# M.A./M.Sc. COUNSELING PSYCHOLOGY PROGRAMME

UNDER CBCS GRADUATE COURSES UNDER RANCHI UNIVERSITY

Implemented From
Academic Session:  2021-23

# Members of Board of Studies of CBCS P.G. Syllabus as perGuidelines of the Ranchi University, Ranchi

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*Associate Professor,*
*University Department of Psychology*
*Ranchi University, Ranchi*
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**EXTERNAL EXPERTS**

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*Former Dean, Social Sciences, NPU, Medninagar,*
*Jharkhand Former Head, University Department of*
*Psychology, RU, Ranchi*

- **Dr. Siddique Razaque**,
*Head, University Department of*
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- **Dr. (Mrs.) Indira Pathak**
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- **Dr. Zeba**
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*J. N. College, Dhurwa,*
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**MEMBER SECRETARY**

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*Assistant Professor (Contr.)*
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*Psychologist, Counseling Cell, Ranchi University, Ranchi*
*Former Dr. S. Radhakrishnan Post-Doctoral Fellow (UGC)*

# Master in Counseling Psychology
## General Information/ Regulations for the
## MA/M.Sc. in Counseling Psychology

*A candidate seeking admission to MA/M.Sc. in Counseling Psychology must satisfy following conditions:*

- He/she must be a graduate from any recognized University in Psychology honours or any other discipline with one compulsory paper as Psychology with minimum 50% of marks in the aggregate or equivalent grade.

- Candidates graduated from any University with a science degree i.e. B.Sc. in Psychology/Counseling Psychology or any other branch of Psychology will get a degree in M.Sc. in Counseling Psychology.

- Admission to this course will be based on merit. If number of applicants exceeds double of the seats, there will be an entrance examination followed by the Department. Reservation of the seats for this course will be as per the admission rules of the University.

- Candidates with good interpersonal skills will be preferred.

- This course shall run under **"PSYCHOLOGICAL SCHOOL OF SELF SUSTAIN"**, Ranchi University, Ranchi.

- In future some other degree/diploma/certificate etc. courses may start under the

   **"PSYCHOLOGICAL SCHOOL OF SELF SUSTAIN"**, Ranchi University, Ranchi.

**Duration**

   The candidate admitted to the MA/M.Sc. in Counseling Psychology shall undergo the prescribed course of study for one academic year, comprised of four semesters.

**Intake Capacity**

   The maximum number of the candidates should be **fifty (50)** only.

# Syllabus for the MA/M.Sc. in Counseling Psychology(PGCP)

| | Core/EC/FC courses | | | | Marks | | | |
|---|---|---|---|---|---|---|---|---|
| Sem ester | Paper Code | Paper Code | Credit | Name of the Paper | Mid Semester Evaluation (F.M.) | End Semester Evaluation (F.M.) | End Semester Practical/ Viva (F.M.) | Pass Marks |
| I | Foundation Course | FCCON 101 | 5 | Foundation of Professional Counseling | 30 | 70 | | 45 |
| | Core Course | CCCON 102 | 5 | Psychological Assessment and Diagnosis | 30 | 70 | | 45 |
| | Core Course | CCCON 103 | 5 | Foundations of Psychology | 30 | 70 | | 45 |
| | Practical on Core Course | CPPRACT 104 | 5 | Practicum | - | - | 70+30 | 45 |
| II | Core Course | CCCON 201 | 5 | Counseling Process, Skills and approaches to Counseling | 30 | 70 | | 45 |
| | Core Course | CCCON 202 | 5 | Social and Cultural foundations for Counseling | 30 | 70 | - | 45 |
| | Core Course | CCCON 203 | 5 | Counseling intervention for special population | 30 | 70 | - | 45 |
| | Practical on Core Course | CPPRACT 204 | 5 | Practicum | - | - | 70+30 | 45 |
| III | Ability Enhancement Course | ECCON 301 | 5 | Research Methodology | 30 | 70 | - | 45 |
| | Core Course | CCCON 302 | 5 | Institutional Counseling | 30 | 70 | - | 45 |
| | Core Course | CCCON 303 | 5 | Counseling of emotionally disturbed populations | 30 | 70 | - | 45 |
| | Practical on Core Course | CPPRACT 304 | 5 | Case study /Dissertation/Project | - | - | 70+30 | 45 |
| IV | Elective | ELCON 401 | 5 | A) Psychopathology B) Health Psychology | 30 | 70 | - | 45 |
| | Elective | ELCON 402 | 5 | A) Life Span Psychology B) Applied Social Psychology | 30 | 70 | - | 45 |
| | Practical on Elective | EPCON 403 | 5 | Statistics, computer application and using SPSS in data analysis | 30 | 70 | - | 45 |
| | Internship | IINCON 404 | 5 | Internship | - | - | 70+30 | 60 |

