

SANT GADAGE BABA AMRAVATI UNIVERSITY, AMRAVATI
National Education Policy (NEP)

Faculty – Humanities

Syllabus for Academic Year 2024-2025

Bord of Study - Psychology

PROGRAMME -M.A. PSYCHOLOGY AND COUNSELLING

SYLLABUS

Semester III

S.N.	Type of Paper	Subject Code	Name of Course	Total Hours	Credits
1	DSC-I.3		Advance Technological Research and Statistical Methods	60	4
2	DSC-II.3		Psychopathology	45	3
3	DSC-III.3		Basic Counselling Skills	60	4
4	DSE-III (A OR B)		A. Clinical Psychology OR B. Child, Adolescent and Parental Counselling	60	4
5	DSC-IV.3 Practical		Clinical Assessment	60	2
6	DSC-II.3		Case Study Report	30	1
7	Major		Research Project Phase-1	90	4
8	Total Credits				22

Semester IV

S.N.	Type of Paper	Subject Code	Name of Course	Total Hours	Credits
1	DSC-I.4		Maladaptive Behavior	60	4
2	DSC-II.4		Theories of Counselling and Psychotherapy	60	4
3	DSC-III.4		Clinical Assessment and Psychodiagnosis	60	4
4	DSE-IV (A OR B)		A. Applications of Counselling OR B. Workplace Counselling	60	4
5	DSC-IV Practical		Assessment in Counselling	60	2
6	Major		Research Project Phase-II	150	6
7	Total Credits				24

SYLLABUS FOR M.A. PSYCHOLOGY AND COUNSELING

Semester III

ADVANCE TECHNOLOGICAL RESEARCH AND STATISTICAL METHODS

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-I.3	Advance Technological Research and Statistical Methods	60

Cos:

1. By the end of UNIT-I the students will be able to understand the meaning of Research design and criteria of research design and apply technological tools for research and able to develop scientific research report writing.
2. By the end of UNIT-II the students will be able to analyze experimental and quasi experimental design.
3. By the end of UNIT-III, the students will be able to apply correlation and regression in actual research work and apply technological tools for research.
4. By the end of UNIT-IV the students will be able to understand inferential statistics and its application in research work and apply technological tools for research
5. By the end of UNIT-V, the students will be able to apply parametric and non- parametric statistics.

Unit 1	RESEARCH DESIGN	12 lectures
	1.1 Research Design- Definition and Purpose 1.2 Criteria of Research Design 1.3 Basic Principles of Experimental Design 1.4 Basic terms in Experimental Design 1.5 Quantitative Vs Qualitative Research 1.6 Use of word processing and power point presentation 1.7 MS. Excel and Google forms for data collection analysis and interpretation 1.8 Use of software for statistical interpretation (Introduction)	
Unit 2	EXPERIMENTAL AND QUASI EXPERIMENTAL DESIGNS	12 lectures
	2.1 Between group design – Meaning and Types 2.2 Within group design - Meaning and Types 2.3 Factorial design- Meaning and Types	

	<p>2.4 Quasi experimental design - Meaning and Types</p> <p>2.5 Ex-Post Facto Design - Meaning and Types</p> <p>2.6 Steps in Experimentation</p>	
Unit 3	CORRELATION AND REGRESSION	12 lectures
	<p>3.1 Concept and types of correlation</p> <p>3.2 Application- Product Moment Correlation</p> <p>3.3 Application- Rank difference correlation</p> <p>3.4 Theoretical concept; Other types of correlation -Bi -Serial, Pont - Biserial, Phi - Coefficient, Partial and multiple correlation</p> <p>3.5 Simple Linear Regression: Concept and Application</p> <p>3.6 Use of software for statistical interpretation</p>	
Unit 4	INFERENCEAL STATISTICS	12 lectures
	<p>4. Concept and Applications – Two group Difference: t – Test, Z- Test</p> <p>4.2 Concept and Applications- Multi group difference: One way ANOVA</p> <p>4. Two-way ANOVA</p> <p>4.4 Theoretical Concept: Analysis of Covariance</p> <p>4.5 Applications -Using statistical software for data analysis</p>	
Unit 5	PARAMETRIC AND NON-PARAMETRIC STATESTICS	12 lectures
	<p>5.1 Meaning of Non-Parametric statistics,</p> <p>5.2 Applications- Chi Square: Simple and 2x2</p> <p>5.3 Sign test, median test, Mann-Whitney U test</p> <p>5.4 Meaning of One tailed and two tailed tests</p> <p>5.5 Meaning of Type I and type II error</p> <p>5.6 Use of software for statistical interpretation</p>	

REFERENCES:

1. Minium E.W., King B. M., Bear G. (1995). Statistical Reasoning in Psychology and Education
2. Guilford J. P. and Fruchter B. (1985). Fundamental Statistics in Psychology and Education
3. Howell D.C. (1997). Statistical Methods for Psychology (4th Ed)

4. Welkowitz, J., Emen, R. B. and Cohen, J. (1982). Introductory statistics for the behavioral sciences (3rd ed.). N.Y.: Academic Press.
5. Shaughnessy J.J. and Zechmeister E.B. (1997). Research Methods in Psychology (4th ed)6. Kerlinger F.N. (1994). Foundations of behavioral research (3rd ed)
7. Zechmeister J.S., Zechmeister E.B. & Shaughnessy J.J. (2001). Essentials of research methods in psychology.
8. Broota, K.D. (1989). Experimental design in behavioral research. Wiley Eastern.
9. Singh A.K. (2006). 5th ed. Tests, Measurement and Research Methods in Behavioral Sciences. Patna: Bharati Bhavan.
10. Nunnally, J.C., & Bernstein, I.H. (1994). Psychometric theory (3rd ed. NY: McGraw-Hill

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 Marks
- 2) Actual data collection and scoring and calculating with Mean, SD and use of suitable statistics with submission of detail report with the help of applied technology- 20 Marks
- 3) Present Two research paper review in given format – 10 Marks
 - a) Title of research paper
 - b) Variables (IV, DV, CV)
 - c) Hypothesis
 - d) Methodology – Research design
 - e) Statistics use
 - f) Conclusion

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester -III

PSYCHOPATHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-II. 3	Psychopathology	45

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of abnormal behavior and to analyze normal and abnormal behavior
2. By the end of UNIT-II the students will be able to understand symptoms of anxiety related disorders
3. By the end of UNIT-III, the students will be able to understand mood disorders and its relation with suicide.
4. By the end of UNIT-IV the students will be able to understand symptoms of Psychotic and neuro-cognitive disorders
5. By the end of UNIT-V, the students will be able to understand nature and symptoms of Personality Disorders.

