



**SANT GADGE BABA AMRAVATI UNIVERSITY,
AMRAVATI**

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती

(FACULTY OF INTER-DISCIPLINARY STUDIES)

आंतर-विद्याशाखीय अभ्यास विद्याशाखा

P.G Diploma in Counseling and Psychotherapy

M.A. Part I (Counselling and Psychotherapy)

Semester – I & II

Syllabus

(NEPv23)

Session – 2023-24

SantGadge Baba Amravati University, Amravati
Faculty: Interdisciplinary
Two Years – Four Semester Master’s Degree Programme – NEP v23
Programme
M.A. In Counselling and Psychotherapy

Part A

As per the provisions in the Maharashtra Public Universities Act, 2016 (Mah. Act No. VI of 2017) Clause 45(1), Lifelong Learning and Extension is to create skilled and learned human resources through its various teaching-learning and skills development programmes in higher education. As a part of this initiative, SantGadge Baba Amravati University propose to launch Two years M.A. Lifelong Learning programme from the academic year 2019-20 through Department of Lifelong Learning & Extension under the Faculty of Interdisciplinary . Master of Arts in Lifelong Learning is an innovative programme which provides the set up for bringing the real world of work in to classroom and gives the opportunities to learner directly involved in development process in community. It would provide learners a wider and more comprehensive understanding of lifelong learning as a field of knowledge and would accommodate a wide variety of learners’ needs. It is emphasized on knowledge generation process and provide the suitable learning culture to the capabilities enhancement for lifetime and generating social capital.

OBJECTIVES OF THE PROGRAMME:

The M. A. In counselling and psychotherapy at Department of Life Long Learning and Extension in Sant Gadge Baba Amravati University started in 2017, aim to train students in counselling and psychotherapy wherein research and testing principles could be used to probe psychological problems. Student learn how to deal with people facing severe mental illness and conditions that would require long term treatment career and rehabilitation. The programme develops client ability to establish and maintain relationship. Student in this programme trained to select administer score and interpret various types of psychological tools in research.

- Postgraduate students will be able to 1. Understand concept of abnormal psychology 2. Understand personality and developmental disorders.
- Postgraduate students will be able to gain fundamental knowledge of primary and advanced psychotherapy.
- Students will be able to 1. Understand process of different fields of counselling. 2 understand teaching learning process.
- Students will be able to 1. Understand fundamental knowledge of scientific methods and research. 2. Write research proposal, thesis, research paper etc...
- Students will be able to understand family problems and marital counselling.
- Students will be able to gain fundamental knowledge of health problems and counselling.
- Students will be able to Understand various facets of workplace counselling and evaluation of Workplace counselling.

ELIGIBILITY:

A bachelor’s degree in any Graduate from a recognized University. The intake Capacity being limited for 60 seats only.

Exit Option:

Exit Option with a PG Diploma in Counselling and Psychotherapy with 4 Credits On-the-job training/internship in the respective Major subject. Student has to earn Total minimum 4 Credits cumulatively during Vacations of Semester I and Semester II from internship in order to exit after First Year with PG Diploma in Counselling and Psychotherapy with 44 Credits after Three Year UG Degree.

DURATION:

The M.A. (Counselling and Psychotherapy) Programme of full time Two years (Four Semester).

Employability Potential of the Programme:**(I) Psychotherapist**

As a psychotherapist you have to 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.

(II) 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.

(III) Counselling 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 paediatrics. As a counsellor you'll be involved in helping clients come to better terms with their lives and experiences through exploration of feelings and emotions.

(IV) Psychology careers in education nowadays, number of private schools offer school counsellor 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.

(V) 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.

(VI) Media and advertising

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

(VII) 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.

(VIII) 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

Sant Gadge Baba Amravati University, Amravati.

Faculty:Interdisciplinary

Two Years - Four Semester Master’s Degree Programme-NEP v23

M.A. In Counselling and Psychotherapy

Semester I

Sr. No	Code of the Course	Code of the Subject	Title of the Course/Subject	Total Number of Hours	Credit
1.	RM and IPR	CPT 101	Research Methodology- I	60	04
2.	DSC I.I	CPT 102	Fundamentals of Psychology	60	04
3.	DSC II.I	CPT 103	Fundamentals of Counselling and Fields of Counselling	60	04
4.	DSC III.I	CPT 104	Psycho-Diagnostics	60	04
5.	DSE I.I Or DSE II.I	CPT 105 A CPT 105 B	Human Development and Family Relationship Or Cognitive Psychology	60	04
6.	DSC I.I LAB	CPT 106	Practical	04	02
Total Credit					22

This paper consists of eight laboratory experiments/Tests, Analysis of a Film/Case and seminar. Each student shall complete eight experiments and submit record book containing reports of experiment, Tests, Analysis of a Film/Case and Seminar.

