (2017). Handbook of Counseling, ABD publishers, New Delhi
3. Gladding, S.T. (2012), Counseling: A Comprehensive Profession, 7thEdn. Pearson publication, New Delhi.
4. Gibson, R.L. & Mitchell, M.H. (2006), Introduction to Counselling and Guidance, Printice Hall of India Private Ltd., New Delhi.
5. Nelson R. & Jones (2008), Basic Counselling Skills: A Helper's Manual. Sage Publication, India private Ltd. New Delhi.

OR

M.A. Psychology
Semester III
Health and Behavior – I

Co's:

- To acquaint the students with the nature and significance of the emerging area of health psychology within a life-span perspective.
- To highlight the importance of social and psychological processes in motivation and emotion.
- To focus on the behavioural factors in the field of social psychology.

Marks – Theory : 80
Int.Ass. : 20

Unit	Content	Hours
UNIT I: Motivation and Emotion	1 - Motivation- definition of scope and type <ul style="list-style-type: none"> - Hunger and Eating - Sexual Behaviour 2 Emotion- definition, scope and type <ul style="list-style-type: none"> • Key Elements of emotion • Theories of Emotion 	15

	<ul style="list-style-type: none"> • Emotions, Feelings, and Moods 	
UNIT II: : Developmental Psychology	<ul style="list-style-type: none"> • What Is Lifespan Development • Lifespan Theories • Stages of Development • Death and Dying 	15
UNIT III: Intelligence, creativity and Testing	<ul style="list-style-type: none"> • What Are Intelligence • Creativity • Measures of Intelligence • The Source of Intelligence • Intelligence and Creativity Testing 	15
UNIT IV: Social Psychology	<ul style="list-style-type: none"> • What Is Social Psychology? • Self-Presentation • Attitudes and Persuasion • Conformity, Compliance, and Obedience • Prejudice and Discrimination • Aggression 	15

Reference Books

1. Manika Gosh (2015). Health Psychology-concepts in Health and Well-Being. Pearson Publication Delhi.
2. Madhukar K. Tajne (2017). Health Psychology-Basic Issues and Process. Ishika Publication House, Delhi, Jaipur.
3. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.
4. Franken, R. E. (2007). Human motivation. USA: Thomson Higher Education.
5. Buck, R. (1976) Human Motivation and Emotion, New York: Wiley.
6. Baron, R. A., & Branscombe, N.R., (2012) Social Psychology (13th Ed). New Delhi: Pearson.
7. Baumeister, R. F., & Bushman, B. J., (2011). Social Psychology and Human Nature (2nd Ed). USA: Cengage Learning.

M.A. Psychology
Semester III
Paper-V
Practical

COs:

After successful completion of Laboratory work, the students will be able: (Any 8 of the following)

1. To analyze cognitive abilities by conducting experiments on assertiveness, intelligence and emotional stability
2. To judge the process of adjustment and comprehension
3. To understand the concept of cognitive style and personality.
4. To apply the knowledge of defense mechanism and behaviorism.

A) Any Eight of Following

- 1. Clinical Analysis Questionnaire**
- 2. Neuroticism Scale Questionnaire**
- 3. Eight State Questionnaire**
- 4. Clinical Case Study Form**
- 5. PGI Quality of Life**
- 6. PGI Health Questionnaire**
- 7. Spiritual Intelligence Scale**
- 8. Sentence Completion Test**
- 9. Maudsley Personality Inventory**
- 10. Reaction to Frustration**
- 11. Sinha's Comprehensive Anxiety Scale**
- 12. Mental Health Inventory**
- 13. Rorschach Ink Blot Test**
- 14. Social Phobia Scale**

**M.A. Psychology
Semester III
Paper-VI
Research Project Phase I**

(30 Marks - Internal)