Unit 1	INTRODUCTION OF PSYCHOLOGICAL DISORDERS AND PARADIGMS OF PSYCHOLOGY	9 lectures
	1.1 Definition and Criteria of Psychological Disorders 1.2 Brief History of Mental Disorders. 1.3 DSM History and DSM 5 1.4 Various Paradigms in Psychopathology: Biological, Psychoanalytical Behavioristic, Cognitive, Humanistic, Existential, Diathesis, Cognitive, Humanistic, Existential, Diathesis-Stress Model	
Unit2	PANIC, ANXIETY, OBSESSIONS AND THEIR DISORDERS	9 lectures
	2.1 Overview of Anxiety Disorder and their Communities 2.2 Specific Phobia, Social Phobia, Agoraphobia, Panic Disorder its Causes and Treatment 2.3 Generalized Anxiety Disorder Separation Anxiety Disorder, Selective Mutism	

	2.4 obsessive - compulsive disorder, and Related Disorder – Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, Excoriation disorder	
Unit 3	MOOD DISORDERS AND SUICIDE	9 lectures
	3.1 Nature and Meaning of Mood Disorder (Depression) 3.2 Unipolar Depressive Disorder: Major Depressive Disorder, Persistent Depressive Disorder: Causes and Treatment 3.3 Bipolar and Related Disorder: Cyclothymic disorder, Bipolar I and Bipolar II, Premenstrual dysphoric disorder, Disruptive Mood Dysregulation Disorder 3.4 Suicide: The Clinical Picture and Causal Pattern, Suicide Prevention and Intervention 3.5 Suicide Self Injuring Disorder, Persistent Complex Bereavement disorder	
Unit 4	SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDER AND NEUROCOGNITIVE DISORDERS	9 lectures
	4.1 Schizophrenia: Nature and origin, definition phases and symptoms, subtypes 4.2 Schizophrenia spectrum disorder: Schizophrenia form disorder Schizoaffective disorder, Delusional disorder, Brief Psychotic disorder 4.3 Etiology and Treatment of Schizophrenia 4.4 Neuro Cognitive diseases: Definition, Parkinson’s disease, delirium Alzheimer	
Unit 5	PERSONALITY DISORDERS	9 lectures
	5.1 Definition and Characteristics of Personality Disorder 5.2 Cluster A- Paranoid, Schizoid and Schizotypal Personality disorder 5.3 Cluster B- Borderline, and Antisocial Personality 5.4 Cluster C – Avoidant, Dependent, Obsessive- Compulsive Personality Disorder 5.5 General Causal Factor and Treatment	

REFERENCES:

1. American Psychiatric Association: “Diagnostic and Statistical Manual of Mental disorders”, DSM-5 (5th Ed)
2. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.
3. Barlow, D.H. & Durand, V.M. (2012). Abnormal psychology: An Integrative approach (6th ed.). Wadsworth Cengage Learning.
4. The International Classification of Diseases ICD-11 (2018). World Health Organization
5. Aahuja, N. (2011) Short textbook of psychiatry (7th Ed), Jaypee Publication
7. Geddes, J.R. & Andreasen, N. C. & Goodwin, G. M.(2019). New Oxford Textbook of Psychiatry 3rded. Oxford books.
8. Sarason ,I. & Sarason, B. (2017). Abnormal Psychology 11th ed. Pearson.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test – 10 marks
- 2) Submission of Assignment or Video on given topic – 10 Marks
- 3) Seminar presentation with PPT on given topic – 10 Marks
- 4) Review reports on disorders on the basis of related movies, serial, Novel, Web series etc. -10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester III

BASIC COUNSELLING SKILLS

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-III.3	Basic Counselling Skills	60

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of introductory counseling skills, applications and importance of these skills.
2. By the end of UNIT-II the students will be able to understand skills for relating stage in counseling and its application
3. By the end of UNIT-III, the students will be able to apply understanding skills in counseling
4. By the end of UNIT-IV the students will be able to apply understanding skills and thought changing skills as well as its process in counseling setting.
5. By the end of UNIT-V, the students will be able to understand ethics in counseling practice.

Unit 1	INTRODUCTION TO COUNSELLING SKILLS	12 lectures
	1.1 Life Skills Counselling Approach 1.2 Communication and Action Skills 1.3 Filling and Physical Reaction 1.4 Creating Mind Skills 1.5 Characteristics of Effective Counselors 1.6 Stages and Phases of the life skills counselling model	
Unit 2	SKILLS FOR RELATING STAGE IN COUNSELLING	12 lectures
	2.1 Pre-Counselling Contact 2.2 Listening Skills- Nature of Active Listening 2.3 Understanding Skills 2.4 Paraphrase and Reflect Feelings Skills 2.5 Manage Initial Resistance 2.6 Structuring Skills in Counselling Process	

	2.7 Goals for the initial Counselling Session	
Unit 3	SKILLS FOR UNDERSTANDING STAGE IN COUNSELLING	12 lectures
	3.1 Basic Summarizing Skills and referral Skills 3.2 Clarify Problems Skills 3.3 Questioning Skills 3.4 Challenging Skills 3.5 Feedback Skills 3.6 Self-Disclosure Skills	
Unit 4	SKILL FOR UNDERSTANDING AND CHANGE	12 lectures
	4.1 Skills for Electing and Assessing Feelings and Physical Reactions 4.2 Skills for Electing and Assessing Thinking 4.3 Skills for Electing and Assessing Communication and Actions 4.5 Plan Interventions: Skills for Working with Clients and Negotiating Home Work 4.6 Consolidating skills when ending Counselling	
Unit 5	ETHICS IN PRACTICE AND TRAINING	12 lectures
	5.1 Ethics in Counselling 5.2 Code of Professional Ethics 5.3 Ethical Principles 5.4 Licensure 5.5 Training and Education of Counsellors 5.6 Professional Development and Self Care of Counselor	

REFERENCES:

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. Ltd4.
- Gregory, R.J. (2005). Psychological Testing (4th Ed.).Delhi: Pearson education Pvt. 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 an 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.
10. Deshpande C.G. and et. al. (2010) Samupadeshan: Shasrtiya Prakriya va upayojan. Unmesh Prakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
12. Corey, G. (2008). Theory and practice of group counselling. Thomson Brooks/Cole: Belmont
14. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) SagePublication.
15. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
16. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test – 10 Marks
- 2) Submission of Assignment or Video on given topic- 10 Marks
- 3) Seminar presentation with PPT on given topic – 10 Marks
- 4) Skills demonstration with Role Play – 10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester III

CLINICAL PSYCHOLOGY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods
DSE- III (Elective 1)	Clinical Psychology	60

Cos:

1. By the end of UNIT-I the students will be able to understand the nature and related fields of Clinical Psychology
2. By the end of UNIT-II the students will be able to understand historical development and recent development of clinical psychology
3. By the end of UNIT-III, the students will be able to understand different models in clinical psychology and its application for treating the disorders
4. By the end of UNIT-IV the students will be able to understand relationship between Health Psychology and Clinical Psychology with special reference to Behavioral medicine.
5. By the end of UNIT-V, the students will be able to apply principles of Clinical Psychology in the field of Forensic Psychology and Community Psychology

Unit 1	INTRODUCTION TO CLINICAL PSYCHOLOGY	12 lectures
	1.1 Nature and Definition of Clinical Psychology 1.2 Characteristics of Clinical Psychology 1.3 Activity and Work setting of Clinical Psychologist 1.4 Clinical Psychology and Related Professions 1.5 Training in Clinical Psychology 1.6 Functions and Problems of Clinical Psychology 1.7 Role of Clinical Psychologist in different fields	
Unit 2	HISTORY AND RECENT DEVELOPMENT	12 lectures
	2.1 Ancient Roots 2.2 Development in Eighteen and Nineteen Centuries 2.3 Development in World War I to World War II 2.4 Post World War Development and Milestones Growing Point	

	<p>2.5 Development of Clinical Psychology as a Profession</p> <p>2.6 Professional Issues in Clinical Psychology</p> <p>2.7 Development of Clinical Psychology in India</p>	
Unit 3	MODELS IN CLINICAL PSYCHOLOGY	12 lectures
	<p>3.1 Role of Theoretical Models in Clinical Psychology</p> <p>3.2 Biological Model</p> <p>3.3 Interpersonal Model</p> <p>3.4 Humanistic Model</p> <p>3.5 Behavioral Model</p> <p>3.6 Cognitive Model</p> <p>3.7 Phenomenological Model (Kelly and Fritz Perls)</p>	
Unit 4	SPECIALIZATION IN CLINICAL PSYCHOLOGY: CLINICAL HEALTH PSYCHOLOGY AND BEHAVIORAL MEDICINE	12 lectures
	<p>4.1 Clinical Health Psychology: Definition and brief History</p> <p>4.2 Models of Illness and Health</p> <p>4.3 Prevention and Health Promotion</p> <p>4.4 Illness: Diabetes, Mellites, Headache, Cancer</p> <p>4.5 Behavioral Medicine: Meaning and Definition</p> <p>4.6 Behavioral approaches to Primary, Secondary and Tertiary Prevention</p>	
Unit 5	SPECIALIZATION IN CLINICAL PSYCHOLOGY: FORENSIC PSYCHOLOGY AND COMMUNITY PSYCHOLOGY	12 lectures
	<p>5.1 Nature and Definition</p> <p>5.2 Psychology and law/ criminal law</p> <p>5.3 Civil Commitment</p> <p>5.4 Child Abuse and Neglect</p> <p>5.5 Community Psychology: Meaning and Definitions</p> <p>5.6 Historical Development and Perspectives of Community Psychology</p> <p>5.7 Principles and Important Concepts of Community Psychology</p>	

REFERENCES:

1. Hecker., &Thorpe. (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., &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. Kocher, 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.
8. Sundberg, N.D., Winebarger, A.A.& Taplin, J.R. (2002). *Clinical psychology: Evolving theory, practice and research*. Upper Saddle River, N.J.: Prentice-Hall.
9. Wolman, B.B. (ed.) (1975). *Handbook of clinical psychology*. New York McGraw-Hill.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 Marks
- 2) Submission of Assignment or Video on given topic – 10 Marks
- 3) Seminar presentation with PPT on given topic – 10 Marks
- 4) Recent trends/ Research in Clinical Psychology -10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester III

CHILD, ADOLESCENT AND PARENTAL COUNSELING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSE- III (Elective II)	Child, Adolescent and Parental Counseling	60

Cos:

1. By the end of UNIT-I the students will be able to understand the nature of parenting and parental counseling.
2. By the end of UNIT-II the students will be able to understand child and adolescence counseling and various areas of application.
3. By the end of UNIT-III, the students will be able to understand the process of child and adolescence counseling and able to apply various techniques of counseling
4. By the end of UNIT-IV the students will be able to apply counseling techniques in education area
5. By the end of UNIT-V the students will be able to understand effective teaching learning process with the help of different models of study skills.

Unit 1	PARENTAL COUNSELING:	12 lectures
	1.1 Nature and Definition of Parental Counseling 1.2 Parent Guidance and Parent Education 1.3 Characteristics of Good Parenting 1.4 Challenges of Parenting 1.5 Types of Parenting. 1.5 Influence and Limitations of Parents. 1.6 Therapy for Parenting Issues 1.7 Co-Parenting Counseling Parent - Child Relationship	
Unit 2	INTRODUCTION TO CHILD AND ADOLESCENT COUNSELING	12 lectures
	2.1 Counseling Needs of Children and Adolescent, Scope	

