

University of Patanjali Haridwar



Department of Psychology

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## Department of Psychology

University of Patanjali

Haridwar

### M.A Psychology with specialization in Clinical Psychology

(w.e.f. Academic Session: 2019-20 )

#### 1. Program Educational Objectives (PEOs):

PEO1	Promotion of holistic health with the knowledge of Clinical Psychology.
PEO2	Application of scientific knowledge to understand and interpret psychological phenomena.
PEO3	Engagement in innovative and integrative thinking of psychotherapies.
PEO4	Apply psychological concepts and skills to career goals.
PEO5	Apply ethical standards to conduct and evaluate psychological science and practice.

#### 2. Program Outcomes (POs):

PO1	Use scientific Knowledge to understand and interpret psychological phenomena.
PO2	Applications of Rational thinking approach in the solution of problems.
PO3	To promote the ability to work with <i>Manoyoga</i> (passion).
PO4	Use psychological principles to understand local, regional, national and international issues.
PO5	Apply psychological principles and theories to serve and improve one's community.

#### 3. Program Specific Outcomes (PSOs):

PSO1	Students will be able to create Yogic-Psychological environment in different areas of life.
PSO2	Students of Psychology will be able to have unconditional positive regard and empathy towards others.
PSO3	Students will learn to work in a team and develop leadership qualities.
PSO4	Students will be able to conduct short empirical researches so that they develop an understanding about application of statistics and research methodologies.
PSO5	Students will be able to apply psychological principles and theories to serve and improve one's community.

## Eligibility of Admissions

The course requirements for the degree of M.A Psychology with specialization in Clinical Psychology have been designed with the objective to provide comprehensive knowledge and training with research orientation in the details of modern Psychology. The students shall have to pass in the theory and practical papers separately.

**Eligibility for Admission:** Bachelor's Degree in any discipline from UGC recognized University/Institute. Reservation will be as per University/ Central Government Rules.

**Duration:** Four semesters (Two years course)

The distribution of theory and practical papers for M.A I year and II year examinations (semester wise) is as follows-

### FIRST YEAR (M.A. PART-I)

#### I Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-101	Yoga Psychology	30	70	100
MAP-102	Statistical techniques and experimental designs	30	70	100
MAP-103	Social Psychology	30	70	100
MAP-104	Biological foundations of behaviour	30	70	100
MAP-105	Practicum	30	70	100
	Total Marks			500

#### II Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-201	Research Methods	30	70	100
MAP-202	Positive Psychology	30	70	100
MAP-203	Cognitive Psychology	30	70	100
MAP-204	Theories of Personality	30	70	100
MAP-205	Practicum	30	70	100
	Total Marks			500

**Important:** In second year (Semester III and IV). Clinical Psychology course (**Group-A**) will be run by the department and five **days educational tour** to visit Mental Health Institution and **one month internship** should be mandatory.

## SECOND YEAR (M.A. PART-II)

### Group A: Clinical Psychology

#### III Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-301	Health Psychology	30	70	100
MAP-302	Psychopathology	30	70	100
MAP-303	Clinical Psychology	30	70	100
MAP-304	Psychometry	30	70	100
MAP-305	Practicum	30	70	100
	Total Marks			500

#### IV Semester (500 Marks)

Paper Code	Name of the Paper	Marks		Total Marks
		Internal Assessment	External Examination	
MAP-401	Guidance and Counseling Psychology	25	70	100
MAP-402	Psychological Testing	25	70	100
MAP-403	Therapeutic techniques	25	70	100
MAP-404	Dissertation/Project work	25	70	100
MAP-405	A report of the academic tour/survey in mental Health Institution/in clinical situation prepared by the students	25	70	100
	Total Marks			500

\*Dissertation/Project work will be of 100 marks.

**SEMESTER-I**  
**CODE: MAP 101**  
**Yoga Psychology**

**Marks-70**  
Time- 03 Hrs

**Course Objectives:**

- To initiate the understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being.
- To deepen the practice of yoga and meditation systems and linking to applications in various contexts.

