

Sant Gadge Baba Amravati University, Amravati FACULTY: Interdisciplinary Studies

Scheme of Teaching, Learning, Examination & Evaluation leading to two Year Advance Diploma in Counseling and Psychotherapy

following Two Year- four Semesters Programme of 2024-2025

Advance Diploma in Counselling and Psychotherapy Semester- III

S. r N o .	Subject	Name of Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration Of Exam Hours	Examination & Evaluation Scheme										
					Learning Hours Per Week								Credits			Maximum Marks					Minimum Passing		
																Theory		Practical		Total Marks			
					L	T	P	Total	L/ T	Practical 1	Total			Theory Internal	Theory External	Internal	External		Marks Internal		Marks External	Grade	
1	DSC-I.1	School Counseling	Th-Major	DCAP 1	4			4	4		4	3	40	60			100	16	24	P			
2	DSC-II.1	Clinical Psychology	Th-Major	DCAP 2	4			4	4		4	3	40	60			100	16	24	P			
3	DSC-III.1	Behavioral and Communication Skills in Counseling 1	Th-Major	DCAP 3	4			4	4		4	3	40	60			100	16	24	P			
4	DSE-I	Elective 1 Health Counseling OR Elective 2: Biopsychology-1	Th-Major Elective	DCAP 4 OR DCAP 5	4			4	4		4	3	40	60			100	16	24	P			
5	SEC-Lab	Practical for Psychology	Pr-Major	DCAP 6			4	4		2	2	3	-	-	50	50	100	20	20	P			
5	DSC-I.1 Lab	DSC – 7 Case Study	Pr-Major	DCAP 7	-		4	4		2	2	3			50	50	100	50		P			
6	# On Job Training, Internship/ Apprentice ship, Fields projects Related to Major @ during vacations cumulatively.		Related to DSC		120 Hours Cumulatively during vacations of Semester I and Semester II						2*												
7.	Co-curricular Courses: Health and wellness ,Yoga Education , Sports and Fitness ,Cultural Activities, NSS/ NCC,Fine/Applied/Visual/Performing Arts During Semester I,II,III and IV		Generic Optional		Exit Option with a PG Diploma with 4 Credits on 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 (42- 44) after Three Year UG Degree																		
	TOTAL				24+(11) Self learning / Evaluation / assessment / Examination hours = minimum 35 learning hours						22						600						

L: Lecture, T: Tutorial, P: Practical/Practicum

Pre-requisite Course mandatory if applicable: **Prq**, Theory : **Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, Discipline Specific Core: **DSC**, Discipline Specific Elective: **DSE**, Laboratory: **Lab**, **OJT**: On Job Training: Internship/ Apprenticeship; Field projects: **FP**; **RM**: Research Methodology; Research Project: **RP**, **Co-curricular Courses: CC, SEC: Skill Enhancement Courses**

Note: # On Job Training, Internship/ Apprenticeship; Field projects **Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.**

Note: Co-curricular Courses: In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups, Hackathon, Quiz competitions, Article published, Participation in Summer school/ Winter School / Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (Yoga for IQ development, Yoga for Ego development, Yoga for Anger Management, Yoga for Eyesight Improvement, Yoga for Physical Stamina, Yoga for Stress Management, etc.). These can be completed cumulatively during **Semester I, II, III and IV. Its credits and grades will be reflected in semester IV credit grade report.**

Sant Gadge Baba Amravati University, Amravati FACULTY: Interdisciplinary Studies
Scheme of Teaching, Learning, Examination & Evaluation leading to two Year Advance Diploma in Counseling and Psychotherapy
following Two Year- four Semesters Programme of 2024-2025
Advance Diploma in Counselling and Psychotherapy Semester- IV