Co's

- 1. Student will be able to understand research.**
- 2. Introduce the basic concept of research methodology in Psychology.**
- 3. Will also enable the student to prepare report writing and forming research proposals.**
- 4. Will help them to select an appropriate research design.**
- 5. Will able to demonstrate the ability to choose methods appropriate to research objectives.**
- 6. Will develop skills in qualitative and quantitative data analysis and presentation.**

Contents	<ul style="list-style-type: none"> • Sampling • Scientific Research • The problem and the hypothesis • Review of Literature • Variable • Research Design • Carrying out Statistical Analysis • Writing a Research Report and A Research Proposal
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**M.A. Psychology
Semester III
Paper-VII
Case Study**

(40 Marks)

Co's

- 1. Case studies can be used to help students to understand simple and complex issues.**
- 2. Case studies can be simple problem where students find out a solution to more complex seriousness.**
- 3. Case studies can effectively engage students in problem solving and deriving creative solutions.**

<p style="text-align: center;">Case History Taking – Adult/Child</p>	<p style="text-align: center;">Adult</p> <ol style="list-style-type: none"> 1. Complaints and their duration 2. History of parent illness (HOPI) 3. Past History 4. Family History 5. Personal History 6. Premorbid Personality 7. Mental Status Examination (MSE) 8. Psychomotor Activity 9. Cognitive Function 10. Clinical Formation 11. Diagnosis 12. Therapeutic plan of case
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	<p style="text-align: center;">OR</p> <p style="text-align: center;">Child</p> <ol style="list-style-type: none"> 1. Identifying Data 2. Personality Complaints 3. Family History (Generational Genogram) 4. Personal History 5. Past History 6. Temperament 7. Supportive Factors 8. Mental Status Examination (MSE) 9. Summary/Clinical Formulation 10. Differential Diagnosis 11. Therapeutic plan of action
<p style="text-align: center;">Case History Taking – Psychiatric</p>	<p style="text-align: center;">Psychiatric</p> <ol style="list-style-type: none"> 1. General Instruction 2. Introductory Statement 3. Demography 4. Mode of Referral 5. History of presenting complaint 6. Current Neurological status 7. Past Psychiatric History 8. Forensic History 9. Substance abuse history 10. Family psychiatric history 11. Medical History 12. Social History 13. Premorbid Personality 14. Physical Examination 15. Mental Status Examination (MSE)

M.A. Psychology
Semester III
Paper-VIII
Skill Enhancement Course (SEC)

Stress Management Techniques

(30 Marks - Internal)

Co's :-

- 1. Student will understand technique of mindfulness and the basic principles of stress management.**
- 2. Recognize one's stress triggers and how to manage them.**
- 3. Develop proactive responses to stressful situations.**
- 4. Use coping skills for managing stress both on and off the job.**
- 5. Learn to manage stress through diet, sleep and other lifestyle factors.**
- 6. Develop a long term action plan to minimize and better manage stress.**
- 7. Able to describe the relationship between stress, human health and management.**
- 8. Able to evaluate the effectiveness of stress management strategies and relaxation techniques on a personal level.**
- 9. Know how to enhance the technique of meditation and hypnosis.**
- 10. Student will learn the biofeedback.**

UNIT I

Stress Management: Basic Techniques of Stress Management
 Medical Approach
 Behavioral Approaches to Stress Management
 Relaxation
 Bio-feedback

	Meditation Transcendental Meditation (TM) Mindfulness Hypnosis
UNIT II	Cognitive Approaches to Stress Management Systematic Desensitization Cognitive Restructuring Rational-emotive Therapy (RET) Self-development Approach Assertiveness Time Management Learning to be Happy

Nature of Examination	
Practical demonstration on client / students	20 Marks
Viva-Voice on Practical session	10 Marks

M.A. Psychology Semester IV

Paper-I

HEALTH PSYCHOLOGY

Cos:

1. By the end of UNIT-I the students will be able to understand history and views of Health Psychology and know new technology in health psychology.
2. By the end of UNIT-II the students will be able to understand the various parts of nervous system, cardiovascular system and digestive system.
3. By the end of UNIT-III, the students will be able to analyze health and behavior.
4. By the end of UNIT-IV the students will be able to Analyze health compromising behavior like drug abuse, alcohol and drug addiction.