**Course Outcomes (COs):**

After completion of the course students will be able:

- CO 1- To achieve spiritual and mental wellbeing.
- CO 2- To promote ancient Indian Knowledge.
- CO 3 -To understand human behaviour as per Yogic Perspectives.

**Course Contents**

**Unit 1: Yoga Introduction:** Definition and meaning of Yoga, Historical Development of Yoga over the ages including a brief philosophical overview (Patanjali yoga)

**Unit 2: Yoga in Modern Context:** Vivekananda's framework of Raja Yoga; Karma Yoga, Swami Ramdev and his ideas.

**Unit 3: Yoga school in contemporary context:** Bihar school of Yoga, Art of living and Sri SriRavi Shankar, Integral Psychology by Sri Aurobindo.

**Unit 4: Fundamental text of Yoga Psychology 1:** Samadhi Paada- Concepts Svaroop, Samsskara, Vasana, Viveka, Vairagya and Ishwar.

**Unit 5: Fundamental text of Yoga Psychology-11:** SaadhanaPaada- Kriya Yoga, Tapas, Svadhyaya, IshwarPranidhana, Kleshas, Avidya, asmita, raga-dvesa, abhinivesha, yama, niyampranayama, pratyahara, two yoga therapies: Meditation and yognidra (with practical knowledge).

**Books Recommended:**

- Taimni, I. K. (1961). The science of yoga. Adyar, India: The Theosophical Society of India.
- Feuerstein, G. (2002). The yoga tradition: Its history, literature, philosophy and practice. Delhi, India: Bhavana Books and Prints.
- Jacobsen, K. A., Larson, G. J. (2005). Theory and practice of yoga: Essays in honour of Gerald James Larson. Leiden, Holland: Brill.
- Vivekananda, S. (1982). Raja yoga or conquering the internal nature. Calcutta, India: Advaita Ashram.

Semester- I  
Code: MAP 102  
**Statistical Techniques and Experimental Designs**

**Marks-70**  
Time- 03 Hrs

**Course Objectives (COs):**

- To develop an understanding of various statistical techniques in terms of their Applications
- To create understanding about different types of Design employed in Psychological Research

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO 1- To collect organizes, interpret and analyze of psychological data in various fields of life.
- CO 2- To obtain scientific results by using different statistical methods.
- CO 3- To utilize statistical knowledge in various fields of science and arts.

**Course Contents**

- Unit 1** : **Measures of Variability:** NPC- Characteristics & Applications of Normal Probability Curve, Average Deviation, Quartile and Standard Deviation.
- Unit 2** : **Test of Statistical Significance:**Significance of difference between means: CR and 't' test (Correlated & Uncorrelated). Analysis of variance (one way and two ways), Non-Parametric Statistics:Chi-Square test, Sign Test, Median Test. Difference between parametric and non-parametric statistics.
- Unit 3** : **Correlation Methods:** Concept and Significance of correlation methods, Product Moment Correlation (Ungrouped Data), Rank Difference Correlation, Bi-serial, Point Bi serial, Phi contingency.
- Unit 4:** **Regression and Prediction:** Partial and Multiple (Introduction only not numerical).
- Unit 5** : **Introduction to Experimental Design:** Randomized group design, Block design, within group design, factorial design.

**Note:**

1. Students can use simple calculator (Without Programming/Nonscientific) during the Examination.
2. Statistical Tables will be provided during the Examination.

**Books Recommended:**

1. Gareett, H.E. (2005). Statistics in Psychology and Education. New Delh. Paragon International Publishers.
2. Haslam, S.A., &Mcarty, C. (2003). Research Methods and Statstics in Psychology. London: Sage Publication.
3. D. Howitt, D., & Cramer, D. (2000). An Introduction to Statistics in Psychology. London: Pearson Education.

## Semester- I

Code: MAP 103

### Social Psychology

Marks-70

Time- 03 Hrs

#### Course Objectives:

- To understand the use of social psychological perspectives to explore human experiences and behaviour within social situations or socio-historical context.
- To develop insight about the basic assumptions and scope of social psychological perspectives.
- To explore the use of social psychological perspectives in addressing the issues and problems of the real world.