	Subject	Name of Subject	Type of Course	Subject Code	Teaching & Learning Scheme							Duration Of Exam Hours	Examination & Evaluation Scheme										
					Learning Hours Per Week								Credits		Maximum Marks						Minimum Passing		
															Theory		Practical		Total Marks				
					L	T	P	Total	L/T	Practical	Total			Theory Internal	Theory External	Internal	External	Marks Internal		Marks External	Grade		
1	DSC-I.2	Industrial Organization Counseling	Th-Major	DCAP 21	4			4	4		4	3	40	60			100	16	24	P			
2	DSC-II.2	Counseling in clinical Settings	Th-Major	DCAP 22	4			4	4		4	3	40	60			100	16	24	P			
3	DSC-III.2	Behavioral and Communication Skills in Counseling	Th-Major	DCAP 23	4			4	4		4	3	40	60			100	16	24	p			
3	DSE	Elective 1-Social Psychology OR Elective -2- Biopsychology- 2	Th-Major Elective	DCAP 24 OR DCAP-25	4			4	4		4	3	40	60			100	16	24	p			
4	SEC-Lab	Practical for Psychology	Pr- Major	DCAP 26			4	4	-		2	3	-	-	50	50	100	20	20	P			
5	DSC-I.2	DSC – 6 Research Project/Internship	Pr-Major	DCAP 27	-		4		-	2	4	3			50	50	100	50		P			
7.	Co-curricular Courses: Health and wellness ,Yoga Education , Sports and Fitness ,Cultural Activities, NSS/ NCC, Fine /Applied /Visual / Performing Arts During Semester I,II,III and IV		Generic Optional		Exit Option with a PG Diploma with 4 Credits on 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 (42-44) after Three Year UG Degree																		
	TOTAL				20 + (15) Self learning / Evaluation / assessment / Examination hours = minimum 35 learning hours						22						600						

L: Lecture, T: Tutorial, P: Practical/Practicum

Pre-requisite Course mandatory if applicable: **Prq**, Theory: **Th**, Practical/Practicum: **Pr**, Faculty Specific Core: **FSC**, Discipline Specific Core: **DSC**, Discipline Specific Elective: **DSE**, Laboratory: **Lab**, **OJT**: On Job Training: Internship/ Apprenticeship; Field projects: **FP**; **RM**: Research Methodology; Research Project: **RP**, **Co-curricular Courses: CC**, **SEC**: Skill Enhancement Courses

Note: # On Job Training, Internship/ Apprenticeship; Field projects **Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.**

Note: Co-curricular Courses: In addition to the above, CC also include but not limited to Academic activities like paper presentations in conferences, Aavishkar, start-ups, Hackathon, Quiz competitions, Article published, Participation in Summer school/ Winter School / Short term course, Scientific Surveys, Societal Surveys, Field Visits, Study tours, Industrial Visits, online/offline Courses on Yoga (Yoga for IQ development, Yoga for Ego development, Yoga for Anger Management, Yoga for Eyesight Improvement, Yoga for Physical Stamina, Yoga for Stress Management, etc.). These can be completed cumulatively during **Semester I, II, III and IV. Its credits and grades will be reflected in semester IV credit grade report.**

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI
SYLLABUS PRESCRIBED FOR ADCAP - PART II

		SEM III	SEM IV	
1.	DCAP1	School Counseling	DCAP21	Industrial Organization Counselling
2.	DCAP2	Clinical Psychology	DCAP22	Counselling in Clinical Settings
3.	DCAP3	Behavioral and Communication Skills in Counseling 1	DCAP23	Behavioral and Communication Skills in Counselling - II
4.	DCAP4 OR DCAP5	Elective 1: Health Counseling OR Elective 2: Biopsychology-I	DCAP24 OR DCAP25	Elective 1: Social Psychology OR Elective 2: Biopsychology-II
5.	SEC-LAB	Practical for Psychology	SEC-LAB	Practical based on syllabus
6.	DCAP6	DSC – 7 Case Study	DCAP26	Research Project/Internship

SEMESTER III

DCAP1: SCHOOL COUNSELING

Unit 1: Foundations of School Counseling

1. Definition, History and Scope of School Counseling
2. Goals and Functions of a School Counselor
3. Importance of Counseling in Schools

Unit 2: Understanding and Supporting Learning Disabilities

1. Concept and Classification of Learning Disabilities (LD)
2. Common Types: Dyslexia, Dysgraphia, Dyscalculia, and Nonverbal Learning Disorders
3. Counseling Strategies for Students with LD