	<p>2.2 Location of Needs: Family, School,</p> <p>2.3 Residential Care, Community</p> <p>2.4 Nature of Issues: Emotional, Behavioral Conduct, Developmental Learning</p>	
Unit 3	PROCESS AND TECHNIQUES OF CHILD AND ADOLESCENT COUNSELING:	12 lectures
	<p>3.1 Characteristics of Child and Adolescent Counselors</p> <p>3.2 Therapeutic Relation in Child and Adolescent Counseling</p> <p>3.3 Child Counseling Skills: Observation, Active Listening,</p> <p>3.4 Dealing with Resistance and transference</p> <p>3.5 Use of Play and Art with Children</p>	
Unit 4	COUNSELING IN EDUCATIONAL CONCEPT	12 lectures
	<p>4.1 Specific Issues in Educational Setting</p> <p>4.2 Special Needs Children including Intellectually Different Students (Mentally Retarded and Gifted)</p> <p>4.3 Children with Learning Disabilities</p> <p>4.4 Children With behavioral Problems</p> <p>4.5 Children with Communication Disorders</p>	
Unit 5	TEACHING AND LEARNING PROCESS	12 lectures
	<p>5.1 Learning and Teaching Gardner's Multiple Intelligence.</p> <p>5.2 Model Study Skills: Reading, Writing, Note Making Skills, Time Management.</p> <p>5.3 Cognitive Issues: Factors influencing Attention and Concentration, Remembering and Forgetting, Class Problems.</p> <p>5.4 Child Abuse: Types of Child Abuse and Rehabilitation Programmes.</p> <p>5.5 Orphan and Street Children: Psychosocial Problems and intervention</p> <p>5.6 Addiction: Alcohol and Drug Addiction, Control Over Use of Substance.</p>	

REFERENCES :

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 Pvt. 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 an activities London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th Ed.) Delhi: Tata McGraw-Hill.
9. Deshpande C.G. and et. al. (2010) Samupadeshan: Shasrtiya Prakriya va upayojan. Unmesh Prakashan Pune.
10. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.
11. Corey, G. (2008). Theory and practice of group counselling. Thomson books/Cole: Belmont
13. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
14. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 Marks
- 2) Submission of Assignment or Video on given topic -10 Marks
- 3) Seminar presentation with PPT on given topic -10 Marks
- 4) Recent trends/ research in Child, Adolescent and Parental Counseling- 10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester- III

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-IV.3 Practical	Clinical Assessment	Per Week - 4

COs:

After successful completion of Laboratory work, the students will be able: (Any 7 of the following)

1. To understand the concept of Psychometric tests.
2. To recognize behavior problems of human being.
3. To administer Psychometric I.Q. test.
4. To analyze various types of personality and neurotic symptoms
5. To understand the importance of Clinical Assessment in Counselling Process

Sr. No.	Name of Practical
1	Mobile/Internet Addiction Scale
2	Suicidal Ideation Scale
3	16 PF
4	Maudsley personality inventory
5	Neuroticism Scale
6	Clinical Analysis questionnaire
7	Motivational Analysis test
8	Anxiety, Depression and Stress Scale
9	Anxiety Scale
10	SPM (Standard Progressive Matrices)
11	Home Adjustment Inventory
12	Children's Personality Questionnaire

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester- III

RESEARCH PROJECT PHASE I

COS

After successful completion of this phase, students will be able to:

1. Apply the theoretical concepts practically in research area
2. Write a research proposal in scientific manner

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
Major	Research Project Phase I (Research Proposal)	Per Week – 6

IMPORTANT INSTRUCTIONS FOR SEMESTER III

Research Project Phase I

Cos

After successful completion of this phase, students will be able to:

1. Apply the concepts practically in research area
2. Write a research proposal in scientific manner

In the third semester, the students have to prepare a research proposal in Research Project Phase I. The students can conduct the research project individually or in group with 2 or 3 students.

Students should select a problem related to Counselling / Clinical Psychology i.e., the variables under study should have implications for community mental health, wellbeing and such related issues. These variables should be selected in consultation with the concerned teacher or guide.

The Research Proposal must be submitted before the third semester end exam.

General Guidelines for Research Proposal

Research Proposal / Research Project should be written in APA format

For Quantitative/Qualitative Research

- Comparative Study: Minimum Sample size for each group will be 30
- Correlational Study: Minimum Sample size for each group will be 50
- Qualitative Research: Minimum number of individuals

Regarding Group Project

- Students can complete the project in group of two or three students with the approval of the guide.
- Sample size would be of minimum 150
- Each student will be required to write a separate report on at least one variable

Format of Research Proposal

- Title Page (Name of Researcher and Guide with title)
- Brief Introduction (Definition of variables)
- Statement of the Problem
- Review of literature
- Purpose and Rationale
- Hypothesis
- Methods
- Expected Results
- Time Schedule
- References
- Appendix

Assessment of the Research Proposal

There will be internal assessment for 50 marks. The students must be present their proposal with PPT and Submit the soft copy of PPT and hard copy of proposal to the committee. There will be local RAC for the assessment of the Research Proposal with the following members

- Head of the Institution (Principal)
- Head of the Department
- Research Project Guide
- External Subject Expert (If Possible)

The local RAC will approve the research proposal or can give any relevant suggestion and assess the proposal on the following points

- PPT Presentation – 10 Marks
- Selection of the Topic – 10 Marks
- Relevancy of Research - 10 marks
- Research Methodology – 10 Marks
- Overall Performance - 10 Marks
- Minimum 25 Marks will be mandatory for passing

CASE STUDY REPORT

Cos

After successful completion of this case study report, students will be able to:

1. Apply the Case history method in clinical field
2. Understand the importance of case study in Counselling

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC- Practical Major	Case Study Report	Per Week - 2

Case Study Report

Cos

After successful completion of this case study report, students will be able to:

1. Apply the Case history method in clinical field
2. Understand the importance of case study in Counselling

The students should select at least two maladapted cases in consultation with the teacher which include different types of psychological disorders in the area of clinical psychology and area of counselling psychology for example the cases of interpersonal problems, personal problems, marital problems and career selection etc.

Students should study clinical cases in the Psychiatric Hospitals

Students should study different types of maladjusted cases from the Rehabilitation centers, Schools, Old age home, Family Court and related areas.

A detailed case study report should be prepared for at least two maladjusted cases with the help of following points

- Primary information of the client
- Genogram of the client
- Primary identification of problem
- Case history of the client
- Psychological /Behavioral assessment
- Diagnosis of the problem
- Planning of the session
- Therapeutic intervention
- Brief report of all sessions

- Summary and outcome

For the case study of Psychiatric Hospitals, the prescribed format given by the department should be used.

Assessment of the Case Study Report

The must be submit their case study report in hardcopy with seminar file.