#### Course Outcomes (COs):

After completion of the course, students will be able to:

- CO 1- Describe a broad social perspective towards social issues.
- CO 2- Present scientific solutions of social problems.
- CO3 – Explain intergroup relationship.

#### Course Contents

**Unit 1: Introduction to Social Psychological Perspectives:** Nature and scope of Social Psychology, Methods of Social Psychology: Experimental, Survey, Field Studies and Questionnaire.

**Unit 2: Social Influence and Responding to Social Situations:** Social facilitation, social loafing, Social perception, attitude and its change within cultural context, aggression and ways to manage aggression.

**Unit 3: Intergroup relations:** Group dynamics, leadership style and effectiveness, theories of intergroup relations (relative deprivation theory, realistic conflict theory, conflicts and resolution).

**Unit 4: Socialization:** Agents, process and characteristic of socialization, determinants of socialization, communication and language.

**Unit 5: Social Conformity and Social Problems:** Social Conformity, Conformity Bias, Impact of Feedback and Non-Conformity, Social Problems: Poverty and Deprivation, Gender Issues and Social Violence.

#### Books Recommended:

1. Baron, R.A. & Byrne, D. (2000). Social Psychology, New Delhi: Prentice Hall of India Pvt. Ltd.
2. Fraser, C. & Burchell, B. (2001). Introducing Social Psychology. Madlen: Blackwell.
3. Myers, D. (2007.) Social Psychology. New Delhi: Cengage Learning.
4. Singh, A.K. (2009). An outline of Social Psychology. New Delhi: Motilal Banarasi Das.
5. S. Mohamad (2009). Advanced Social Psychology. New Delhi: Motilal Banarasi Das.



Semester- I  
Code: MAP 104

## **Biological Foundations of Behavior**

**Marks-70**  
**Time- 03 Hrs**

### **Course Objectives:**

- To learn about biological foundations of behavior.
- To understand about physiology and importance of brain functions.

### **Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO 1- Describe causes of human behaviour as per biological perspectives.
- CO 2- Control and manage the physiological changes of one's own body.
- CO3 – explain neurological understanding about human behaviour.

### **Course Contents**

- Unit 1** : **Introduction to Physiological Psychology** (Meaning and definition), nature and scope of Physiology Psychology.
- Unit 2** : **Central Nervous System:** Structure and functions of human brain (spinal cord, medulla oblongata, cerebellum, thalamus and hypothalamus, cerebrum.)
- Unit 3** : **Peripheral Nervous System:** Cranial nerves and spinal nerves, Sympathetic and Para- Sympathetic nervous system- structure and functions, Endocrine glands and Psychological functions.
- Unit 4** : **Brain and behavior:** Mechanism of Hormonal action, Reproductive behavior, sleep and biological rhythm.
- Unit 5** : **Recent advances in neurophysiology:** hemispheric specialization and localization.

### **Books Recommended:**

1. F. Leukel. (1985). Introduction to Physiological Psychology. New Delhi: CBS Publishers and Distributors.
2. Tiwari, G & Pal, R. (1985). Experimental Psychology: A Dynamic Approach. Agra: Vinod PustakMandir.
3. Morgan, C.T. (1965). Physiological Psychology. New York: McGraw Hill.
4. Tiwari, B.D. (2001). Modern Physiological Psychology. Varanasi: MotilalBanarasidas.

Semester- I  
Code: MAP 105  
**Psychology Practicum**

**Course Objectives:**

- The course aims to deliver practical and in-depth experience in accordance to the principles learnt in the theory courses covering the areas of verbal learning, memory, forgetting etc.
- To provide the students with the practical knowledge of conducting various experiments and Psychological Tests.

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO 1-Describe the basic concepts of psychological testing.
- CO 2- Measure various psychological characteristics.
- CO 3- Compare individual differences.