Marks – Theory : 80
Int.Ass. : 20

Unit	Content	Hours
(UNIT I: INTRODUCTION TO HEALTH PSYCHOLOGY)	A) Definition i) Goals of Health Psychology ii) History of Disease Care a. Ancient Indian System b. Ancient Chinese Medicine iii) Medical Practices in Ancient Greece and Rome B) Pathway to Modern Medical Inquiry i) The infectivity of Biomedical Model of Health ii) Psychoanalytical View iii) Psychosomatic Medicine iv) Behavioural Medicine v) Bio-Psychosocial Model of Health C) Pathway to Modern Medical Inquiry i) The Infectivity of Biomedical Model of Health ii) Psychoanalytical View	15

	<ul style="list-style-type: none"> iii) Psychosomatic Medicine iv) Behavioural Medicine v) Bio-Medical Model of Health D) Emergence of Health Psychology i) Illness Patterns Today ii) Rising Costs of Health Care iii) New Age Technology iv) Increase in Health Care Concerns v) Change in Medical Perspective 	
UNIT II: PHYSIOLOGY OF HEALTH	<ul style="list-style-type: none"> A) The Nervous System <ul style="list-style-type: none"> i) Central Nervous System (CNS) <ul style="list-style-type: none"> a. Forebrain b. The Mid Brain c. The Hind Brain d. The Spinal Cord ii) The Peripheral Nervous System <ul style="list-style-type: none"> a. Disorders of Nervous System B) The Endocrine System <ul style="list-style-type: none"> i) Adrenal Glands ii) Other Endocrine Glands iii) Disorders C) The Cardiovascular System <ul style="list-style-type: none"> i) The Heart ii) Blood <ul style="list-style-type: none"> iii) Plasma iv) Blood Cells D) The Digestive System and Related Disorders E) The Respiratory System and Related Disorders F) Genetic Process and Health G) Immune System and Related Disorders 	15
UNIT III: HEALTH AND BEHAVIOUR	<ul style="list-style-type: none"> A) Lifestyle, Risk Factors and Health, B) Health Behaviour C) Theories of Health Behaviour D) Motivational Models <ul style="list-style-type: none"> i) Health Belief Model ii) Protection Motivation Theory iii) Planned Behaviour or Reasoned Action Theory iv) Learning Theory <ul style="list-style-type: none"> a. Classical Conditioning b. Operant Conditioning c. Modelling 	15

	<p>E) Behavioural Enactment Models</p> <p>i) Implementation Intention</p> <p>ii) Goal Theory</p> <p>iii) Multi-stage Models of Health Behaviour</p> <p>iv) Transtheoretical Model</p> <p>v) Precaution Adoption Process Model (PAPM)</p> <p>vi) Health Action Process Approach (HAPA)</p>	
<p>UNIT IV: HEALTH COMPROMISING BEHAVIOUR</p>	<p>A) Substance Abuse and Dependence</p> <p>i) Tobacco</p> <p>a. Cessation of Smoking</p> <p>ii) Alcohol</p> <p>a. Effects of Alcohol Consumption</p> <p>b. Dealing with Alcoholism</p> <p>iii) Drug Abuse</p> <p>a. Effects of Drug Addiction</p> <p>b. Dealing with Drug Addiction</p> <p>iv) Non-Substance Abuse-Technology Addiction</p> <p>a. The Prevalence of Technology Addiction and Cause for Concern</p> <p>b. Proneness to Technology Addiction</p> <p>c. Assessment of Technology Addiction</p>	<p>15</p>

Reference Books

1. Manika Gosh (2015). Health Psychology-concepts in Health and Well-Being. Pearson Publication Delhi.
2. Madhukar K. Tajne (2017). Health Psychology-Basic Issues and Process. IshikaPublication House, Delhi, Jaipur.
3. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.