# SEMESTER-I

**FCCON 101: FOUNDATIONS OF PROFESSIONAL COUNSELING**

## Unit-1: Introduction

- Meaning and Concept of Counseling
- Definitions and goals of Counseling
- Goals of Counseling
- Counseling and psychotherapy
- Types of Counseling
- Counseling Psychology and other specialties and fields
- Training and job setting activities.

## Unit-2: Historic Perspectives

- Development as the profession.
- Stages of the development of the profession.
- Traditional activities of counsellors.
- Counseling in India.
- Current status of Counseling in India.

## Unit-3: Current trends in Counseling

- Diversity issues in Counseling
- Different formats of Counseling
- Counseling and Liasoning fields
- Trauma Counseling.
- Techniques of Counseling.

## Unit 4: Applications of Counseling:

- Children (School & Colleges)
- Family
- Career
- Crisis Intervention- Suicide, Grief and Sexual Abuse.

## Unit-5: Counseling Relationship & Ethical and Legal Guidelines
- Counseling relationship and its importance
- Components of relationship
- Facilitative conditions for the Counseling relationship
- Ethical issues, Ethical dilemmas
- Legal concerns of counsellors.

**Books**

Felthman, C., & Horton, I. (2000) (Ed), Handbook of Counseling and Psychotherapy, New Delhi: Sage4

George. L.R., and Crisiani.T. (1981) Theory, Methods of processes of Counseling and Psycho therapy. New Jersey: Prentice Hall Inc. Englewood and Cliffs.

Kottler.J.A. and Brown.R.W.(2000). In introduction to therapeutic counseling (4th edition) California Brooks/Cole publishing Company

Palmer, S. (ed.). (1999). Introduction to Counseling and psychotherapy: The essential guide. New Delhi: Sage.

Patterson.E.L., and Welfel.E.R. (1999). The Counseling Process (5th edition) California: Brooks/ Cole Publishing Comapany. 5. Sreedhar.K.P. (1996) Guided Somato-Psychic Relaxation: Trivandrum: LIFE

Robert, G. L., & Marianne, M.H. (2003), Introduction to Counseling and Guidance, Pearson education, Inc

S.Narayana Rao (1981).Counseling Psychology, , Tata Mc Graw Hil Pub.

Scharf, R.S.(2000). Theories of psychotherapy and Counseling: Concepts and cases (2nd ed.).Singapore: Brooks/Cole.

Sharma, R .N.,& Sharma,R. (2004), Guidance and Counseling in India.

## FCCON 102: PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS

**Unit-1**: **Psychological Assessment**

- The purpose of assessment in Counseling.

- Assessment principles.

- Overview of assessment areas

- Initial assessment in Counseling:

    ✓ Case history/MSE.

    ✓ Identifying a clients problem using a clinical interview.

    ✓ Introspection

    ✓ Observation.

**Unit-2: Intelligence, Achievement and Aptitude**

- Meaning and definitions of Intelligence Achievement and Aptitude.

- Intelligence and general ability testing *(BKT, Bhatia's battery, Vineland Social Maturity Scale, Bharatraj Development Schedule)*.

- Measuring Achievement and aptitude (DBDA).

**Unit-3: Career Counseling**

- Meaning of Career Counseling.

- Needs and importance of Career Counseling.