**List of Practicals:**

➤ **Any five of the following:**

1. Marital Adjustment Inventory
2. Emotional Competency
3. Depth Perception
4. Eysenck Personality Inventory
5. Sixteen Personality Factors
6. Retroactive Interference
7. Reaction time
8. Division of attention
9. Mirror Drawing Apparatus
10. Effect of noise of attention

➤ **Division of Marks:**

- |                               |   |          |
|-------------------------------|---|----------|
| • Conduction of 02 Practicals | : | 40 Marks |
| • Viva Voce                   | : | 35 Marks |
| • Practical Record Book       | : | 15 Marks |
| • Internal Viva-Voce          | : | 10 Marks |

Total : 100 Marks

**Note:** Any five practicals shall be conducted /administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

**Semester- II**  
**Code: MAP 201**  
**Research Methods**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To inform students about the basics of scientific research in applied psychology.
- To make them learn the statistical rigors in designing research and processing data.

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO1- To conduct short empirical research.
- CO 2- To prepare and present scientific research report in various fields of life.
- CO 3- To prepare research reports.

**Course Contents:**

- Unit 1 : **Research Process:** Nature of research, Problem and hypothesis, Variables: selection, manipulation and control of independent and extraneous variables, measurement of dependent variables.
- Unit 2 : **Types of Research:** Experimental, Quasi Experimental, Correlation Research and Ex-post facto research.
- Unit 3 : **Sampling:** Meaning, Purpose and Types, Sampling error, Factors affecting sampling error.
- Unit 4 : **Methods of Data Collection:** Observation, Interview and questionnaire, content analysis, sociometry method.
- Unit 5 : **Report Writing** – Research Report Writing based on APA Style. Ethical issues in psychological research – APA ethics code.

**Books Recommended:**

1. K.D. Broota (1992). Experimental Design in Behavioural Research, New Delhi: Willey Eastern.
2. F.N. Ferlinger (1973). Foundation of Behavioural Research, Delhi: Surjeet Publications.
3. A.K. Gupta and R. Singh (2009). Research Methodology, New Delhi: Vayu Education of India.
4. L.H. Kidder (1981). Research Methods in Social Science. Tokyo: Holt Saunders.
5. Mohsin: Research Methods in behavioural Sciences, New Delhi; Longman

Semester- II  
Code: MAP 202

## **Positive Psychology**

Marks-70  
Time- 03 Hrs

### **Course Objectives:**

- To recognize what contributes/does not contribute to happiness.
- To understand the right kind of vocation relationship and values in life that enhances one's well-being
- To recognize the role of positive emotions and traits in enhancing happiness.

### **Course Outcomes (COs):**

After completion of the course, students will be able:

- CO 1- To know and apply the true meaning of life.
- CO 2- To create happy and healthy ambiance.
- CO 3- Explain the importance of holistic wellbeing.

### **Course Contents:**

1. **Introduction: Positive psychology:** meaning, definitions, nature, goals and relation with other fields.
2. **Happiness and well-being:**Happiness: concept and definitions, happiness and facts of life, gender, love, marriage, close relationships and others.
3. **Emotion, personality traits and well-being:** Emotional Intelligence, Positive emotion and well-being, positive beliefs and illusions.
4. **Virtues, character strengths and well-being:**Classification of human virtues, religion, spirituality, religion and virtue: Buddhism, Islam and Hinduism.
5. **Positive Health and Positive change:** meaning of positive health, stages of change process.

### **Books recommended:**

- Kumar, V., Archana, & Prakash, V. (2015). Positive Psychology-Application in work, health and well-being. Delhi& Chennai, India:Pearson.
- David, S, A., Boniwell, I & Ayers, A.C. (2013) The oxford handbook of happiness. Oxford: Oxford University.

## Semester- II

Code: MAP 203

### **Cognitive Psychology**

Marks-70

Time- 03 Hrs

#### **Course Objectives:**

- To learn about basic psychological processes through scientific experiments.
- To understand various mental processes: Attention and consciousness, Memory processes, Reasoning and decision making.

#### **Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO1- Provide an in-depth understanding of some of the cognitive processes in terms of current theories, models and applications.
- CO2 -Help learners understand the importance of these cognitive processes in everyday life.
- CO3- Become creative and decision oriented.