Unit 3: Counseling Approaches and Methods

1. Individual vs. Group Counseling
2. Cognitive-Behavioral Techniques in School Counseling
3. Role-Playing and Storytelling Techniques

Unit 4: Challenges in the School Environment

1. Identifying Academic and Behavioral Problems
2. Dealing with Bullying and Social Isolation
3. Substance Use and Risk Behaviors in Teens

Unit 5: Practical Aspects and Professional Skills

1. Working with Teachers, Parents, and Administration
2. Creating a Safe and Inclusive School Climate
3. Documentation and Report Writing

Reference Books

1. Rao, N. (2014). Counseling and guidance (2nd ed.). Tata McGraw-Hill Education.
2. Kinra, A. (2008). Guidance and counseling. Pearson Education India.
3. Gibson, R. L., & Mitchell, M. H. (2016). Introduction to counseling and guidance (7th ed.). Pearson.
4. Corey, G. (2017). Theory and practice of counseling and psychotherapy (10th ed.). Cengage Learning.
5. Schmidt, J. J. (2013). Counseling in schools: Comprehensive programs of responsive services for all students (6th ed.). Pearson.
6. Dollarhide, C. T., & Saginak, K. A. (2017). Comprehensive school counseling programs: K–12 delivery systems in action (3rd ed.). Pearson.

DCAP 2: CLINICAL PSYCHOLOGY

Unit 1: Foundations of Clinical Psychology

1. Classification Systems: DSM-5 and ICD-11
2. Diagnostic Criteria and Differential Diagnosis

3. Cultural Formulation and Comorbidity in Diagnosis

Unit 2: Risk, Assessment, and Brain Functioning

1. Risk Assessment: Suicidality, Violence, and Self-Harm
2. Brain-Behavior Relationships and Neuropsychological Functioning
3. Neuropsychological Assessment: Tools and Interpretation\\

Unit 3: Disorders and Biological Bases

1. Major Neurocognitive Disorders and Their Clinical Presentation
2. Clinical Applications of Psychopharmacology
3. Clinical Health Psychology and Psychosomatic Disorders

Unit 4: Intervention Strategies and Treatment

1. Clinical Case Formulation and Treatment Planning
2. Cognitive Behavioral Interventions in Clinical Practice
3. Crisis Management and Short-Term Interventions

Unit 5: Contemporary Issues and Specialized Areas

1. Pediatric and Geriatric Clinical Psychology
2. Community-Based Interventions and Rehabilitation
3. Recent Advances: Digital Mental Health and Telepsychology

Reference Books:

1. Barlow, D. H. – Clinical Handbook of Psychological Disorders
2. Hunsley, J., & Lee, C. M. – Introduction to Clinical Psychology:
An Evidence-Based Approach
3. Sadock, B. J., & Sadock, V. A. – Kaplan and Sadock's Synopsis of
Psychiatry
4. Trull, T. J., & Prinstein, M. J. – Clinical Psychology

5. Morrison, J. – DSM-5 Made Easy: The Clinician's Guide to Diagnosis
6. Ahuja, N. – A Short Textbook of Psychiatry
7. Varma, R. M. – Foundations of Clinical Psychology

DCAP 3 - BEHAVIORAL AND COMMUNICATION SKILLS IN COUNSELING - I

Unit 1: Introduction to Counseling Behavior

1. Definition and Importance of Behavior in Counseling
2. Factors Affecting Behavior in Counseling Sessions
3. Understanding Client and Counsellor Behavior

Unit 2: Self-Awareness and Emotional Regulation

1. Importance of Self-Awareness in Counseling
2. Identifying and Managing Personal Biases
3. Techniques for Self-Reflection and Growth

Unit 3: Basic Communication Skills in Counseling

1. Definition and Importance of Communication in Counseling
2. Verbal and Non-Verbal Communication Skills
3. Common Barriers to Communication

Unit 4: Empathy and Active Listening

1. Understanding Empathy in Counselling
2. Difference Between Empathy and Sympathy
3. Components of Active Listening

Unit 5: Building Trust and Rapport with Clients

1. Importance of Trust in Counselling
2. Techniques to Build a Safe Environment
3. Overcoming Resistance in Clients

Reference Books:

1. Corey, G. (2015). Theory and Practice of Counseling and Psychotherapy
2. Egan, G. (2018). The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping
3. Nelson-Jones, R. (2015). Basic Counseling Skills: A Helper's Manual
4. Rogers, C. (1961). On Becoming a Person: A Therapist's View of Psychotherapy
5. Capuzzi, D., & Gross, D. R. (2019). Introduction to the Counseling Profession

DCAP 4: Elective - 1 HEALTH COUNSELING

Unit 1: Introduction to Health Counseling

1. Definition and Scope of Health Counseling
2. Role of Counsellor in Health Settings
3. Importance of Counseling in Promoting Health

Unit 2: Physical and Mental Health Issues

1. Lifestyle Disorders (e.g., Diabetes, Hypertension)
2. Chronic Illness and Pain Management
3. Mental Health Conditions (e.g., Anxiety, Depression)

Unit 3: Counselling Approaches in Health Settings

1. Cognitive-Behavioral Approach
2. Psychoeducation and Supportive Counseling
3. Family and Group Counseling in Health Contexts

Unit 4: Communication and Counseling Skills

1. Building Rapport with Clients
2. Dealing with Resistance and Denial
3. Health Belief and Behavior Change Techniques

Unit 5: Ethical and Practical Issues in Health Counseling

1. Ethical Guidelines and Confidentiality
2. Cultural Sensitivity in Health Counseling
3. Working with Multidisciplinary Health Teams

Reference Books:

1. Gladding, S. T. – Counseling: A Comprehensive Profession
2. Corey, G. – Theory and Practice of Counseling and Psychotherapy
3. Nezu, A. M., Nezu, C. M., & Geller, P. A. – Handbook of Psychology:
Health Psychology
4. Felitti, V. J., & Anda, R. F. – The Deepest Well: Healing the Long-
Term Effects of Childhood Adversity
5. Rao, N. S. – Counseling and Guidance
6. Nair, M. K. C., & Paul, M. K. – Handbook of Pediatric and Adolescent
Practice: Counseling and Guidance

DCAP 5: E l e c t i v e - 2 Biopsychology-1

Unit 1: Introduction to Biopsychology

1. Biopsychology: Definition
2. Origins of the field of Biopsychology
3. Other disciplines related to Biopsychology
4. Divisions of Biopsychology

Unit 2: Evolution and Behaviour

1. Origins of dichotomous thinking
2. Problems with thinking about the biology of behaviour in terms of traditional dichotomies
3. Origins of evolutionary theory
4. Evolution and behaviour
5. Course of human evolution
6. Thinking about human evolution
7. Evolution of the human brain

Unit 3: Fundamental Genetics

1. Mendelian genetics
2. Chromosomes
3. Genetic code and gene expression
4. Human Genome Project
5. Growth of epigenetics

Unit 4: Genetics and Behaviour

1. Interaction of genetic factors and experience
2. Phenylketonuria: A single-gene metabolic disorder
3. Development of birdsong
4. Genetics of human psychological differences
5. Twin studies of epigenetic effects and effects of experience on heritability

Unit 5: Methods and Strategies of Research

1. Experimental ablation
2. Producing brain lesions
3. Stereotaxic surgery
4. Histological methods
5. Tracing neural connections
6. Studying the structure of the living human brain
7. Recording and stimulating neural activity
8. Neurochemical methods
9. Genetic methods

Reference Books:

1. Biopsychology – Physiological Psychology by Sheila Hayward.
2. Biopsychology – By John . P. J. Pinel and Steven .J. Barnes., Global edition-Pearson.
3. Physiology of Behaviour by Neil .R. Carlson.
4. Biological Psychology- An Introduction to Behavioural, Cognitive and Clinical Neuroscience.By – S. Marc Breedlove and Neil .V. Watson.
5. Biological Psychology by James .W. Kalat.
6. Current Issues in Developmental Psychology – A Biological Perspective. By A. F. Kalverboer and M. L. Genta.