1)Experiments (Any Four)

- 1. Substitution Learning
- 2. Memory Span
- 3. Recall and Recognition
- 4. Mental Set
- 5. Muller Lyer Illusion
- 6. Habit interference
- 7. Effect of knowledge of result on performance
- 8. Judgement of Emotion

2)Test (Any Four)

- 1. Intelligence
- 2. Creativity
- 3. Emotional Intelligence
- 4. Personality
- 5. Aptitude
- 6. Attitude

3) Visits- Four- Visits to Agencies like Family Court, Observation Homes, Central Prison, Hospitals, De –addiction Centre, Family Counselling Centre etc. A student has to prepare & present a PPT based on his/her given visit (Any one)

4) Viewing & Analysis of a film based on Psychological Disorder.

Semester II

Sr. No	Code of the Course	Code of the Subject	Title of the Course/Subject	Total Number of Hours	Credit
1.	DSC I.II	CPT 201	Abnormal Psychology I	60	04
2.	DSC II.II	CPT 202	Psychotherapy I	60	04
3.	DSC III.II	CPT 203	Counselling Skills and Practices	60	04
4.	DSE I.II Or DSE II.II	CPT 204 A CPT 204 B	Vocational Guidance and Counselling Or Personality Theories	60	04
5.	DSC II.I LAB	CPT 205	Practical Internship	04 04	02 04
Total No of Credit					22

1) Test (Any Eight) :

1. Eysenck's Personality Questionnaire [EPQ]
2. Self Concept Inventory
3. Aggression Scale
4. Death Anxiety Scale
5. Youth Problem Check List
6. Mental Status Examination
7. Depression Scale
8. Stress Scale
9. Social Maturity Scale
10. Old Age Adjustment Inventory
11. Mental Health Inventory
12. TAT/Rorschach Ink Blot Test

2) Internship

- Two case studies (presentation and report) to be conducted on Psychological disorders.
- Presentation of report of Internship a power point presentation shall be made by the examinee pertaining to the internship 120 hours, in the presence of external examiner. An examiner has to face and answer the questions asked by the examiner with regards personal and technical preparations for internship and experiences gained during internship.

Sant Gadge Baba Amravati University, Amravati.

Faculty: Interdisciplinary

Two Years - Four Semester Master's Degree Programme-NEP 23

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
1	RM and IPR	CPT 101	Th-Major	Research Methodology and Intellectual Property Right	60	4

Cos :

- Through this paper, students know about fundamental and advance methodology in research.
- The main objective of the IPR is to make the students aware of their rights for the protection of their invention done in their project work.
- To get registration in our country and foreign countries of their invention, designs and thesis or
- Theory written by the students during their project work and for this they must have knowledge of
- .Patents, copy right, trademarks, designs and information Technology Act.
- Different types of IPR's.

Unit	Content
Unit I	Social Research: A) Meaning & Objective B) Scientific method: Meaning of Characteristics C) Importance & utility of Social Research (12 Periods)
Unit II	Major steps in Scientific Research: A) Formulation of Research Problems: Selection of the Problems B) Hypothesis: Sources of Hypothesis, Characteristics of usable Hypothesis C) Research Design: Exploratory Research Design, Descriptive Research Design Diagnostic Research Design. Experimental Research (12 Periods)
Unit III	Data Collection : A) Primary and Secondary sources of data B) Tools of Data Collection i) Observation: Meaning and types ii) Questionnaire: Meaning, Nature and features of good Questionnaire iii) Interview: Main Steps of Interview Techniques, Types, Qualities of good interviewer. iv) Schedule: Meaning and Types of Schedule, Process of Preparing Schedule (12 Periods)
Unit IV	A) Scaling Techniques : i) The Bogardus social distance scale, Sociometric Scale. ii) Validity & reliability in Social Research B) Problems of Study in Social Research : i) Nature of social phenomena ii) Objectivity: meaning, importance & difficulties in objectivity iii) Subjectivity

	iv) Issues of Measurement in Social Science Research (12 Periods)
Unit V	Intellectual Property Rights: i) Introduction to IPR :-Meaning of Property, Origin, Nature, Meaning of Intellectual Rights. ii) Patent Rights and Copy Rights. iii) Trade Marks: -Origin, Meaning and Nature of Trade Marks. iv) Designs:-Meaning, Definition, Object, Registration of Design (12 Periods)

Reference Books:

- 1.Merton, Robert: Social Theory and Social Structure
- 2.Goode, W and Hatt P. Methods in Social Research
- 3.Jahoda, M. Deuteck and cook : Research Methods in Social Relation.
- 4.Festinger, L.D. and Katz, D (ed): Research Methods inbehavioural Sciences.
- 5.Modge, J. Hie tools of Social Sciences
- 6.Young, P.V. Scientific Social Survey and Research.
- 7.Lazaras, Field P. (Ed): Language of social Research.
- 8.Wilkinson, T.S. and .P.L. Bhandarkar: Methodology and Techniques of social Research, Himalaya Publishing House, Bombay.
9. P.Qarrett: Statistics in Education and Psychology.
10. Mueller and Schuessler: StasticalResioning in Sociology.
11. P. Saravanel: Research Methodology.
- 12 Bose, PradipKumar : Research Methodology, New Delhi, ICCSR
13. D.A. Devaus, 1 986: Surveys in Social ResearchJLondon
- 14.Punch, Keith 1 986: Introduction to Social Research.
- 15.Mukharjee P.N. 2000 Methodology in social Research.
16. पु.ल. भांडारकर :सामाजिक संशोधन पद्धती,महाराष्ट्रराज्य ग्रंथनिर्मिती मंडळ, नागपूर.
17. वाजपेयी एस. आर. : सामाजिक अनुसंधान और सर्वेक्षण
18. सतपालरू हेला :सामाजिक सर्वेक्षण और अनुसंधान के मुलतत्त्वे
19. खैरनार दिलीप, राऊतप्रा. किशोर :सामाजिक संशोधन पद्धती.
20. आगलावे डॉ. प्रदिप, सामाजिक संशोधन पद्धतीशास्त्र व तत्रे, साईनाथ प्रकाशन नागपूर.
21. कहाडे डॉ.बी. एम. शास्त्रीय संशोधन पद्धती, पिंपळापुरे अॅण्ड कं. पब्लिशर्स नागपूर.
22. घाटोळे रा.ना. समाजशास्त्रीय संशोधन पद्धती व तत्वे, श्री. मंगेशप्र काशन नागपूर.
23. बौद्धिक संपदा हक्क: डॉ. वि.म. गोविलकर, डायमंड पब्लिकेशन
24. बौद्धिक संपदा हक्क: स्वरूप आणि समस्या, डॉ. जयश्री नेमाडे, प्रशांत पब्लिकेशन
25. Intellectual Property Rights in India, V. K. Ahuja, Volume 1 & Volume 2.
26. Encyclopaedia of Social Sciences.

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
2	DSC-I.1	CPT 102	Th-Major	Fundamentals of Psychology	60	4

Cos :

- To know about conceptual understanding of the psychological foundation of human behaviour.
- To know diverse perceptive on the functioning of human behaviour.
- Make possible links between various functions of the mind, emotion, learning etc...
- To deal with other Human binges by Understanding the different psychological concepts.

Unit	Content
Unit I	Introduction to Psychology A) Definition and goals of Psychology, schools of Psychology: Psychodynamic, behaviourism, humanistic, cognitive. Methods of Psychology-Experimental, Observation, survey, correlational and clinical method. B) Biological bases of behaviour: Function and structure of neuron, spinal cord and brain. Autonomic nervous system <p align="right">(12 Periods)</p>
Unit II	Branches of Psychology <ol style="list-style-type: none"> Relationship with other sciences Social Psychology, Health, Educational, Industrial Psychology. Nero Psychology Developmental Psychology Clinical Psychology Francis Psychology <p align="right">(12 Periods)</p>
Unit III	Motivation and Emotion A) Motivation: Definition, Motivational cycle, types of motives: Physiological, Psychological, Social motives. Hierarchy of motives B) Emotions: Definition, characteristics, physiological changes in emotion, role of limbic system. Theories of emotion- James-Lange, Cannon-Bard, Schechter Singer theory. C) Coping Mechanism <p align="right">(12 Periods)</p>
Unit IV	Intelligence and Personality A) Intelligence: Definition, types, the concept of IQ, distribution of IQ, types of intelligence, measurement, Theories of intelligence-Banet, Spearman, Thurston, and Guilford. B) Personality: Nature, definition, Personality measurement, Trait and type approach. Determinants of personality: heredity and environment <p align="right">(12 Periods)</p>
Unit V	Learning and Memory A) Learning: Definition, Types of learning, Methods of learning : imitation, Classical and instrumental conditioning, trial and error, insight learning B) Memory: Definition, stages of memory, sensory memory, short-term memory and long-term memory. Methods to measure retention, techniques to improve memory <p align="right">(12 Periods)</p>

Reference Books:

- 1) Myers, D. G. (2013): Psychology, McMillan, New Delhi.
- 2) Ciccarelli, S. and Mayer (2008): Psychology, Pearson-Longman South Asia Edition.
- 3) Baron and Misra (2016): Psychology (5thed.) Pearson, New Delhi.
- 4) Passer, M. W. and Smith, R. E. (2007): Psychology :The Science of Mind and Behaviour; Tata McGraw-Hill, New Delhi.
- 5) Thompson Wadsworth. Introduction to Psychology, Gateways to Mind and Behaviour. Singapore.
- 6) सिसरेली आणिमेयर (२००८) : अमृताओक, शोभना अभ्यंकर आणि शिला गोळाविलकर) मानसशास्त्र: पियरसन दक्षिण आशिया आवृत्ती.
- 7) निशा मुंधडा आणि शशिकांत खलाने (२०१३) मानसशास्त्राची मुलतत्वे : अथर्व प्रकाशन,
- 8) हिरवे आणि तडसरे (२००६) : सामान्य मानसशास्त्र, फडके प्रकाशन, कोल्हापूर.
- 9) ईनामदार, गाडेकर आणि पाटील (२००६) आधुनिक सामान्य मानसशास्त्र, डायमंड प्रकाशन, पुणे.
- 10) पंडित, कुळकर्णी आणि गोरे (१९९९) : सामान्य मानसशास्त्र, पिंपराळे प्रकाशन, नागपूर.
- 11) बडगुजर बच्छाव आणि शिंदे (२००६) सामान्य मानसशास्त्र विद्या प्रकाशन, औरंगाबाद.
- 12) पाध्ये व्ही. एस. (२०१५): आधुनिक सामान्य मानसशास्त्र, विद्या प्रकाशन, औरंगाबाद.
- 13) बोरूडे आर. आर. (२००२) बोधनिक मानसशास्त्र, छाया प्रकाशन, औरंगाबाद.
- 14) निंबाळकर, के. पी. (२०१६): मानसशास्त्रीय प्रयोग आणि परिक्षण, सायकोस्केन, वर्धा.
- 15) देशमुख, एन. एच. (२००७) : अभ्यास कौशल्य, वेदमुद्रा प्रकाशन, अमरावती