- Assessment in career Counseling *(Comprehensive Interest Schedule)*,

- Developmental assessment in Counseling and therapy (DCT).

- Spiritual assessment strategies.

**Unit-4: Tools of Psychological Assessment**

- Appraisal of personality:
  - ✓ 16PF, MAPS, MBTI, EPQ-R, TAT, SCT, CAT, RT).
- Intelligence Assessment:
- Attitude Assessment.
- Goal and Career Assessment and guidance.

**Unit- 5: Development of Scales**

- Preparation of items

- Finalization of items

- Computing Reliability and

- Validity.

**Books**

Anastasi & Urbina S.(2000), Psychological Testing ,7th Edition; Person Education

　　　(Singapore)Pte. Ltd.

Freeman, F. S.(1965), Theory and Practice of Psychological Testing; New Delhi: Oxford

&IBTTGuilford J.P.: Psychometric Methods

Jackson C. (1998), Understanding Psychological Testing; Jaico Publishing House.

**CCCON 103: FOUNDATION OF PSYCHOLOGY**

**Unit-1: Introduction**
- Introduction, meaning, definitions and relevance of Psychology.
- Branches of Psychology
- Methods of Psychology:
  - ✓ Introspection
  - ✓ Case Study
  - ✓ Observation
  - ✓ Interview
  - ✓ Experiment
  - ✓ Questionnaire
  - ✓ Survey

### Unit-2 Attention & Perception

- Attention & Perception Models of Attention
- Theories of Attention:
  - ✓ Broadbent
  - ✓ Treisman
  - ✓ Pertinence Model
  - ✓ Neisser's model Perception
- Approaches to the study of Perception
- Top-down and Bottom-up processes in Perception.
- Illusions.
- Perceptual styles:
  - ✓ Field dependent Vs. Field independent
  - ✓ Repressors Vs. Sensitizers
  - ✓ Levellers Vs. Sharpeners.

### Unit-3 Intelligence

- Meaning
- Definitions and Nature
- Theories of Intelligence

### Unit 4: Personality
- Meaning & nature
- Approaches and Determinants.
- Biological foundation of Personality
- Socio logical & Cultural factors of Personality
  - ✓ Impacts of Social Media on Personality.

### Unit 5: Thinking and Problem Solving

- Meaning, nature and of Thinking.
- Theories of Thinking:
  - ✓ Central Theory
  - ✓ Central-Peripheral Theory
  - ✓ Creative Thinking
- Meaning and definitions of Problem Solving
- Process and Steps of Problem Solving.
- Types and Techniques of Problem Solving

### Books

Arun Kumar Singh (2012).Uchhtar Samanya Manovigyan, Patna: Motilal Banarasidas

Hilgard, E.R., Atkinson, R.C. & Atkinson,R.L.(1975).Introduction to Psychology, New Delhi:Oxford and IBH Publishing Company.

Morgan, C.t., Weisz, J.R. and Schopler, J.(2006). Introduction to Psychology, New Delhi: TataMc.Grew Hill.

Muhammad Suleman  (2012). Samanya Manovigyan, Patna: Motilal Banarasidas

## CPPRACT 104: PRACTICUM

### Group A (Intelligence Tests)

- Bhatia Intelligence test
- Standard Progressive Matrices intelligence test
- Mohsin Intelligence test
- Emotional Intelligence test

### Group B (Personality Tests)

- TAT
- Rorschach Inkblot Test
- Personality Testing (16 PF)
- The Big Five Factor Scale

# SEMESTER-II

## CCCON 201: COUNSELING PROCESS, SKILLS AND APPROACHES TOCOUNSELING

**Unit-1**: **Counseling Process**

- Steps in Counseling
- Therapeutic relationship:
    - ✓ The importance of relationship
    - ✓ Components of relationship
    - ✓ Facilitative conditions for the Counseling relationship.

**Unit-2: Counseling skills**

- Communication Skills:
    - Basic Communication Skills
    - Attending skills

- Listening skills
- Integrating Listening Skills.
- Exploration Skills:
  - Probe, Immediacy, Self-disclosure, Interpretation, Confrontation.
- Action Skills:
  - Information giving, Advice giving, Goal setting, Reinforcement.
  - Directives Self-disclosure by counsellor when and how Helping clients develop and work on preferred scenarios, negotiating homework.
- Managing resistance and other obstacles in Counseling Skills of closure andterminating.