SEC-LAB: PRACTICAL FOR PSYCHOLOGY

Any 10 from the list mentioned below:

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

DCAP 6 : DSC – 7 CASE STUDY(25 + 25 = 50 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.

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.

Case History Taking – Adult/Child	Adult Complaints and their duration History of parent illness (HOPI) Past History Family History Personal History Premorbid Personality Mental Status Examination (MSE) Psychomotor Activity Cognitive Function Clinical Formulation Diagnosis Therapeutic plan of case
	OR Child Identifying Data Personality Complaints Family History (Generational Genogram) Personal History Past History Temperament Supportive Factors Mental Status Examination (MSE) Summary/Clinical Formulation Differential Diagnosis Therapeutic plan of action
Case History Taking – Psychiatric	Psychiatric General Instruction Introductory Statement
	Demography Mode of Referral

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI
SYLLABUS PRESCRIBED FOR ADCAP - PART II EXAMINATION
SEMESTER-IV

SEMESTER IV

DCAP- 21 INDUSTRIAL ORGANISATION COUNSELLING

Unit 1: Introduction to Industrial Organisation Counselling

1. Meaning and Scope of Industrial Counselling
2. Importance of Counselling in the Workplace
3. Role of Industrial Counsellor

Unit 2: Organizational Behaviour and Workplace Dynamics

1. Understanding Organizational Structure and Culture
2. Work Motivation and Employee Satisfaction
3. Workplace Stress and Conflict

Unit 3: Counselling Techniques in Industrial Settings

1. Individual and Group Counselling at Workplace
2. Problem-Solving and Decision-Making Techniques
3. Interview Techniques and Employee Interaction

Unit 4: Employee Mental Health and Well-being

1. Common Mental Health Issues at Workplace
2. Burnout, Absenteeism, and Productivity
3. Work-Life Balance and Emotional Resilience

Unit 5: Ethics and Challenges in Industrial Counselling

1. Ethical Principles in Workplace Counselling
2. Confidentiality and Professional Boundaries
3. Handling Resistance and Uncooperative Employees

Reference Books:

1. Rao, T.V., & Narayana, L. (1998). Organization Development: Interventions and Strategies. SAGE Publications.
2. Robbins, S.P., & Judge, T.A. (2019). Organizational Behaviour (18th ed.). Pearson Education.
3. McLeod, J. (2011). Counselling in the Workplace: A Handbook for Professionals. Routledge.
4. Muchinsky, P.M. (2006). Psychology Applied to Work: An Introduction to Industrial and Organizational Psychology (8th ed.). Hypergraphic Press.
5. Gladding, S.T. (2018). Counselling: A Comprehensive Profession (8th ed.). Pearson Education.

DCAP- 22 COUNSELING IN CLINICAL SETTINGS**Unit 1: Foundations of Clinical Counseling**

1. Definition and Scope of Counseling in Clinical Psychology
2. Therapeutic Alliance and Empathic Communication
3. Counseling vs. Psychotherapy in Clinical Contexts

Unit 2: Counseling Process and Techniques

1. Phases of Counseling: Intake, Rapport Building, Intervention, Termination
2. Interviewing Techniques: Open-Ended Questioning, Reflection, Confrontation
3. Goal Setting, Contracting, and Documentation

Unit 3: Approaches to Clinical Counseling

1. Cognitive Behavioral Counseling in Clinical Settings

2. Trauma-Focused and Grief Counseling
3. Crisis Counseling and Suicide Prevention

Unit 4: Counseling Across Clinical Populations

1. Counseling Individuals with Anxiety, Depression, and Mood Disorders
2. Counseling Clients with Personality and Psychotic Disorders
3. Substance Use and Dual Diagnosis Counseling
4. Counseling in Medical and Palliative Settings

Unit 5: Advanced Topics in Clinical Counseling

1. Integrative and Eclectic Counseling Models
2. Supervision, Personal Development, and Burnout Prevention
3. Use of Technology in Clinical Counseling (Teletherapy, Digital Tools)

Reference Books

1. Sommers-Flanagan, J., & Sommers-Flanagan, R. (2018). Clinical Interviewing (6th ed.). Wiley.
2. Capuzzi, D., & Stauffer, M. D. (2016). Counseling and Psychotherapy: Theories and Interventions (6th ed.). American Counseling Association.
3. Corey, G. (2020). Theory and Practice of Counseling and Psychotherapy (10th ed.). Cengage Learning.
4. Neukrug, E. (2015). The World of the Counselor: An Introduction to the Counseling Profession (5th ed.). Cengage Learning.
5. Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2016). Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society (9th ed.). Cengage Learning.