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
3	DSC-II.1	CPT 103	Th-Major	Fundamentals of counselling and fields of counselling	60	4

Cos :

Student should be able to:

- To do basic counselling of needy people
- To Apply family therapy to clients.
- Gain the knowledge of various fields of counselling.
- To able to solve various types of problems faced by industrial workers.

Unit	Content
Unit I	Introduction to Counselling and Family Therapy <ul style="list-style-type: none">• Counselling: Meaning, Scope and Goals of Counseling.• Characteristics of Effective Counsellor• Stages of Counselling• Ethics in Counselling <p style="text-align: right;">(12 Periods)</p>
Unit II	Schools of Family Therapy & Modalities of Counselling <p>Family Therapy: Meaning, Scope</p> <ul style="list-style-type: none">• Systemic Family Therapy• Solution Focused and Strategic Family Therapy• Structural Family Therapy• Cognitive Behavioural Family Therapy• Integrated Approach to Family Therapy• Family Interviewing• Crisis Intervention• Supportive Counselling• Psycho-education Unit• Social Skills Therapy <p style="text-align: right;">(12 Periods)</p>
Unit III	EDUCATIONAL COUNSELLING <p>Meaning, Scope and Types of Educational Counseling</p> <ul style="list-style-type: none">• Emotional and Behavioural Problems• School Difficulties• Child/Adolescent with Disability• Parent Management Training• Dealing with victims of child sexual abuse <p style="text-align: right;">(12 Periods)</p>
Unit IV	HEALTH COUNSELLING <p>Meaning, Scope and of Health Counseling</p> <ul style="list-style-type: none">• Working with Chronic Illness• Dealing with HIV/AIDS• Dealing with Cancer Patients• Dealing with Substance Abuse Unit• Dealing with Deliberate Self Harm <p style="text-align: right;">(12 Periods)</p>

Unit V	<p>INDUSTRIAL COUNSELLING</p> <p>Meaning, Scope and of Industrial Counseling</p> <ul style="list-style-type: none">• Organizational Behaviour,• Role overload,• Occupational Stress,• Labour –Management crisis,• Psychological & Mental health Problems,• Absenteeism,• Job performance• Maladjustment <p style="text-align: right;">(12 Periods)</p>
--------	---

Reference Books :

1. Band, Tim (1997) Standards and Ethics for Counselling in Action, New Delhi: SAGE
2. Aggarwal, J. C., (1998) Career information & Career Guidance: Theory & Practice, Doaba House, New Delhi.
3. Cochran, Larry, D., and Crow, Alice (1962) An Introduction to Guidance: Basic Principal and Practice, Eurasia Publication House Ltd. New Delhi
4. Deshpande, Chandra shekhar :Samopadeshan Praksriya, Pune

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
4	DSC-III.1	CPT 104	Th-Major	Psycho-diagnostics	60	4

Cos :

Student should be able to:

- Implement of psychological measurement.
- Familiarize with psychological test and access basic function of the mind and behaviour.
- To implement and Understand different types of assessment measures.

Unit	Content
Unit I	The Evolution of clinical psychology and contemporary clinical Psychology:- <ul style="list-style-type: none">• Defining the nature and scope of clinical psychology• Mental health professions• A brief History of clinical psychology• Activities of clinical psychologists• Employment Settings• The two pillars of clinical psychology: Science and ethics• Training in clinical psychology• Licensure in clinical psychology <p style="text-align: right;">(12 Periods)</p>
Unit II	Assessment: Interviewing and Observation <ul style="list-style-type: none">• Ethical issues: Limits of confidentiality• Unstructured Assessment interviews• Structured Diagnostic Interviews• General Issues in Interviewing• Observations <p style="text-align: right;">(12 Periods)</p>
Unit III	Assessment: Intellectual and cognitive measures <ul style="list-style-type: none">• Defining Intelligence• Theories of Intelligence• Assessing Intelligence: The Clinical context <p style="text-align: right;">(12 Periods)</p>
Unit IV	Assessment: Self – Report and Projective measures <ul style="list-style-type: none">• Self-Presentation biases• Developing Culturally appropriate measures• Projective measures of Personality <p style="text-align: right;">(12 Periods)</p>
Unit V	Clinical Assessment <ul style="list-style-type: none">• Introduction to Psychological Testing, Principles, Uses and classification.• Relation and administration of Tests• Personality testing• Aptitude test• Diagnostic psychological testing <p style="text-align: right;">(12 Periods)</p>

Reference Books:

1. George R. J. (2000) Psychological Testing: History : Principal & Application, Boston: Allyn&Baeen.
2. Anastasi, A. &Vrbina, S. (1977) Psychological Testing , USA: Prentice Hal
3. Garret, H.E. (1962) Statistic in Psychology & Education, London, Longmans
4. Sarason, I.G. and Sarson, B. R.(2005) Abnormal psychology. N.D. :Dorling Kindersley
5. Caroson, R. C., Butcher, J. N. Mineka,S, and Hooley, J.M.(2007)Abnormal Psychology 13th
6. Edition. Pearson Education India
7. Taylor,S.(2006) 6th Edition: Health Psychology.N. D: Tata McGhraw- Hill Publication

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
5	DSE-I.A	CPT 105 A	Th-Major Elective	Human development and family relationships	60	4

Cos :

Student should be able to:

- Know the history of human development.
- Know different stages of human development.
- To deal with different challenges and hazards in different stages of human development.
- To get familiars with family life cycle.

Unit	Content
Unit I	Introduction to Human Development <ul style="list-style-type: none"> • Concept of human development, Growth and Development, Biological Perspectives, • Psychoanalytic Theories: Cognitive, Learning and Intelligence Theories, Humanistic, • Ethological and Contextual Theories • Methods of Studying Development, role of nature and nurture in development • Methods of Studying Development, role of nature and nurture in development • Prenatal Development: Genetics, stages, characteristics and hazards of prenatal development • Infancy: Physical, emotional, major development and hazards in infancy. <p align="right">(12 Periods)</p>
Unit II	Childhood & Adolescence <ul style="list-style-type: none"> • Early and late childhood: characteristics, physical, social, cognitive and moral Development and hazards • Schooling and Development: Problems in Childhood, ADHD, Autism, learning disabilities. • Stages of adolescence: characteristics, physical and cognitive Changes, social, moral and self development. • Challenges and issues in adolescent development, Role of Parenting <p align="right">(12 Periods)</p>
Unit III	Adulthood and Aging <ul style="list-style-type: none"> • Early adulthood: characteristics and development, vocational adjustments, and family life • cycle, problems in it. • Middle adulthood: characteristics and development, midlife crisis and adjustments. • Late adulthood: characteristics, physical changes, problems and adjustment Challenges and Issues in aging Process <p align="right">(12 Periods)</p>
Unit IV	The Family: Theoretical Perspectives Diversity in Family Form,: Family Dynamics: Mapping Family Relationships: Family Theories-,

	(12 Periods)
Unit V	Family Life Cycle Stages – <ul style="list-style-type: none"> • Family Life Cycle • Marriage and the Beginning • Child Bearing Families • Families with Elementary and Middle School Children • Families with Teenagers • Families with Middle-aged Parents and Ageing Family Members
	(12 Periods)

Reference Books:-

1. Berk L. C.: Child Development (1996) 5th edition prentice hall of India PVT. Ltd.
2. Hurlock E. B.: “Developmental Psychology (1999) 6th edition TMH, New Delhi
3. Lahey B. B. (1998) Psychology, 6th edition TMH, New Delhi
4. Mussen Conger: Child Development.
5. Papalia D. E.: Human Development (2004) 9th edition TMH, New Delhi

Programme: M.A in Counselling and Psychotherapy

Semester: I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
5	DSE-I.B	CPT 105 B	Th-Major Elective	Cognitive Psychology	60	4

Cos :

Student should be able to:

- Students will be able to understand the Methods and Paradigms of Cognitive Psychology.
- Students will be able to Analyse Cognitive processes such as attention and perception.
- Students will be able to understand the stages of Language development in terms of reading, writing, and speaking.
- Analyse the Algorithms and Heuristics in problem-solving and evaluate the concept of creativity.

Unit	Content
Unit I	Introduction To Cognitivepsychology A) Origin and Brief History of Cognitive Psychology : i) Current status of cognitive psychology ii) Modern cognitive psychology B) Isms in Cognitive Psychology C) Methods of Cognitive Psychology D) Paradigms of Cognitive Psychology (i) Information Processing approach, (ii) Ecological approach <p align="right">(12 Periods)</p>
Unit II	AttentionandPerception A) Attention: i) Divided attention ii) Selective attention B) Theories of Attention i) Filter theory ii) Attenuation theory iii) Late selection theory iv) Multimode theory C) Theories of Perception i)Gestalt ii) Bottom-up iii)Top-down iv) Feature analysis v) Subliminal perception vi) extra sensory perception vii)signal detection theory <p align="right">(12 Periods)</p>
Unit III	Language A) Language Learning i) Stages of language development ii) Apes and language B) Understanding Spoken Language: i) Speech perception

	ii) Constituent structure iii) Transformation grammar iv) Factor Affecting comprehensive C) Reading i) Theories of word recognition ii) Reading and working memory D) Speaking i) Selecting the content of speech ii) Speech errors iii) Gesture iv) The social context of speech E) Writing i) Comparing speaking and writing ii) Cognitive task involved in writing <div>(12 Periods)</div>
Unit IV	Problemsolving A) Define Problem i) Stages of problem solving ii) Types of problem iii) Problem solving approach iv)Algorithms v) Heuristic vi) Means ends analysis vii) Computer simulation and analogy. <div>(12 Periods)</div>
Unit V	Creativity B) Creativity i) Define creativity ii) Measuring creativity iii) Attitude and Cognitive dissonance iv) Attribution theory. <div>(12 Periods)</div>