M.A. Psychology
Semester IV
Paper-II
Abnormal Psychology II

Marks – Theory : 80
Int.Ass. : 20

Co's

The paper aims at providing an overview of the concept of abnormality and to help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders. This will sensitize them to information on abnormal psychology and dispel myths regarding it.

Unit	Content	Hours
UNIT I : MOOD DISORDERS AND SUICIDE	A) Unipolar Mood Disorder i) Depression that are not Mood Disorders ii) Mild to Moderate Depressive Disorders iii) Major Depressive Disorders iv) Causal Factors in Unipolar Mood disorders B) Bipolar Mood Disorder i) Cyclothymia ii) Bipolar Disorders iii) Schizoaffective Disorder iv) Causal factors in Bipolar Disorder C) Treatment and Outcomes D) Suicide	15
UNIT II: PERSONALITY DISORDERS	A) Clinical Features of Personality Disorders B) Categories of Personality Disorders C) Causal factors in Personality Disorders	15

	D) Treatment and Outcomes E) Antisocial Personality and Psychopathy	
UNIT III: SUBSTANCE RELATED AND OTHER ADDICTIVE DISORDERS	A) Alcohol Abuse and Dependence B) Drug Abuse and Dependence C) Other Addictive Disorders: Hyperobesity and Pathological Gambling D) The Genetics of Alcoholism.	15
UNIT IV: THE SCHIZOPHRENIA AND DELUSIONAL DISORDER	A) The Schizophrenia B) The Clinical Picture in Schizophrenia C) Classic Subtype of Schizophrenia D) Causal Factors in Schizophrenia E) Treatment and Outcomes F) Delusional Disorder (Paranoia)	15

Reference Books

1. Butcher J.N., Hooley J.M., Mineka S & Dwivedi, C.B., (2018). Abnormal psychology. 16th Edn. Pearson publication New Delhi.
2. Oltmanns. T.F., (2016). Abnormal psychology, 8th Edn. Pearson Publication, New Delhi.
3. Sarason I.G., & Sarason, B.R., (2010). Abnormal Psychology: The problem of Maladaptive Behaviour, 11th Edn. PHI Learning Pvt. Lmt New Delhi.
4. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). Abnormal psychology: Current perspectives (9th ed.). Delhi: Tata McGraw-Hill.
5. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM5 (5th Ed)
6. Barlow, D.H. & Durand, V.M. (1999). Abnormal psychology (2nd ed.). Pacific Grove: Books/Cole.
7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.
8. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th ed.). New York: Wiley. Comer, R.J. (2007). Abnormal psychology (6th ed.). New York: Worth Publishers.
9. Sue, D., Sue D. W. & Sue S. (2006) "Abnormal Behavior" (8th Ed) Houghton Mifflin Company

M.A. Psychology Semester IV

Paper-III

CLINICAL ASSESSMENT

Marks – Theory : 80

Int.Ass. : 20

Co's

- 1. Develop a basic understanding about assessment and interventions in the context of clinical psychology.**
- 2. Demonstrate familiarity with scientific, ethical, legal, and practice-oriented issues in the field.**
- 3. Demonstrate the Methods of assessment and intervention in clinical psychological practice within the contemporary healthcare environment.**

Unit	Content	Hours
UNIT I: GENERAL ISSUES IN PSYCHOLOGICAL ASSESSMENT	A) Planning The Assessment B) Data Collection C) Processing Assessment Data D) Communicating Assessment Findings	15
UNIT II: CLINICAL INTERVIEWS	A) Types of Clinical Interviews B) The Importance of Rapport C) Communication Strategies D) Diagnostic Interviewing E) Interviewing with Children	15
UNIT III: INTELLECTUAL, PERSONALITY AND EDUCATIONAL ASSESSMENT	A) Intelligence B) Interpretation of Individually administered test of Intelligence C) Educational Assessment D) Personality Assessment: Projective Methods and Objective Methods	15