DCAP 23: BEHAVIORAL AND COMMUNICATION SKILLS IN COUNSELING - II

Unit 1: Advanced Communication Techniques in Counseling

1. Open-Ended and Close-Ended Questions
2. Probing and Clarification Techniques
3. Paraphrasing and Summarizing

Unit 2: Assertiveness and Conflict Resolution in Counseling

1. Understanding Assertive Communication
2. Techniques for Conflict Resolution in Counseling
3. Managing Difficult Clients

Unit 3: Non-Verbal Communication in Counseling

1. Importance of Body Language in Counseling
2. Understanding Facial Expressions and Gestures
3. Misinterpretations in Non-Verbal Communication

Unit 4: Crisis Communication and Intervention

1. Identifying a Crisis Situation
2. Techniques for Crisis Intervention
3. Helping Clients Manage Emotional Outbursts

Unit 5: Written and Digital Communication in Counseling

1. Importance of Case Notes and Documentation
2. Effective Email and Text Communication with Clients
3. Online Counseling and Its Challenges

Reference Books:

1. McKay, M., Davis, M., & Fanning, P. (2018). Messages: The Communication Skills Book
2. Bolton, R. (2017). People Skills: How to Assert Yourself, Listen to Others, and Resolve Conflicts
3. Adler, R. B., & Rodman, G. (2019). Understanding Human Communication
4. Stewart, J. (2012). Bridges Not Walls: A Book About Interpersonal Communication

DCAP 24: Elective - 1 (SOCIAL PSYCHOLOGY)

Unit I: Group Behavior

1. Groups: Definition and key components
2. Social facilitation and social loafing
3. Group interactions
 - a. Determinants of competition vs. cooperation
 - b. Culture and competition
 - c. Social dilemmas
4. Group decision making

Unit II: Interpersonal Attraction

1. Internal sources of attraction: Role of needs and emotions
2. External sources of attraction: Effects of proximity and physical beauty
3. Attraction based on social interaction: Similarity and mutual liking
4. Close relationships: Foundations of social life

Unit III: Social Influence

1. Conformity
 - Asch's research on conformity
 - Sherif's research on the autokinetic phenomenon
2. Factors affecting conformity and its social foundations
3. Compliance
 - Bases of social power
 - Mood and compliance
 - Specific compliance techniques
4. Obedience to authority
 - Destructive obedience
 - Milgram's experiments

Unit IV: Prosocial Behaviour

1. Motives for prosocial behaviour
 - a. Empathy
 - b. Altruism
 - c. Negative-state relief
 - d. Empathic joy
 - e. Competitive altruism
 - f. Kin selection theory
 - g. Defensive helping
2. Helping in emergencies
3. The bystander effect
4. Factors that increase or decrease helping behaviour
5. Emotions and prosocial behaviour

Unit V: Aggression

1. Origin and definition of aggression
2. Causes of human aggression
3. Sources of anger
4. Reduction of aggressive behaviour

References:

1. Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology* (13th ed.). New Delhi: Pearson.
2. Baumeister, R. F., & Bushman, B. J. (2011). *Social Psychology and Human Nature* (2nd ed.). USA: Cengage Learning.
3. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social Psychology* (11th ed.). New Delhi: Pearson.