## Unit 3: Personalizing Skills

- Initiating, Integrating, Listening Skills.
- Stage 2: Personalizing: Attitudes:
  - Confrontation, Immediacy, personalizing skills-Personalizing the problem and goal.
  - Integrative skills, influencing skills, capacity forming skills,eliciting and reflecting skills.
- Stage 3: Initiating, subsequent stage
  - ✓ Initiating: Working with the problem
  - ✓ Trying out solutions
  - ✓ Attitudes at this stage
  - ✓ Initiating skills.
- Stage-4: Subsequent Stage
  - ✓ Evaluating.

## Unit 4: Counseling Approach:

- Insight oriented Psychodynamic Approach:
  - Psychoanalytic,
  - Adlerian,
  - Humanistic Approach,
  - Client-centered,
  - Gestalt

**Unit 5: Counseling Approach:**

- Action oriented & other approaches
- Behavioural Approach:
  - ✓ Operant Conditioning
  - ✓ Classical Conditioning
  - ✓ Cognitive Therapy
  - ✓ Rational Emotive Therapy.

**Books**

Culley, Sue.(2002). Integrative Counseling Skills in Action.(2 edn) London: Sage.

Doyle. Robert, E. (1992) Essential Skills and strategies in helping process. California:

Brooks/ColeDryden, W, &Thorne. D, (1991). Training & Supervision for Counseling in
action. (Ed)

London:Sage

Egan, G. (2001). The skilled helper: A problem management approach to helping. (7th
Edi.)Pacific Grove CA: Brooks/Cole.

Inskipp, F. (1996). Skills training for Counseling, London: Cassell. 16. Ivey, Intentional
Interviewing.

Neukrug, E.(1999). The world of the Counsellor: An Introduction to the Counseling
Profession,Pacific Grove, CA: Brooks/ Cole.

Richard Nelson-Jones.(2002). Basic Counseling Skills London: Sage.


**CCCON 202: SOCIAL AND CULTURAL FOUNDATIONS FOR COUNSELING**

**Unit-1: Social Self**

- Self and Identity
- Culture and Development of Self
- social identities
- diverse identities
- Perception of Self and Others
- Social cognition
- Impression management
- Attribution, Bias and errors in attribution
- Prejudice, Stereotypes and Discrimination
- Attitudes: attitude organization, methods of attitude change, persuasion and
propaganda techniques.

**Unit-2: Social Relationships-I**

- Nature, dimensions and dynamics of interpersonal relationships.

- Interpersonal attraction *(Sexuality and intimacy)*.

- Diverse and complex relationships.

- Alternate sexualities.

**Unit-3: Social Relationships-II**

- Altruism: influences of helping; long-term helpfulness;

- Aggression: nature and characteristics.

- Individual differences in aggression.

- Violence: sexual harassment, genocide, terrorism.

**Unit-4**: **Culture and Behaviour**

- Cross-cultural psychology.

- Diversity in socialization:

   ✓ Individualistic vs. collectivistic Cultures.

   ✓ Poverty and deprivation.

   ✓ Culture and personality.

   ✓ **Psychopathology:** Traditional healing methods:

      ▪ Cross- cultural aspects of coping.
      ▪ Acculturation and mental health.
      ▪ Childhood disability in the sociocultural context.

**Unit-5**: **Social and Cultural Issues**

- Complex worlds and social behaviour.

- Social psychology and contemporary issues:

   ✓ Globalization, gender and diversity.

   ✓ Dealing with ethnic minorities.

   ✓ The cultural dimension of individual behaviour.

   ✓ Social psychology in clinical health settings.

   ✓ Social psychology at work application in job satisfaction and performance.

**Books**

Kakar, S. (1982). Shamans, Mystics and Doctors. Delhi: Oxford University Press.

Linda, S. (Ed) (2017). Applied social Psychology: understanding and managing social problems.