Reference Books :

1. Matlin, M. (1994). Cognition. Prism India Books
2. Solso, R.L. (2004). Cognitive Psychology (6th ed). Delhi: Pearson Education.
3. Stenberg, R. J. (2007). Cognitive Psychology. Australia: Thompson Wadsowrth.
4. Galloti, K.M.(2004). Cognitive Psychology In and Out of Laboratory. USA: Thomson Wadesworth.
5. Kellogg, R. T. (2007). Fundamentals of Cognitive Psychology. N. D. Sage
6. Publications. Wade, C. and Tavris, C. (2007). Psychology. Pearson Education..
7. 6.Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
8. Gunther, R. K. (1998). Human Cognition. New Jersey: Prentice-Hall.
9. Kalpan, S. & Kalpan, R. (1982)Cognition& Environment. N.Y.:Praeger Publishers.
10. Flavell, J. H. (1985). Cognitive Development. (2nd ed). N.J.: Prentice-Hall.
11. Reed, S. K. (1998). Cognition: Theory and Application (3rd ed). California Books/Cole Pub. Company.
12. Borude, R.R. Bodhanik Manasashastra. ChhayaPrakashan.
13. Cohen, G. (1983). Psychology of Cognition (2nd ed). London: Academic Press.
14. Desai, B. & Abhyankar, S.C. (2007).Prayogik Manasashastra and Sanshodhan Paddhati.
15. Pune: Narendra Prakashan.

Programme: M.A in Counselling and Psychotherapy

Semester: II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
1	DS-I.II	CPT 201	Th-Major	Abnormal psychology I	60	4

Cos :

Student should be able to:

- Enhance academic interest about psychological illness and mental health.
- To develop the skills so as to become a good psychology practitioner.
- Awareness of mental illness and mental health in the surrounding area.

Unit	Content
Unit I	Definitions of abnormal behaviour, Difference between normal and abnormal behaviour, The DSM-5 and ICD 10 classification of abnormal behaviour, Biological, psychological and sociocultural perspectives of abnormal behaviour. Relationship between abnormal Psychology&Counselling. (12 Periods)
Unit II	Causes and risk factors in abnormal behaviour: Necessary, sufficient and contributory factors. Biological, psychosocial and sociocultural factors of abnormal behaviour (12 Periods)
Unit III	Health problems and behaviour. Psychological factors in health and disease. Stress and the stress response, biological cost of stress, stress and the immune system. The link between the brain and the immune system. (12 Periods)
Unit IV	Lifestyle factors in health and illness. Psychosomatic disorders and somatic Form disorder (12 Periods)
Unit V	Anxiety based disorders: Generalized anxiety disorder, phobic disorders, obsessive compulsive disorder, panic disorder with and without agoraphobia. Stress and adjustment disorders, Post Traumatic Stress Disorder. (12 Periods)

Reference Books :

- Alloy, L. B.; Riskind, J. H. and Manos, M. J. (2006). Abnormal Psychology: Current Perspectives, 9th ed. Tata McGraw Hill, New Delhi.
- Barlow, D. H. and Durand, V. M. (2007). Abnormal Psychology: An Integrative Approach, 4th ed. Thompson (India Edition).
- Carson, C. C. ; Butcher, J. N. and Mineka, S. (2004). Abnormal Psychology and Modern Life, 11th ed. Pearson, New Delhi.
- Carson, C. C. ; Butcher, J. N.; Mineka, S. and Hooley, J. M. (2011). Abnormal Psychology, 13th ed. Pearson, New Delhi.
- Sarason, I. G. and Sarason B. R. (2002). Abnormal Psychology, 10th ed. Prentice Hall, New Delhi.
- Sarason, I. G. and Sarason B. R. (2006). Abnormal Psychology: The Problem of Maladaptive Behavior, 11th ed. Prentice Hall, New Delhi.
- Susan Nulen-Hoeksema (2005). Abnormal Psychology, 3rd ed. Tata McGraw Hill, New Delhi.
- Rajhansa, Manasi; Patil, Anagha and Surve, Sushil (2004). ApsamanaycheManassshastra, UnmeshPrakashan, Pune.
- Akolkar, V. V. (1995). ManovikrutiVidnyan, NiraliPrakashan.
- Gadgil, Kalyani (2008). Schizophrenia: EkNaviJaniv, 2nd ed. Continental prakashan, Pune.

Programme: M.A in Counselling and Psychotherapy

Semester: II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
2	DSE-II.II	CPT 202	Th-Major	Psychotherapy-1	60	4

Cos :

Student should be able to:

- Gain the knowledge of various psychotherapy and its basic procedure.
- Understand effectiveness of specific psychotherapy in solution of particular problem.
- Gain the knowledge of different psychotherapeutic skills.