#### **Course Contents:**

- Unit 1 : **Attention and Perceptual Processes:** Attention: Concepts and Mechanisms, factors affecting attention, Perception – Figure- ground organization. Perception of depth and movement, Perceptual constancy – Brightness, size and shape.
- Unit 2 : **Memory and Forgetting:** Memory – Types of memory (STM and LTM). Methods and Material, determinants of memory. Forgetting – Concepts, Causes and theories of forgetting – Interference Theory (Behaviouristic) and repression theory.
- Unit 3 : **Thinking and Problem solving:** Thinking – Meaning and Types, Language and thinking. Problem solving – Nature, factors affecting problem solving and strategies.
- Unit 4 : **Verbal Learning:** Nature, materials and methods of verbal learning, Determinants of verbal learning and transfer of learning.
- Unit 5 : **Creativity and decision Making: Meaning and nature, Factors affecting decision making, improving Decision Making.**

#### **Books Recommended:**

1. M.R. D'Amato (1979). Experimental Psychology: Methodology, Psychophysics and learning. New Delhi: Tata McGraw Hill.
2. B.E. Goldstein (2002). Sanstationand Perception. USA: Wadsworth.
3. J.W. Kling and L.A. Riggs (1984). Woodworth and Schlosberg's Experimental Psychology. New Delhi: Khosla Publishing House.
4. R.L. Solso (2001). Cognitive Psychology, Singapore: Pearson Education.

Semester: II  
Code: MAP 204  
**Psychology of Personality**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To develop an understanding of the concept of individual difference.
- To develop an appreciation of the biological and social impact on personality.

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO 1- Achieve and maintain dignity of human behaviour.
- CO 2- Built organized personality.
- CO 3 – Explain importance of Indian virtues.

**Course Contents**

Unit 1	:	<b>Concept and Definition of Personality:</b> Meaning and definition of Personality, Views on self and Personality: Upanishadic, Gita and Buddha
Unit 2	:	<b>Determinants of Personality:</b> Importance of heredity in the development of personality, Role of biological factors: Direct genetic effect; mediated effect through environment factors: Physical and socio- cultural impact.
Unit 3	:	<b>Trait and type Approaches:</b> Allport, Cattell, Eysenck and Big Five Factors Models.
Unit 4	:	<b>Personality of individual differences:</b> Biological and social explanation of gender differences in Personality, Trigun theory of Personality.
Unit 5	:	<b>Recent advances in Personality Research:</b> Human Strength and virtues: Learned Helplessness.

**Books Recommended:**

1. G.C. Hall, G. Lindzey and J.C. Campbell (1998). Theories of Personality. New York: John Wiley and Sons.
2. W. Mischel (1976). Introduction to Personality. New York: Holt Reinhart and Winston.
3. R.M. Rchman (2000). Theories of Personality. USA: Thomson Wadsworth.
4. R. Frager and J. Fadiman (1998). Personality and Personal Growth, New York : Longman.
5. J.M. Burger (2004), Personality. USA: Thomson Wadsworth.

Semester- II  
Code: MAP 205  
**Psychology Practicum**

**Course Objectives:**

- To provide a understanding of psychological tests having applications in clinical practice.
- Exposure to the general concepts of psychology through experimentation and testing.

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO -1 Detect various mental diseases through psychological tests.
- CO - 2Provide scientific report of psychological qualities.
- CO-3Compare individual differences.

**List of Practicals:**

**Any Five of the following:**

1. Defense Mechanism
2. Emotional Maturity Scale
3. Attribution Style
4. Adjustment Inventory
5. Mental Health Scale/Inventory
6. Muller Lyer
7. Two Hand Coordination
8. Maze learning
9. Aggression Scale
10. Judging Emotions by Photographs

**Division of Marks:**

Conduction of 02 Practicals	:	40 Marks
Viva Voce	:	35 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks

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Total : 100 Marks

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Note: Any five practical shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However HOD will act as coordinator of the examination.

Semester- III  
Code: MAP 301  
Group A: Clinical Psychology  
**Health Psychology**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To familiarize with the concept of health psychology to live healthy life.
- To orient the students about management of stress.