Cambridge, UK: Cambridge University press

Lott, B.E. (2010).Multiculturalism and diversity : a social psychological perspective : Chichester

: UK ; Malden .MA : Wiley1Blackwell

Matsumoto, D. & Juang, L. (2004). Culture and psychology. Australia: Thomson Wardsworth.

Nancy,A.R. (2013). Aversive racism and intergroup contact theories : Cultural competence in asegregated world . Journal of social work education, 49 (4), p564-579.

Pandey, J. (Ed.) (2004). Psychology in India revisited (Vol-3). ND: Sage.

Saraswathi, T.S. (Ed). (1999). Culture, socialization and human development. New Delhi: Sage.

Smith, P.B., Bond, M.H. & Kagitcibasi,C. (2006). Understanding social psychology across cultures. London: Sage.

Tuffin, K. (2005). Understanding Critical Social Psychology. ND: Sage.

Vindhya, U. (Ed). (2003).Psychology in India: Intersecting crossroads. New Delhi: Conceptpublishing company.

## CCCON-203: COUNSELING INTERVENTION OF SPECIAL POPULATION

### Unit 1: Addicted

- Alcohol and Substance abuse
- Counseling and de-addiction:
  - ✓ Minnesota Model,
  - ✓ Psychodynamic approaches
  - ✓ Cognitive-Behavioural Therapies,
  - ✓ Motivational Enhancement Therapy.
  - ✓ Stages of Change Model,
  - ✓ Problem-Oriented Treatment,
  - ✓ Solution-Focused Treatment,
  - ✓ Group Therapy,
  - ✓ Family Therapy.

### Unit 2: Disability Counseling

- Concept and definition of disability
- Methods used in Disability Counseling.

### Unit 3: Chronic Illness

- Chronic Illness and Terminal Illness
- Counseling of Chronic III.

**Unit 4: Counseling to Elderly**

- Medical issues of aging

- Importance of Counseling for Elderly

- Medical Issues of Aging.

- Dying Grief and Bereavement Counseling

**Unit 5: Counseling HIV/AIDS Patients**

**PAPER- 204: PRACTICUM**

### Group A (Adjustment and Well-Being Tests)

- Adjustment test
- Family Relationship test
- PGI General Well-Being test
- Mental Status Examination

### Group B (Aptitude, Interest, Motivation and Career Preference Tests)

- Differential Aptitude Test (DAT)\
- Interest Inventory
- Career Preference Record
- Achievement Motivation Scale

**SEMESTER**

**-IIIECCON 301: RESEARCH METHODOLOGY**

**Unit-1: Quantitative research and Research Design**

- Meaning, types and steps of research.

- Variables.

- Hypothesis: types of hypothesis.

- Sampling.

- Research Design
    - ✓ Experimental designs:
        - Within Group Designs
        - Between Group Designs
        - Two-Group Design
        - Factorial Design
        - Correlational Design.

**Unit-2**: **Collection of Data**

- Methods of data collection:
  - ✓ Surveys
  - ✓ Questionnaires
  - ✓ Schedule
  - ✓ Tests
  - ✓ Scales

**Unit-3**: **Qualitative Research**

- Defining Qualitative research
- Historical development of Qualitative research
- Types of Qualitative research
- Steps of Qualitative research
- Qualitative Research Design
- Designing samples
- Collection of Data
- Analyses of Data
- Report Writing

**Unit 4**: **Methods of Collecting Qualitative Data**

- Observation.
- Interviewing.
- Focus Groups Discussion.
- Life history.
- Oral history and
- Case studies.

**Unit 5**: Analyzing Qualitative
                    Data:

- ✓ Thematic analysis
  - ✓ Narrative analysis
  - ✓ Discourse analysis and Content analysis.

**Reference Books:**

Broota, K.D.: Experimental design in Correlational Research, New Delhi: Wiley Eastern 1989.

Edward, A.E.: Experimental Design in Psychological Research (3rd Ed.), New Delhi: American Publishing Co. 1971

Kerlinger, N. (1996). Foundations of behavioural research. India: Prentice Hall

Mcleod, J(2011).Qualitative Research inCounseling and Psychotherapy.NewDelhi: Sage Creswell.