UNIT IV: BEHAVIOURAL ASSESSMENT	A) Traditional Approaches to Assessment B) Defining Features of Behavioural Assessment C) Functional Analysis D) Behavioural Assessment Methods E) Assessment of Dysfunctional Cognations	15
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Reference Books

1. Hecker, J.E., & Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
2. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi
- Trull, T.J., & Phares, E.J. (2001). Clinical psychology: Concepts, methods, and profession (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
3. Holt, R.R. (ed.). (1984). Diagnostic psychological testing. Revised edition. New York: International Universities Press.
4. Kaplan, R.M., Saccuzzo, D.P. (2001). Psychological testing: Principles, applications, and issues (5th ed.). New Delhi: Asian Books Pvt. Ltd. Koocher, G.P., Norcross, J.C., & Hill III, S.S. (eds.). (1998). Psychologists' desk reference. Oxford: Oxford University Press.
5. Marks, D.F., & Yardley, L. (eds.). (2004). Research methods for clinical and health psychology. New Delhi: Sage.
6. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). Case analysis for abnormal psychology: Learning to look beyond the symptoms. Philadelphia: Psychology Press

**M.A. Psychology
Semester IV
Paper-IV
Elective**

PSYCHOTHERAPIES

Co's

- 1. The student will have a basic understanding of and be able to critique the major contemporary models of psychotherapy.**
- 2. The student will have practiced the basic techniques of the various psychotherapeutic models.**
- 3. The student will appreciate the multifaceted and complex nature of psychological issues and their treatment.**
- 4. The student will continue to develop his/her own theory and approach to counseling and psychotherapy.**
- 5. The student will be aware of current research in the field.**
- 6. The student will be stimulated to further study, thought, and awareness of standards on issues related to the field.**

**Marks – Theory : 80
Int.Ass. : 20**

Unit	Content	Hours
UNIT I: INTRODUCTION TO PSYCHOTHERAPIES	A) Nature and Definition of Psychotherapies B) Goals or Purposes of Psychotherapy C) Types of Psychotherapy D) Modes of Psychotherapy E) Nature of Therapeutic Variables F) Course of Psychotherapy	15
UNIT II: PSYCHODYNAMIC PSYCHOTHERAPY	A) Psychoanalysis B) Psychoanalytic Theory since Freud	15

	i) Carl Jung's Analytical Psychotherapy ii) Alfred Adler's Individual Psychotherapy iii) The Neo-Freudians iv) The Ego Psychologists v) The Object Relations Theorists vi) Brief Psychodynamic Theory vii) Interpersonal Psychotherapy	
UNIT III: BEHAVIOUR THERAPY	A) Basic assumptions & various forms of behavior therapies B) Systematic Desensitization & Flooding, Implosive Therapy, Aversive Therapy C) Bio-Feedback Technique D) Assertiveness Training	15
UNIT IV: COGNITIVE, HUMANISTIC AND EXISTENTIAL THERAPIES	A) Cognitive Therapies: i) Rational Emotive Behaviour Therapy ii) Beck's Cognitive Therapy B) Roger's Client Centered Therapy C) Gestalt Therapy D) Logo Therapy & Reality Therapy E) Lazarus Multimodal Therapy F) Transactional Analysis	15