There will be internal and external assessment for 50 marks (For Two Case Study)

- Internal Assessment for 25 Marks: Case Study Presentation with PPT
- External Assessment for 25 Marks: Viva on Case Study Report
- Minimum 25 Marks will be mandatory for passing

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester IV

MALADAPTIVE BEHAVIOUR

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC- I. 4	Maladaptive Behavior	60

Cos:

1. By the end of UNIT-I the students will be able to understand nature of Somatic Symptoms and Dissociative Disorder
2. By the end of UNIT-II the students will be able to understand nature of Sexual Dysfunctions, Paraphilic Disorder and Gender Dysphoria
3. By the end of UNIT-III, the students will be able to understand nature of Neuro Developmental, Impulse Control and Elimination Disorder
4. By the end of UNIT-IV the students will be able to understand nature of Eating and Sleep-Wake Disorder
5. By the end of UNIT-V the students will be able to understand nature of Substance-Related, Addictive and Stress Related Disorders

Unit 1	SOMATIC SYMPTOMS AND DISSOCIATIVE DISORDER	12 lectures
	1.1 Somatic symptom related disorder: Types- Somatic symptom disorder, Illness Anxiety Disorder, Conversion Disorder Factitious disorder 1.2 Causes and Treatment of Somatic symptom disorder 1.3 Dissociative Disorders: Meaning and Nature – Types: Dissociative Identity Disorder, Dissociative Amnesia, Dissociative Fuge, Depersonalization Disorder 1.4 Causes and Treatment of Dissociative Disorder	
Unit 2	SEXUAL DYSFUNCTIONS, PARAPHILIC DISORDER AND GENDER DISPHORAI	12 lectures
	2.1 Nature of Normal Sexuality 2.2 Meaning and nature of sexual dysfunction: Sexual dysfunction in Men and Sexual dysfunction in Women	

	2.3 Paraphilic Disorder: Different types of paraphilic disorders 2.4 Gender Dysphonia: Meaning and Nature	
Unit 3	NEURO DEVELOPMENTAL, IMPULSE CONTROL AND ELIMINATION DISORDER	12 lectures
	3.1 Intellectual disability: Meaning, types, causes and treatment 3.2 Autism, ADHD, Learning Disorder 3.3 Impulse control and conduct disorder : Intermittent Explosive disorder Kleptomania, Pyromania, Oppositional defiant disorder, Conduct disorder 3.4 Elimination disorder: Enuresis, Encopresis,	
Unit 4	EATING AND SLEEP-WAKE DISORDER	12 lectures
	1.1 Eating disorders: Anorexia Nervosa, Bullimia Nervosa, Binge eating disorder, problem of obesity, Causes and treatment 1.2 Types of Eating Disorder: Pica , Ruminant Avoidant food intake disorder 1.3 Sleep-Wake Disorder: Insomnia, Hypersomnia, Narcolepsy Breathing related Disorder, Circadian Rhythm , Sleep Disorder 1.4 Parasomnia Types: Non REM Sleep arousal disorder, Sleep Walking , Sleep Terror, Night Mayor, REM sleep Behaviour Disorder, Restless legs syndrome	
Unit 5	SUBSTANCE- RELATED, ADDICTIVE AND STRESS RELATED DISORDERS	12 lectures
	5.1 Depressants – Alcohol related disorder, Sedative, Hypnotic or Anxiolytic disorder 5.2 Stimulants- Stimulants Related disorder, Tobacco-related disorder, Caffeine related disorder 5.3 Opioid related disorder, Cannabis- related disorder 5.4 Hallucinogen related disorder	

REFERENCES:

1. American Psychiatric Association: “Diagnostic and Statistical Manual of Mental Disorders”, DSM-5 (5th Ed.)
2. Davison, G.C., Neal, J.M. &Kring, A.M. (2004). Abnormal psychology. (9th Ed.). New

York: Wiley.

3. Sarason, I.G, & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th Ed.). Delhi: Pearson Education.
4. Barlow, D.H. & Durand, V.M. (2005). Abnormal psychology (4th Ed.). Pacific Grove: Books/Cole.
5. Nolen- Hoeksema, S. (2004). Abnormal Psychology 3rd Ed. McGraw Hill: New York, USA.
6. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal Psychology: current perspectives. 9th Ed. Tata McGraw-Hill: New Delhi, India.
7. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Ed. Pearson Education, India.
8. Comer, R.J. (2007). Abnormal psychology (6th Ed.). New York: Worth Publishers.
9. Fauman, M.A. (1996). Study guide to DSM-IV. Jaypee Brothers.
10. First, M.B. & Tasman, A. (2004). DSM-IV-TR mental disorders: Diagnosis, etiology, and treatment. New York: Wiley.
11. World Health Organization (1992). The ICD-10 Classification of mental and behavioral disorders: Clinical description and diagnostic guidelines: Delhi: Oxford University Press.
12. Puri, B.K., Laking, P.J. & Treasaden, I.H. (1996). Textbook of psychiatry. New York Churchill Livingsto.
13. Oltmanns T. F., Emery R. E. (1995) ‘‘Abnormal Psychology’’ Prentice Hall.
14. Sue, D., Sue D. W. & Sue S. (2006) ‘‘Abnormal Behavior’’ (8th Edi) Houghton Mifflin Company.
15. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test – 10 Marks
- 2) Submission of Assignment or Video on given topic – 10 Marks
- 3) Seminar presentation with PPT – 10 Marks
- 4) Poster presentation on any one disorder – 10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester IV

THEORIES OF COUNSELLING AND PSYCHOTHERAPY

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC- II .4	Theories Of Counselling and Psychotherapy	60

Cos:

1. By the end of UNIT-I the students will be able to understand theoretical concept of different therapies and counselling.
2. By the end of UNIT-II the students will be able to understand process of Psychoanalytical therapy and its application for psychological problems.
3. By the end of UNIT-III, the students will be able to understand nature of humanistic and existential approach of psychotherapy.
4. By the end of UNIT-IV the students will be able to apply various forms of behavior therapy and understand the nature of cognitive therapy.
5. By the end of UNIT-V the students will be able to understand nature and applications of eastern psychotherapy and other therapy