Ritchie, J., Lewis, J., McNaughton Nicholls, C., &amp; Ormston, R. (2014). Qualitative research Pactice A guide for social science students and researchers (2nd ed.). New Delhi: Sage Publication.

## CCCON 302: INSTITUTIONAL COUNSELING

### Unit 1: Counseling in Family set up

- Pre-Marital Counseling
- Marital Counseling and
- Couple Counseling.

### Unit 2: Counseling in Workplace

- Models of workplace Counseling:
  - ✓ Brief Therapy Models
  - ✓ Problem Focused Models
  - ✓ Work Oriented Models
  - ✓ Manager Based Models
  - ✓ Externally and Internally Based Models
  - ✓ Welfare Based Models
  - ✓ Organizational Change Models.
- Counseling for Enhancement of Performance of Individuals.
- Vocational Counseling:
  - ✓ Counseling for career planning & development.
  - ✓ Adjustment on the job.
  - ✓ Promotion Counseling.
  - ✓ Preretirement Counseling.
  - ✓ Counseling for displaced employees, layoffs.

**Unit 3: School Counseling**

- Counseling and management of common childhood problems.
- School refusal
- Scholastic backwardness
- conduct and emotional problems
- Counseling adolescents regarding Sexuality and Substance Abuse,
- Counseling parents and teachers.
- Mental Retardation:
  - ✓ Assessment of maladaptive behaviours
  - ✓ Vocational Training and Empowering families having child with Mental Retardation,
  - ✓ Special Sports,
  - ✓ Acts and Policies

**Unit 4: Rehabilitation**

- Counseling:
  - ✓ Principles of psychiatric rehabilitation
  - ✓ Psychosocial aspects of disability
  - ✓ Vocational evaluation and training
  - ✓ Family education,
  - ✓ Awareness programs.

**Unit 5: Counseling in the Psychiatric Settings**

- Case History Taking
- Mental Status Examination (MSE) and
- Psycho Education with Family members of Psychiatric Patients.

**Books**

Allyn& Bacon, De Shazer, S. (1985) Keys to solution in Brief therapy. New York: Norton

Becvar, D.S. & Becvar, R.J. (2005) Ed. Family Therapy-A systemic integration Massachusetts,

Allyn& Bacon 2. Carter, M., & Mc Golderick, M (2004) Ed. The Expanded Family Life Cycle Individual, Family, and Social 3. Epstein. N. B., Becvar, D.S. & Beevar, R.J. (2005)Ed. Family therapy- A systemic integration. Massachusetts.

Sonnentag, S. (2002). Psychological Management of Individual Performance. John Wiley & SonsLtd.

## CCCON 303: COUNSELING OF EMOTIONALLY DISTURBED INDIVIDUALS

**Unit 1: Trauma Counseling**

- People in crisis:
    - ✓ An overview of the cognitive
    - ✓ affective
    - ✓ behavioral and neurological sequelae associated with trauma
    - ✓ Crisis Intervention: Models for intervention.
    - ✓ Assessment and skills building *(Case simulation exercises)*.

**Unit-2: Suicide prevention Counseling**

- Concept of Suicide
    - ✓ Suicidal depression, ideation, incidence and prevalence of suicide.
    - ✓ Types of suicide
    - ✓ Suicide prevention and control
    - ✓ Counseling intervention with the survivors

**Unit 3: PTSD Counseling**

- Disaster Mental Health and Acute Stress, Reactions
- Cognitive-Behavioral Therapies for Trauma-related Conditions.
- Evidence based.
- Treatments for PTSD
    - ✓ Introduction to exposure-based treatments for PTSD
    - ✓ Vicarious Traumatization
    - ✓ Compassion Fatigue and Posttraumatic Growth.

**Unit 4: Counseling to the victim of Domestic**

**Violence Unit 5: Counseling to Emotionally**

**Disturbed Children**

**Books**

Capuzzi, D., & Stauffer, M. D. (2014). Foundations of addictions Counseling. Pearson. Claringbull, N. (2011). Mental health in Counseling and psychotherapy. SAGE.