Unit	Content
Unit I	Introduction to psychotherapy: <ol style="list-style-type: none"> 1.1 Nature and definition of Psychotherapies 1.2 The counsellor as a therapeutic person (Personal characteristics of effective counsellor) 1.3 The counsellors values and therapeutic process 1.4 Ethical issues and counselling practices. <p align="right">(12 Periods)</p>
Unit II	Psychoanalytic Therapies: Classical and Modern <ol style="list-style-type: none"> 2.1 Introduction of Psychoanalyses 2.2 Key concepts: Structure of personality, The Dynamics of Personalise and Development of Personality 2.3 Erikson’s Psychological perspective 2.4 Jung’s perspective on theDevelopment of Personality. <p align="right">(12 Periods)</p>
Unit III	Behaviour Therapies: <ol style="list-style-type: none"> 3.1 Historical background and four areas of development 3.2 Key concepts: View of human nature, basic characteristics and assumptions 3.3 The therapeutic process: therapeutic goals, therapist’s function and role 3.4 Introduction to operant conditioning therapy techniques <p align="right">(12 Periods)</p>
Unit IV	Cognitive, Humanistic and Existential Therapies <ol style="list-style-type: none"> 4.1Cognitive Therapies: Key concepts of REBT, Mindfulness and REBT, Beck’s Cognitive Therapy. 4.2 Rogers client entered therapy 4.3Gestalt therapy 4.4Logo therapy and Reality therapy <p align="right">(12 Periods)</p>
Unit V	Multimodal and Eastern Therapies, T.A <ol style="list-style-type: none"> 5.1Lazarus Multimodal Therapy: BASIC. I.D. 5.2 Eastern Therapies: Vipassana and Zen Buddhism 5.3 Islam and Sufizm 5.4 Yoga Therapy <p align="right">(12 Periods)</p>

Reference Books :

1. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
2. Corey, G. (2008). Theory and practice of group Counselling. Thomson Brooks/Cole: Belmont CA: USA.
3. Prochaska, J.O., & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis. 6th Edn. Thomson Brooks/Cole: Belmont, CA : USA.
4. Corsini, R.J. & Wedding, D. (Eds.) (1995). Current psychotherapies. Itasca, Ill.: F.E. Peacock.
5. Gelso, C. J. & Fretz, B.R. (1995). Counselling psychology Bangalore: Prism books.
6. Woolfe, R. & Dryden, W. (Eds.) (1996). Handbook of Counselling psychology. New Delhi: Sage.
7. Stewart, I. (2000). Transactional analysis Counselling in action. London: Sage.
8. Beck, A.T. (1976). Cognitive therapy and behavior disorders.
9. Rimm, D.C. & Masters, J.C. (1987). Behavior therapy: Techniques and empirical findings. New York: Harcourt, Brace, Jovanich.
10. Ajay, S. (1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
11. Ellis, A. & Harper, A. (1975). A new guide to rational living. Englewood
12. Cliffs, N.J.: Prentice-Hall.

Programme: M.A in Counselling and Psychotherapy

Semester: II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
3	DSE-III.II	CPT 203	Th-Major	Counselling skills and practices	60	4

Cos :

Student should be able to:

- To use the interacting skills in counselling session.
- Improve counselling skills.
- Use counselling skills to do educational planning.
- Articulate an understanding of their personal responsibility in creating their own academic, personal and professional success.

Unit	Content
Unit I	Definition of Counselling –Introduction <ul style="list-style-type: none">• Difference between Guidance & Counselling & Therapy• Phases of Counselling• Ethics-Ensuring Autonomy• Confidentiality & Record Keeping• Legal Responsibilities in Counseling <p style="text-align: right;">(12 Periods)</p>
Unit II	Skills Attending and Interacting skills (characteristics, Types Tech.) <ul style="list-style-type: none">• Observational Skills• Reflective Listening• Giving Information• Working with Resistance <p style="text-align: right;">(12 Periods)</p>
Unit III	Application of core Counselling skill <ul style="list-style-type: none">• Type of Counselling• Difference between guidance, Counselling and therapies• Case history• Working with other professionals <p style="text-align: right;">(12 Periods)</p>
Unit IV	Crisis Counselling <ul style="list-style-type: none">• Problem solving• Relaxation techniques• Behavioural activities• Cognitive restructuring <p style="text-align: right;">(12 Periods)</p>
Unit V	Life coping skills Self-Awareness, Empathy, Decision Making, Creative thinking, Critical Thinking, Problems solving, Interpersonal relationship, Goal Setting, Coping with Stress, Coping with emotions <p style="text-align: right;">(12 Periods)</p>

Reference Books :

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th ed.). Delhi: Pearson education Pte.Ltd.
3. Gelso, C.J., Fretz, B.R. (1995) Counselling psychology. Bangalore: Prism books Pvt.Ltd
4. Gregory, R.J. (2005). Psychological Testing (4th ed.). Delhi: Pearson education Pte.Ltd.
5. Rao, S.N. (2006). Counselling and guidance (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson R. Jones (2000). Introduction to counselling skills, text and activities. London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th ed.). Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Sidney: Hodder.