Unit 1	INTRODUCTION OF PSYCHOTHERAPY	12 lectures
	1.1 Meaning and definitions of Psychotherapy 1.2 Goals of Psychotherapy and Types 1.3 Understanding theories of Counselling and Psychotherapy 1.4 Importance of Therapeutic Relationship 1.5 Difference Between Counselling and Psychotherapy 1.6 Steps of Clinical Innervation or Psychotherapy 1.7 Methods of Evaluating Effectiveness of Psychotherapy	
Unit 2	PSYCHOANALYTICAL THERAPIES	12 lectures
	2.1 Psychoanalytic therapy by Sigmund Freud 2.2 Adler's Individual Psychotherapy 2.3 Jung's Analytical Psychotherapy 2.4 Object Relation Therapy	

	2.5 Brief Psychodynamic Therapy	
Unit 3	HUMANISTIC AND EXISTENTIAL THERAPIES	12 lectures
	3.1 Client Centered Therapy 3.2 Gestalt Therapy 3.3 Logo Therapy 3.4 Existential Therapy 3.5 Transitional Analysis	
Unit 4	BEHAVIOURAL AND COGNITIVE THERAPIES	12 lectures
	1.1 Basic Assumption and Various forms of Behavior Therapy 1.2 Beck's Cognitive Therapy 1.3 Rational Emotional Behavior Therapy 1.4 Multidirectional Therapy 1.5 Mindful Based Cognitive Therapy	
Unit 5	EASTERN AND OTHER THERAPIES	12 lectures
	5.1 Group Therapy 5.2 Family Therapy 5.3 Music and Dance Therapy 5.4 Vipassana and Zen Buddhism 5.5 Yoga Therapy 5.6 Hypnotherapy	

References

1. Blackledge, J. T., Ciarrochi, J., & Deane, F. P. (Eds.). (2009). Acceptance and commitment therapy: Contemporary theory research and practice. Australian Academic Press.
2. Corey, G. (2015). Theory and practice of counseling and psychotherapy. Nelson Education.
3. Crane, R. (2017). Mindfulness-based cognitive therapy: Distinctive features. Routledge.
4. Harris, R. (2019). ACT made simple: An easy-to-read primer on acceptance and Commitment therapy. New Harbinger Publications.
5. Hayes, S. C., & Strosahl, K. D. (Eds.). (2004). A practical guide to acceptance and commitment therapy. Springer Science & Business Media.
6. Jones-Smith, E. (2019). Theories of counseling and psychotherapy: An integrative

approach. SAGE Publications, Incorporated.

7. Learning ACT: An Acceptance and Commitment Therapy Skills-Training Manual...
8. Mindfulness-Based Cognitive Therapy: Embodied Presence and Inquiry in Practice
9. Mindfulness-Based Cognitive Therapy: Innovative Applications
10. Schwartz, R. C., & Sweezy, M. (2019). Internal family systems therapy. Guilford Publications.
11. Sweezy, M., & Ziskind, E. L. (Eds.). (2013). Internal family systems therapy: New dimensions. Routledge.
12. Worden, J. W. (2018). Grief counseling and grief therapy: A handbook for the mental health practitioner. Springer Publishing Company.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 Marks
- 2) Submission of Assignment or Video on given topic -10 Marks
- 3) Hypothetical case presentation with the help of any psychotherapy -10 Marks
- 4) Review on subject related Movie, Book, Novel, Drama, Web series in therapeutic prospective -10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester IV

CLINICAL ASSESSMENT AND PSYCHODIAGNOSIS

Code of the Course/Subject	Title of the Course/Subject	Total Number of lectures
DSC- III.4	Clinical Assessment and Psychodiagnosis	60

Cos:

1. By the end of UNIT-I the students will be able to understand nature of Clinical assessment and Psychodiagnosis.
2. By the end of UNIT-II the students will be able to apply clinical interview technique in counseling and psychotherapy
3. By the end of UNIT-III, the students will be able to understand and use of behavioral assessment in counseling and psychotherapy
4. By the end of UNIT-IV the students will be able to understand nature of personality assessment and neuropsychological assessment
5. By the end of UNIT-V the students will be able to understand and apply intellectual assessment tools in counseling and psychotherapy

Unit 1	INTRODUCTION TO ASSESMENT AND PSYCHODIAGNOSIS	12 lectures
	1.1 Meaning and Nature of Clinical Assessment and Psycho diagnosis 1.2 Planning the Assessment 1.3 Collecting Assessment Data 1.4 Processing assessment Data 1.5 Communicating Assessment Findings 1.6 Purposes of Clinical Assessment	
Unit 2	CLINICAL INTERVIEWING AND CASE STUDY	12 lectures
	2.1 Types of Clinical Interviews 2.2 Importance of Rapport 2.3 Communication Strategies 2.4 Diagnostic Interviewing	

	2.5 Inter Viewing with Children 2.6 Case Study Technique	
Unit 3	BEHAVIOURAL ASSESSMENT	12 lectures
	3.1 Traditional Approaches to Assessment 3.2 Defining Features of Behavioral Assessment 3.3 Functional Analysis 3.4 Behavioral Assessment Methods 3.5 Assessment to Dysfunctional Cognitions 3.6 Clinical Observation Method	
Unit 4	PERSONALITY AND NEUROPSYCHOLOGICAL ASSESSMENT	12 lectures
	1.1 Clinical measurement of Personality 1.2 Personality Inventories (MMPI, MMPI-2, CPI, 16PF, NEO-PI, EPQ) 1.3 Projective Techniques (Rorschach Test, TAT, SCT) 1.4 Meaning and Purpose of Neuropsychological Assessment 1.5 Neuro Psychological Assessment tools 1.6 Place of Personality Assessment in Contemporary Clinical Psychology	
Unit 5	INTELLECTUAL AND OTHER TYPES OF ASSASSMENT	12 lectures
	5.1 Intelligence: Definition and Measurement 5.2 Binet Intelligence Test, Wechsler Intelligence Test 5.3 Raven's Progressive Matrices 5.4 Interest and Career Related Assessment 5.5 Achievement and Aptitude Assessment 5.6 Learning Disability Assessment	

REFERENCES:

8. Hecker., &Thorpe. (2005). Introduction to clinical psychology: Science, practice, and ethics (Low Price Edition). Delhi: Pearson Education.
9. Pomerantz, A.M. (2008). Clinical Psychology: Science, practice, and culture. Sage Publications: New Delhi