Miller-Perrin, C.L. & Perrin R.D. (2007). Child maltreatment: An introduction. (2nd ed.). Sage: Thousand Oaks, CA.

Pandey, R.S., &Advani, L., 1995. Perspectives in Disability and Rehabilitation. Vikas PublishingHouse, New Delhi

Rehabilitation, Second Edition. Paul H.Brookes, Baltimore, London.

Samhsa (1999). Treatment improvement protocol series #35: Enhancing motivation for change in substance abuse treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration. (Available on-line at: www.samhsa.gov.)

**304. CASE STUDY/COMMUNITY SERVICE/Project Work**

**SEMESTER**

**-IVELCON-401 A: PSYCHOPATHOLOGY**

**Unit-I: Models of Psychopathology**

- Biological
- Psychodynamic
- Cognitive-Behavioural
- Humanistic-Existential

**Unit-II: Mental Disorder-I** *(Symptoms, Etiology and Treatment)*

- Schizophrenia
- Bipolar-I Disorder
- Delusional Disorders
- Dysthymia

**Unit-III: Mental Disorder-II** *(Symptoms, Etiology and Treatment)*
- Hoarding Disorder
- Functional Neurological
- Dissociative Identity Disorder
- Disinhibited Social Engagement Disorder

**Unit-IV: Neurodevelopment Disorders** *(Symptoms, Etiology and Treatment)*
- Scientific Learning Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Neuro-cognitive Disorder

**Unit-V: Somatoform**
- Conversion disorder
- Hypochondriasis
- Somatization disorder
- Pain disorder
- Body dysmorphic disorder

**Books**

Kaplan, Sadock, Grebb (1994). Synopsis of Psychiatry (8th edition).

Comer. R.J.(1996). Fundamentals of Abnormal Psychology, N.Y. , W.H. Freeman & Co.
    HealthPsychology.

Coleman, J.C. : Abnormal Psychology & Modern Life

Carson, C.R. Butcher, J.N. & Mineka, S. (1998). Abnormal psychology and Modern Life
    (10thedn). London: Harper Collins College Publishers.

Davison, G.C. & Neale, J.M. (1990): Abnormal Psychology. New York: John Wilay& Sons

Sarason & Sarason (2002), Abnormal Psychology; Pearson Education, Delhi

**ELCON-401 B: HEALTH PSYCHOLOGY**

**Unit-1: Health Psychology:**
- Definition
    - Scope
    - Objectives
    - Methods
    - Theories

**Unit 2: Health and Wellbeing**

- The Relationship Between Subjective Wellbeing and Health
- Developing Conceptual Models of Psychosocial Wellbeing
- Oral Health and Wellbeing.
- Physical Activity

**Unit 3 Stress, Resilience and the Immune System**
- Stress, Body's Response to Stress, Infection and Immunity
- Resilience-Problematic Ways of Coping with Stress
- Cognitive Appraisal and Coping- Problem-Focused Coping, Emotion-Focused Coping

**Unit 4: Lifestyles to Enhance Health and Prevent Illness**
- Health-Related Behaviour and Health Promotion
- Maladaptive Eating Practices as Precursors to Eating Disorders
- Psychosocial Determinants of childhood Obesity Nutrition, Weight Control and Diet,Exercise, and Safety
- Substance Use and Abuse

**Unit 5: New Directions in Health Psychology**
- The Multiple Health Behaviour Change Model
- Integrated Primary Care
- Health Psychology and Your Future

**Books**

Marie Louise Caltabiano, Lina Ricciardelli (2012), Applied Topics in Health Psychology, Wiley-Blackwell
Spencer A. Rathus, Jeffrey S. Nevid (2021), Exploring Health Psychology, Wiley-Blackwell

**ELCON-402 A: LIFE SPAN PSYCHOLOGY**

**Unit-1: Introduction to Life-Span Development**

- Importance of studying Life-Span Development.
- Characteristics of life-span development.
- Nature of Development.
- Scope of Life span development.
- Social contexts of lifespan development.