Programme: M.A in Counselling and Psychotherapy

Semester: II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
4	DSE-I.II	CPT 204 A	Th-Major Elective	Vocational guidance and counselling	60	4

Cos :

Student should be able to:

- Recognize differences among students.
 - Identify educational problems of students at different stages.
 - Administer and interpret different types of tests.
 - Help students with learning difficulties and social/emotional problems.
- Prepare for the world of work.

Unit	Content
Unit I	<p align="center">Managing The Guidance Service</p> <p>1.1 Setting up of an Educational Cell/Unit</p> <p>1.2 Monitoring and Evaluation of a comprehensive Guidance Programme in Educational Settings.</p> <p>1.3 Networking with Community Agencies.</p> <p align="right">(12 Periods)</p>
Unit II	<p align="center">Vocational Guidance AndCounselling</p> <p>2.1 The nature of Vocational Guidance</p> <p>2.2 The need for Vocational Guidance</p> <ul style="list-style-type: none"> • The Socio-economic and Cultural Context <p>2.3 The Concept of Vocational Development and factor contributing to</p> <ul style="list-style-type: none"> • Vocational Development. <p>2.4 Theories of Vocational Development</p> <ul style="list-style-type: none"> • Donald Super's Self-actualization • Ginsberg's Occupational Choice. <p align="right">(12 Periods)</p>
Unit III	<p align="center">The Purpose Of Vocational Counselling</p> <p>3.1 Job analysis and job satisfaction</p> <p>3.2 Occupational Information</p> <p>3.3 Sources of occupational Information</p> <p>3.4 Classification and Dissemination</p> <p align="right">(12Periods)</p>
Unit IV	<p align="center">Preparation For The World Of Work</p> <p>4.1 Discovering Individual Abilities/Interests</p> <p>4.2 Studying Occupations and Job Requirements</p> <p>4.3 Training for interviews</p> <p>4.4 The Psychology of Entrepreneurship</p> <p align="right">(12 Periods)</p>
Unit V	<p align="center">Human Recourses</p> <p>5.1 Hiring , Motivating & maintaining People</p> <p>5.2 Human Resource planning, design.</p> <p>5.3 Recruitment & Selection, Job analysis.</p> <p>5.4 Counselling employee.</p> <p align="right">(12 Periods)</p>

Reference Books :

1. Gelso, C.J., Fretz, B.R. (1995). Counselling psychology. Bangalore: Prism Books Pvt.Ltd
2. Gibson, R.L., Mitchell, M.H. (2003). Introduction to counselling and guidance (6th ed.). Delhi: Pearson Education.
3. Arulmani, G, Arulmani, S. (2004). Career counselling: A handbook. New Delhi: Tata McGraw-Hill Publishing Co.Ltd.

Programme: M.A in Counselling and Psychotherapy

Semester: II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Hours	Credit
4	DSE-II.II	CPT 204 B	Th-Major Elective	Personality Theories	60	4

Cos :

Student should be able to:

- Understand the behaviour approach of personality
- understand the detail concept of cognitive behaviour approach
- Determine the humanistic and existential approach of personality.
- Evaluate the Indian approaches of personality.

Unit	Content
Unit I	Personality Psychology A) The concept of personality: nature, Definition and heterogeneity. B) Theory of personality: Characteristics, major components, evaluation of personality theory, important issues in personality theory. (12 Periods)
Unit II	Behavioural And Social Approach A) Behavioural view of the person B) Pavlov, B. F. Skinner A. Bandura, J. Rotter, Dollard and Miller (12 Periods)
Unit III	Cognitive Behavioural Approach G. Kelly, Michell, A. Ellis, A. Beck (12 Periods)
Unit IV	Humanistic And Existential Approach C. Rogers, A. Maslow R. May, V. Frankl (12Periods)
Unit V	The Indian Approaches To Personality A) Guna theory-Srimab dhagvadgeeta B) View point of Shri. Aurobindo Gautam Budha- Abhidhama (12 Periods)

Reference Books :

1. Barabara, E (2006). Personality Theories (7 thed). New York: Houghton mifflin Company
2. Boeree, C. G. (2006) Personality Theories [<http://www.ship.edu/%7Ecgboree/perscontents.html>]
3. Hall, C. s. & amp; Linzey, G. (1991) Theories of Personality, 3rd edn.. John Wiley & Sons, Inc.U.S.A.
4. Nithyanandan, V. (2008) Buddhist and western psychology comparative study. Global vision publishing house.
5. Pandey, J. (ed.) (2001) Personality and Health Psychology In Psychology in India Revisited. Developments in the discipline, sage Publication India Pvt Ltd. New Delhi. India.
6. Pervin, L (2003). The Science of Personality. 2nd edn. Oxford University Press. New York
7. Samuel W (1981): Personality McGraw Hill International Book Company.
8. Schultz D.P. & Schultz S.F. (2001) Theories of Personality 7 th edition Wadsworth Thomson Learning, USA.
9. Sri Aurobindo, The synthesis of Yoga (1970 - 73) Sri Aurobindo Birth Centenary Library, Sri Aurobindo Ashram Press, Pondicherry, India
10. Tilak B. G. (1986) GeetaRahasya or Karma Yoga Rahasya, B. s. Sukhtankar (Eng. Tra.) 6 thednGeeta printers, Pune, India.