10. Trull., & Phares, E.J. (2001). *Clinical psychology: Concepts, methods, and Profession* (6th ed.). Belmont, CA: Wadsworth/Thomson Learning
11. Holt, R.R. (ed.). (1984). *Diagnostic psychological testing*. Revised edition. New York: International Universities Press.
12. 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.
13. Marks, D.F., & Yardley, L. (eds.). (2004). *Research methods for clinical and health psychology*. New Delhi: Sage.
14. Osborne, R.E., Lafuze, J., & Perkins, D.C. (2000). *Case analysis for abnormal psychology: Learning to look beyond the symptoms*. Philadelphia: Psychology Press.
8. Sundberg, N.D., Winebarger, A.A. & Taplin, J.R. (2002). *Clinical psychology: Evolving theory, practice and research*. Upper Saddle River, N.J.: Prentice-Hall.
9. Wolman, B.B. (ed.) (1975). *Handbook of clinical psychology*. New York McGraw-Hill.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 marks
- 2) Submission of Assignment or Video on given topic -10 Marks
- 3) Report on assessment by using any assessment tool – 10 Marks
- 4) Role Play on Clinical interview with any hypothetical problem and report submission -
10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester IV

APPLICATIONS OF COUNSELLING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods
DSE- IV (Elective-I)	Applications of Counselling	60

Cos:

1. By the end of UNIT-I the students will be able to understand and apply the counseling for family
2. By the end of UNIT-II the students will be able to understand and apply the counseling for problems of couple
3. By the end of UNIT-III, the students will be able to understand and apply the counseling for children, adolescents and educational field.
4. By the end of UNIT-IV the students will be able to understand and apply the counseling for specific problems
5. By the end of UNIT-V the students will be able to understand and apply the current trends in counseling

Unit 1	FAMILY COUNSELLING	12 lectures
	1.1 Meaning, Definitions and Objectives of Family Counselling 1.2 Evolution of the concepts in Family Counselling 1.3 Approaches to Family Counselling 1.4 Goals and Types of Family Counselling 1.5 Developmental Models of Family Counselling- Family Life Cycle and Communication Pattern, Family Life Spiral, Family Genogram 1.6 Family Counselling Process 1.7 Techniques of Family Counselling	
Unit 2	COUPLE COUNSELLING	12 lectures
	2.1 Meaning and Nature of Couple Counselling 2.2 Approaches to Couple Counselling 2.3 Premarital Counselling: Nature, Important Factors, Counselling Method Principles 2.4 Factors of Marital Distress	

	<p>2.5 Marital Counselling -Factors Related to Good Marital Adjustment</p> <p>2.6 Process of Couple Counselling</p> <p>2.7 Intervention Process and Techniques in Couple Counselling</p>	
Unit 3	CHILDREN, ADOLESCENTS AND EDUCATIONAL COUNSELLING	12 lectures
	<p>3.1 Counselling Children in School and Clinical Setting</p> <p>3.2 Counselling to Adolescents for Common Problems</p> <p>3.3 Individual Counselling for Specific Problems Students Engaging in Substance Abuse, Students Witnessing Domestic Violence, Coping with Separation of Parents, Students with ADHD, Gifted Students, Students with Disabilities (Physical, Intellc.)</p> <p>3.4 Counselling Techniques for Younger Children – Play Therapy and Therapeutic Activity.</p> <p>3.5 Educational Counselling – Definitions and Functions</p> <p>3.6 School Counselor at Various Levels – Elementary, Middle and Secondary School Counselling – Emphasis and Role, Activities, Prevention and Remediation</p>	
Unit 4	CAREER AND ABUSE / ADDICTION COUNSELLING	12 lectures
	<p>4.1 Scope and Importance of Career Counselling</p> <p>4.2 Career Development Theories and Counselling</p> <p>4.3 Career Counselling with Diverse Population (Children, Adolescents, College Students, Adults, Women and Ethnic Minorities.)</p> <p>4.4 Cycle of abuse – Meaning and Nature, Interpersonal Abuse (Child, Siblings, Partner and Spouse Adult)</p> <p>4.5 Substance Abuse and Addiction (Alcohol, Nicotine, Drugs) Causes of Addiction</p> <p>4.6 Process Addiction and Abuse- Compulsive Gambling, Work Addiction, Internet Addiction</p> <p>4.7 Treatment for Addiction</p>	
Unit 5	COUNSELLING FOR SPECIFIC PROBLEMS AND CURRENT TRENDS IN COUNSELLING	12 lectures
	<p>5.1 Counselling for Clinical Problems – Anxiety, Depression, Trauma,</p>	

	Hopelessness, OCD etc. 5.2 Gender Based Counselling - Sexuality Development Issues, Sexual Orientation, Counselling with LGBT 5.3 Nature and Definition of HIV Counselling, Aims of HIV/AIDS Counselling 5.4 HIV/AIDS Counselling Process 5.5 Nature of Tele Counselling, Online Counselling and Ethics of online counselling 5.6 Rehabilitation Counselling	
--	---	--

REFERENCES :

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 Pvt. 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: Woodsworth/Thomson Learning.
7. Nelson, R., Jones (2000). Introduction to counselling skills, text an 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.
10. Deshpande C.G. and et. al. (2010) Samupadeshan: Shasrtiya Prakriya va upayojan. Unmesh Prakashan Pune.
11. Capuzzi, D., & Gross, D.R. (2008). Counselling and Psychotherapy: theories and interventions 4th Edn. Pearson Education: India.

12. Corey, G. (2008). Theory and practice of group counselling. Thomson Books/Cole: Belmont
14. Nelson R., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.
15. Gladding S.T (2009) Counselling (6th Ed) Pearson Education.
16. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.