DCAP 25: E l e c t i v e - 2 BIOPSYCHOLOGY-II

Unit I: The Endocrine System

1. Pituitary gland
2. Anterior pituitary hormones
3. Posterior pituitary hormones
4. Other endocrine glands
5. Adrenal glands
6. Pancreas
7. Gonads
8. Thyroid gland
9. Pineal gland
10. Interaction of endocrine system with behaviour
11. Reaction to environmental stimuli
12. Reaction to internal changes
13. Menstrual cycle and its effect on behaviour

Unit II: Motivation and Emotion

A. Motivation

1. Homeostatic motivation
2. Mechanism of eating
3. Eating disorders
4. Obesity
5. Anorexia nervosa
6. Social causes
7. Cultural causes
8. Emotional causes
9. Treatment
10. Bulimia nervosa
11. Non-homeostatic motivation
12. Curiosity and exploration
13. Arousal theory
14. Sexual behaviour
15. Self-stimulation of the brain
16. Addiction and its consequences

B. Emotion

1. Emotions as response patterns
2. Fear
3. Anger
4. Aggression and impulse control
5. Hormonal control of aggression

C. Communication of Emotions

1. Facial expressions of emotions
2. Innate responses
3. Neural basis of emotion recognition
4. Neural basis of emotional expression

D. Feelings of Emotion

1. James–Lange Theory
2. Feedback from emotional expression

Unit III: Sleep and Biological Rhythms

1. Physiological and behavioural description of sleep
2. Stages of sleep
3. Mental activity during sleep
4. Sleep disorders
5. Insomnia
6. Narcolepsy

7. REM sleep behaviour disorder
8. Slow-wave sleep
9. REM sleep
10. Sleep and learning
11. Physiological mechanisms of sleep and waking
12. Chemical control of sleep
13. Neural control of arousal
14. Neural control of slow-wave sleep
15. Neural control of REM sleep
16. Biological clocks
17. Circadian rhythms and Zeitgebers
18. Suprachiasmatic nucleus
19. Pineal gland and melatonin
20. Shift work and jet lag

Unit IV: Neurological Disorders

1. Tumours
2. Seizure disorders
3. Cerebrovascular accidents
4. Traumatic brain injury
5. Developmental disorders
 - a. Toxic chemicals
 - b. Inherited metabolic disorders
 - c. Down syndrome
6. Degenerative disorders
 - a. Transmissible spongiform encephalopathies
 - b. Parkinson's disease
 - c. Huntington's disease
 - d. Alzheimer's disease
 - e. Amyotrophic lateral sclerosis (ALS)
 - f. Multiple sclerosis
 - g. Korsakoff's syndrome
7. Disorders caused by infectious diseases

Unit V: Biopsychology of Psychiatric Disorders

A. Schizophrenia

1. Discovery of the first antipsychotic drugs
2. Dopamine theory of schizophrenia
3. Genetic and epigenetic mechanisms
4. Neural bases of schizophrenia

B. Depressive Disorders

1. Antidepressant drugs
2. Brain stimulation for depression

3. Theories of depression
4. Genetic and epigenetic mechanisms
5. Neural bases of depression

C. Bipolar Disorder

1. Mood stabilizers
2. Theories of bipolar disorder
3. Genetic and epigenetic mechanisms
4. Neural bases of bipolar disorder

References

1. Hayward, S. *Biopsychology – Physiological Psychology*.
2. Pinel, J. P. J., & Barnes, S. J. *Biopsychology* (Global Edition). Pearson.
3. Carlson, N. R. *Physiology of Behaviour*.
4. Breedlove, S. M., & Watson, N. V. *Biological Psychology: An Introduction to Behavioural, Cognitive and Clinical Neuroscience*.
5. Kalat, J. W. *Biological Psychology*.
6. Kalverboer, A. F., & Gramsbergen, A. *Current Issues in Developmental Psychology: A Biological Perspective*.

S E C - L A B

PRACTICAL BASED ON SYLLABUS

Test Administration (Any Ten)

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

13) Marital Adjustment Scale

DCAP 26: RESEARCH PROJECT/INTERSHIP

Advance Diploma in Counseling and Psychotherapy Semester IV

Paper-VI Research Project (25 +

25 = 50 Marks)

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

- 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

Marks - 100

Contents

Selection of Topic

- Preparation of Plan/Outline/Framework
- Data Collection
- Data Analysis and data interpretation
- Report Writing
- Dissertation