**Unit-2: Biological Bases to explain Human Development**

- Heredity-Environment Correlations
- Important Physical Changes
- Sleep Disorders across Life Span.
- Eating Disorders in Adolescence.
- Obesity in Adulthood, Chronic diseases and disorders in the Aging process.
- Bio-Psycho Social model of health.

**Unit-4: Cognitive and emotional development**

- Piaget and Vygotsky's theory of cognitive development.
- Age related challenges to cognitive development.
- Development of Emotion and Temperament.

- Attachment and Love: Bowlby, Ainsworth, Sternberg.
- Development of Identity: Erickson's theory; Parenting.
- Moral Development, Contexts of moral development: Kohlberg's Theory FowlersTheory.
- Life Cycle Theories: Levinson.

## Part 5: Endings of Life

- Biological and social theories of aging.
- Successful aging.
- Death causes for death across life span.
- Suicide.
- Facing one's own death, coping with the death of someone else.

## Books

Berk, L. E. (2016). Exploring lifespan development. Pearson.

Broderick, P.C., & Blewitt, P. (2010). The life span: Human development for helping professionals. (3rd Ed.). Boston: Pearson.

Feldman, R. S. (2015). Discovering the life span. (3rd Eds). Pearson Global Education.

Newman & Newman (2003). Development through life: A Psychosocial Approach. USA: Thomson Wadsworth.

Santrock, J.W. (2011). A topical Approach to life-Span Development. New Delhi: Tata McGraw-Hill Edition.

## ELCON-402 B: APPLIED SOCIAL PSYCHOLOGY

### Unit 1: Introduction

- Definition of applied Social Psychology
- Differences between Basic and Applied Social Psychology
- Theories of Applied Social Psychology.

### Unit 2: Environmental Sustainability

- Human interaction with the environment
- Human made various environmental pollution:
  - Air, Water and Noise.
- Behaviour changes for minimizing Environmental Pollution.

**Unit 3: Violence**

- Violence against Children and Women
- Causes and measures to eliminate violence against Children and Women.

**Unit 4: Crime**

- Types
- Causes and
- Remedies.

**Unit 5: Corruption**

- Meaning and Definitions
- Causes
- Types and
- Remedies.

**Books:**

Mishra, Girishwar (1990) Applied social psychology in India, New Delhi:

Sage.Rai, S.C.(2009).Bhartiya samassaye.Delhi:Arjun Publicaations.

Suleman and Denesh Kumar (2010).Manovigyan and Samagic samasyaye.Delhi: Motilal Banarasidas.


**EPCON-403: STATISTICS AND COMPUTER APPLICATION**

**Unit-1: Descriptive Statistics**

- Definition and purpose of statistics.
- Application of statistics in Behavioral science.
- Measures of central tendency and variability.
- Correlation
  - ✓ Product Moment
  - ✓ Point-Biserial
  - ✓ Spearman's Correlation Coefficients.

**Unit 2: Parametric and Non-Parametric Tests of Significance**

- t-test
- Chi-square test
- F-test *(computing and interpreting one-way, two-way ANOVA)*.

**Unit-3: Computer Application**

- Use of MS Word
- MS Excel
- Power Point for report preparation and presentation.

**Unit4: Graph preparation by excel and**

**SPSS.Unit 5: Using SPSS for:**

- Data entry
- Statistical Analysis:
  - ✓ Mean
  - ✓ SD
  - ✓ t-test
  - ✓ Chi-Square Test
  - ✓ Correlation
  - ✓ ANOVA

**Books**

Garrett. H.E(2005). Statistics in psychology and Education. New Delhi: Paragon
internationalpublishers

Howitt, D & Cramer, D.: Introduction to SPSS statistics in psychology

**INCOM-404: INTERNSHIP**

**The students of Post Graduation in Counseling Psychology must work Thirty Six (36)days as Intern under the following organizations:**

- **Government Organizations**
- **Judiciaries**
- **Health Care Sectors**
- **Educational Institutions**
- **NGOs etc.**

The candidates must have to prepare Case Report, based on quantitative or qualitative dataof their Internship period.