INTERNAL ASSESMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 marks
- 2) Submission of Assignment or Video on given topic – 10 marks
- 3) Seminar presentation with PPT – 10 Marks
- 4) Poster presentation for applications of counseling – 10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester III

WORKPLACE COUNSELLING

Code of the Course/Subject	Title of the Course/Subject	Total Number of Periods
DSE- IV (Elective-II)	WORKPLACE COUNSELLING	60

Cos:

1. By the end of UNIT-I the students will be able to understand the meaning of workplace counseling and its impact on working structure
2. By the end of UNIT-II the students will be able to understand the various workplace issues and its relation with productivity
3. By the end of UNIT-III, the students will be able to understand the process of employee counseling and able to use different methods of counseling
4. By the end of UNIT-IV the students will be able to understand various model and its application in counseling
5. By the end of UNIT-V the students will be able to evaluate effect of workplace counseling

Unit 1	INTRODUCTION AND SCOPE OF WORKPLACE COUNSELLING	12 lectures
	1.1 and Definition of Workplace Counseling, 1.2 Nature and scope of WPC, 1.3 Objectives of Workplace counseling, 1.4 Basic requisites of Workplace Counseling, 1.5 Importance and benefits of Workplace Counseling, 1.6 Benefits for Employees and Employers and Benefits to the Organization. Relation between Workplace Counseling and Productivity, 1.7 Organization impact on Counseling 1.8 Counseling impact on organization, Counseling as a means of organizational change.	
Unit 2	COUNSELLING FOR WORKPLACE RELATED ISSUES	12 lectures
	2.1 Stress-Meaning and Definition, 2.2 Types of Emotional and Physical Stress,	

	<p>2.3 Work related stress and personal issues (Marital or Family issues, Absenteeism, Alcoholism and drug addiction, Maladjustment, etc.),</p> <p>2.4 Situations causing stress, adverse effects of stress, Stress Tests, Stress Audit (Definition, Phases, Benefits, outcome,)</p>	
Unit 3	PROCESS OF WORKPLACE COUNSELLING	12 lectures
	<p>3.1 Types of Employee Counseling,</p> <p>3.2 Process of Employee Counseling- Beginning,</p> <p>3.3 Developing, Terminating, and Follow up,</p> <p>3.4 Methods of Employee Counseling-Directive and non-directive methods.</p>	
Unit 4	MODELS OF COUNSELING	12 lectures
	<p>4.1 Counseling-Orientation Model</p> <p>4.2 Brief-Therapy</p> <p>4.3 Problem-focused Model</p> <p>4.4 Manager-Based Model</p> <p>4.5 Externally based Model</p> <p>4.6 Welfare Based Model</p> <p>4.7 Organizational-change Models Skills and Techniques of Workplace Counseling,</p> <p>4.8 Multiple Roles of Counselor in Workplace counseling</p>	
Unit 5	EVALUATION OF WORKPLACE COUNSELING	12 lectures
	<p>5.1. Meaning of Evaluation</p> <p>5.2. Usefulness of Evaluation</p> <p>5.3. Record Keeping</p> <p>5.4. Formative and Summative Evaluation</p> <p>5.5. Methods of Evaluation,</p> <p>Problems and Issues in Workplace Counseling, Ethical Issues in Workplace Counseling, Training in ethical decision making, Making ethical decisions in Workplace Counseling, Ethical Responsibility of the Employee Counselor</p>	

REFERENCES:

1. Workplace Counseling: A Systematic Approach to Employee Care by Michael Care.
2. Career Works and Mental Health By Vernor Zunfer
3. Career Counseling: Applying the Systems Theory frameworks of Career Development by McMahon Mary 2005
4. Hand Book of Vocational Psychology Theory, Research and Practice

INTERNAL ASSESSMENT: 40 MARKS

Distribution of 40 Marks

- 1) MCQ Test -10 Marks
- 2) Submission of Assignment or Video on given topic – 10 marks
- 3) Seminar presentation with PPT – 10 Marks
- 4) Poster presentation for applications of counseling – 10 Marks

SYLLABUS FOR MA PSYCHOLOGY AND COUNSELING

Semester- IV

PRACTICAL

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
DSC-IV Practical	Assessment in Counselling	Per Week - 4

COs:

After successful completion of Laboratory work, the students will be able: (Any 7 of the following)

1. To understand the use of Psychometric tests in Counselling
2. To recognize cognitive process of human being.
3. To administer Psychometric attitude and aptitude test.
4. To apply the psychological testing for effective counselling

Sr. No.	Name of Practical
1	Attitude towards mother's scale
2	Expectation from the life partner scale
3	School adjustment inventory
4	Interest inventory
5	Career Maturity inventory
6	Level of aspiration scale
7	Marriage attitude scale
8	Home environment inventory
9	Achievement motivation scale
10	Marital adjustment questionnaire
11	Multidimensional aptitude test
12	Self Confidence scale

RESEARCH PROJECT PHASE II

Code of the Course/Subject	Title of the Course/Subject	Total Number of Lectures
Major	Research Project Phase II (Complete Research Report)	Per Week - 10

IMPORTANT INSTRUCTIONS FOR SEMESTER IV

Research Project Phase II

Cos

After successful completion of this phase II, students will be able to:

1. Conduct a Research in the field of Psychology
2. Write a scientific research paper for the different purpose
3. Understand the process of conducting research.

Every student shall be offered Research/Innovative Project in IV Semester. This research/Innovative Project/Dissertation will carry 100 Marks and of maximum 6 credits for semester. The project/dissertation be submitted in the hardbound copy to the University Department/College/Institute. For internal evaluation, the students shall have to give a presentation of the project/dissertation in a given Semester. Further, for external examination, Project/Dissertation shall be evaluated by the concerned teacher/supervisor/guide in the University Department/College / Institute as an Internal Examiner along with an External Examiner appointed by the University.

Format of Research Project

Project Report should be written in APA Format

I. Title Page

- Title
- Name of researcher and Guide
- Running Head
- Acknowledgements (If Any)

II. Introduction

- Define Variables in the research
- Statement of the Problem

- Purpose and Rationale of the Study

III. Review of the Literature

IV. Research Methodology

- Research objectives
- Hypothesis
- Sample
- Tools
- Method of data Collection
- Research Variables
- Research design
- Statistical Method
- Operational Definitions of variables

V. Result and Discussion

- Tables and Figures
- Statistical Interpretation
- Support or Nonsupport of Hypothesis

VI. Summary and Conclusion

VII. References

VIII. Appendix (If Any)

Assessment of Research Project: 100 Marks

Project assessment will be based on presentation of project before Internal and External examiners with PPT.

Continuous Internal assessment for 50 marks as follows

- Introduction, Definition, objectives, Rationale, significance – 15 Marks
- Review of Literature – 15 Marks
- Presentation – 20 Marks

External Assessment for 50 Marks as follows

- Evaluation of Research Project (Methodology) – 20 Marks
- Research Project Presentation – 15 Marks
- Viva Voce – 15 Marks
- Minimum 50 Marks will be mandatory for passing