**Course Outcomes (Cos):**

After completion of the course, students will be able to:

- CO 1- Maintain a holistic approach of health.
- CO 2 - Promote Indian psycho-yogic views of health in the society.
- CO 3- Describe conceptual knowledge of behavioural health.

**Course Contents**

- Unit 1: **Concept of Health:** Definition of Health, Biopsychosocial model VS biomedical model. Interaction of biopsychosocial variables, clinical implication of biopsychosocial model, cross cultural perspective of health.
- Unit 2: **Social and Environmental Factors:** Global health trends, Health care systems, socio-economic factors in health, Gender and Health.
- Unit 3: **Stress and Coping:** Meaning and sources of stress, Stress as stimulus and Response, techniques of coping, Stress related health problems: – cardiovascular disease: hypertension, stroke, diabetes.
- Unit 4: **Modification of Health Behaviour:** Changing health beliefs, self observation and self monitoring, Health enhancing behaviour – Exercise, accident prevention and weight control.
- Unit 5: **Behavioural health:** Effect of smoking, interventions to reduce smoking, effects of alcohol, preventing alcohol.

**Books Recommended:**

1. Baum, A., R.J. Gatchel, R. J. & Krantz, D.S (1997). An Introduction to Health Psychology. New York: McGraw Hill.
2. Baum, A., Revenson, T.A & Singer, J.E. (2001). Handbook of Health Psychology. New Jersey: Lawrence Erlbaum.
3. Dimatteo, M.R. & Martin, L.R. (2010). Health Psychology. New Delhi: Dorling Kindersley Pvt. Ltd.
4. Khokhar, C.P. (2007). A Text Book of Stress Coping and Health Meerut: Shalab Publication



Semester- III  
Code: MAP 302  
Group A: Clinical Psychology  
**Psychopathology**

Marks-70  
Time- 03 Hrs

### Course Objectives:

- To develop understanding of the various manifestations of psychopathology.
- To familiarize with DSM IV and ICD II to classificatory systems in the context of diagnosis of various psychiatric/psychological disorders.

### Course Outcomes (COs):

After completion of the course, students will be able:

- CO-1 To understand nature, aetiology and prevention of mental health issues.
- CO-2 To develop skills for diagnosis and classification of mental disorders.
- CO-3 To prepare mental status examination.

### Course Contents

**Unit 1: Approaches to Psychopathology:** overview of latest version of Diagnostic and statistical Manual (DSM) International classification of diseases. Biological, Psychodynamic, behavioural, cognitive, Socio-cultural.

**Unit 2: Anxiety disorders:** Approaches and etiology of generalized anxiety disorder, panic disorder, phobia, obsessive-compulsive disorder and post traumatic stress disorder.

**Unit 3: Psychotic disorders:** Approaches and etiology of Schizophrenia, Paranoid and mood disorders.

**Unit 4: Cognitive Impairments:** Approaches and etiology of delirium, dementia and amnesic syndromes, dementia of the Alzheimers type.

**Unit 5: Substance Related Disorders:** Alcohol Dependence, Short-term effects of Cannabis.

### Books Recommended:

1. Buss, A.H. (1999). Psychopathology. New York: John Wiley and Sons.
2. Lamm, A. (1997). Introduction to Psychopathology. New York : Sage Publications
3. Davison, G.C., & Neals, J.M. (1996). Abnormal Psychology. New York: John Wiley and Sons.
4. Mohanty, G.B. (1998). Text Book of abnormal Psychology. New Delhi: Kalyani Publishers.

Semester- III  
Code: MAP 303  
Group A: Clinical Psychology

**Clinical Psychology**

Marks-70

Time- 03 Hrs

**Course Objectives:**

- To familiarize with the history and development of clinical psychology as a field in India and its evolving professional identity.
- To orient students to major theoretical models which guide clinical psychological practice and research
- To orient about clinical assessment process and its application in various domains.

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO-1 To describe the basic concepts of clinical psychology.
- CO-2 To assist clinical psychologists and psychiatrists
- CO-3 To assess and prepare a treatment plan under clinical setting.

**Course Contents:**

**Unit 1: Clinical Psychology:** meaning and nature of clinical psychology, professional issues: roles, skills and ethics.