Reference Books

1. Capuzzi, D., & Gross, D.R. (2016). Counseling and Psychotherapy: theories and interventions 6 thEdn. Pearson Education: India.
2. Corey, G. (2013). Theory and practice of counseling and psychotherapy 9thEdn. Cengage Learning New Delhi
3. Tajne. M.K., (2017). Handbook of Counseling, ABD publishers, New Delhi
4. Seligman, L., &Reichenberg, L,. (2014). Theories of counseling and psychotherapy: Systems, Strategies and skills, PHI Learning private liited Delhi.
5. Woolfe, R. & Dryden, W (1996). Handbook of counseling psychology. New Delhi: Sage.
6. Stewart, I. (2000). Transactional analysis counseling in action. London: Sage.
7. Watts, A. W. (1973). Psychotherapy: East and West. London: Penguin books.
8. Rama,S. &Ballentine, R. &Ajaya, S.(1976). Yoga and psychotherapy. Hinsdale, PA: Himalayan International Inst.
9. Ajay, S.(1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
10. Veereshwar, P. (2002). Indian systems of psychotherapy. Delhi: Kalpaz publications

OR

M.A. Psychology
Semester IV
Elective

Health and Behavior – II

Co's

- To impart an introduction to the concept, forms/types and sources of stress phenomenon within a life-span perspective;
- To discuss in brief the nature, consequences, and management of emotional vital signs of health/well-being;
- To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress-health/well-being linkage;

Marks – Theory : 80
Int.Ass. : 20

Unit	Content	Hours
UNIT I: Stress, Health and Adjustment	<ul style="list-style-type: none"> • What Is Stress? • Stressors • Stress and Illness • -Regulation of Stress • The Pursuit of Happiness 	15

UNIT II: Approaches to Abnormality	What Are Psychological Disorders? Diagnosing and Classifying Psychological Disorders Perspectives on Psychological Disorders	15
UNIT III Major Categories of Psychological Disorders	Anxiety Disorders Obsessive-Compulsive and Related Disorders Posttraumatic Stress Disorder Mood Disorders Schizophrenia Dissociative Disorders Personality Disorders Disorders in Childhood	15
UNIT IV: Treatment of Psychological Disorders	Mental Health Treatment: Past and Present Types of Treatment Treatment Modalities Substance-Related and Addictive Disorders: A Special Case The Sociocultural Model and Therapy Utilization	15

Reference Books

1. House, Delhi, Jaipur. Aboud, F.E. (1998). Health Psychology in Global Perspectives. Thousand Oaks, CA: Sage.
2. . American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM5 (5th Edi)

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3. Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology* (2nd ed.). Pacific Grove: Books/Cole
 4. .
 5. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Edn.
 6. Pearson Education, India.

 7. Davison, G.C. Neal, J.M. &Kring, A.M. (2004). *Abnormal psychology*. (9thed.). New York:
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 9. Sue, D., Sue D. W. & Sue S. (2006) “*Abnormal Behavior*” (8th Edi) Houghton Mifflin
 10. Company

M.A. Psychology
Semester IV
Paper-V

Practical's

Marks - 100

COs:

After successful completion of Laboratory work, the students will be able: (Any 8 of the following)

5. To analyze cognitive abilities by conducting experiments on assertiveness, intelligence and emotional stability
6. To judge the process of adjustment and comprehension
7. To understand the concept of cognitive style and personality.
8. To apply the knowledge of defense mechanism and behaviorism.

A) Test Administration (Any Eight)

- 1) Medico Psychological Questionnaire
- 2) Assertiveness Inventory
- 3) Beck's Depression Inventory
- 4) Dysfunction Analysis Questionnaire
- 5) Defense Mechanism Inventory
- 6) Bhatia Battery of intelligence
- 7) Type A /B Behavioral Pattern Scale
- 8) Comprehensive Scale of Tension
- 9) TAT
- 10) Dysfunction Analysis Questionnaire
- 11) Emotional Stability
- 12) Cognitive Style
- 13) Deprivation Scale
- 14) Martial Adjustment Scale

**M.A. Psychology
Semester IV
Paper-VI**

Research Project Phase II

Marks - 100

<p>Contents</p>	<ul style="list-style-type: none">• Selection of Topic• Preparation of Plan/Outline/Framework• Data Collection• Data Analysis and data interpretation• Report Writing• Dissertation
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