**Unit 2: Psychoanalytic approach:** Brief orientation to four psychoanalytic psychologies: Drive, Ego, Object relations and Self-personality, understanding of psychological defences.

**Unit 3: Other approaches of clinical psychology:** Behavioural approach, humanistic approach, attempt at integration: bio-psycho-social.

**Unit 4: Clinical assessment:** Meaning and stages of Clinical interview with its merits and demerits, case history

**Unit 5: Areas of application:** Intellectual and educational, personal and interpersonal.

**Books Recommended:**

1. Llewelyn, S., Murphy, D. (Eds.) (2014). What is clinical psychology? Oxford UK: Oxford University Press.
2. Bellack, A. S., & Hersen, M. (1980). Introduction to clinical psychology. New York: Oxford University Press.
3. Korchin, S. J. (1986). Modern clinical psychology. Delhi: CRR Publishers and Distributors.
4. Ray, S. D. (1996). The practice of psychotherapy. New Delhi: New Age International.

Semester- III  
Code: MAP 304  
Group A: Clinical Psychology  
**Psychometry**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To gain familiarity with Psychometry and psychological measurement.
- Criteria of psychological test and the steps used in test construction.

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO-1 To create critical understanding of measurement issues and techniques in psychological inquiry
- CO-2 To develop skills and competencies in test construction and standardization
- CO-3 To learn the application and contextual interpretation of data from psychological measurement

**Course Contents**

- Unit 1: **Foundations of Psychometric:** Basic of measurement theory, Speed vs. power test, nature of psychological testing.
- Unit 2: **Test Construction:** Item writing – method of scoring, step use in test construction, Item analysis – meaning and purpose, items difficulty, difficulty value and index of discrimination.
- Unit3: **Standardization of tests:** Types of norms, specificity of norms.
- Unit 4: **Reliability and Validity:** Meaning of reliability, Methods – test retest, internal consistency/ split half. Factors influencing reliability of a test. Validity – meaning, types-content, criterion, predictive, concurrent and construct validity. Factors influencing validity of the test.
- Unit 5: **Application of Tests:** Applications of Psychological testing in various settings- education, counseling and guidance, and ethical issues.

**Books Recommended:**

1. Chadha, N.K. (2009). Applied Psychometry. New Delhi: Sage Publications.
2. Guilford, J.P. (1989). Psychometric Methods, New Jersey: John Wiley and Sons.
3. C. Jackson (2003). Understanding Psychological Testing, Mumbai: JaicoPublishings House.
4. Nunnaly, J.C. (1978). Psychometric Theory. New York: McGraw Hill.
5. Chandha, N.K. (1996). Theory and Practice of Psychometry. New Delhi: New Age international Publishers.

Semester- III  
Code: MAP 305  
**Psychology Practicum**

**Course Objectives:**

- To provide an understanding of psychological tests having applications in clinical practice.
- Exposure to the general concepts of psychology through experimentation and testing.

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO-1 Demonstrate working knowledge of report writing and providing psychological consultancy in various setting.
- CO-2 Developing an appreciation of how psychological tests can be applied to real life settings.
- CO-3 Compare individual differences.

**List of Practical:**

**Any Five of the following:**

1. Rorschach
2. T.A.T.
3. PGI Health Questionnaire
4. Depression Scale
5. Rosenberg Self Esteem
6. Self Concept Rating Scale
7. Sportsman Spirit Test
8. The group test of general mental ability
9. Draw a man test
10. Eight State Questionnaire

**Division of Marks:**

Conduction of 02 Practical	:	40 Marks
Viva Voce	:	35 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks

Total : 100 Marks

**Note:** Any five practicals shall be conducted/administered by each student. Two practicals will be given to each student in practical examination. The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.

Semester- IV  
Code: MAP 401  
Group A: Clinical Psychology  
**Guidance and Counseling Psychology**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To gain the knowledge about guidance and counseling
- Importance of counseling in real life.

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO-1 To understand bio- psycho-social issues of human life as per psychological perspectives.
- CO-2 To assist clients under the supervision of clinical psychologists in various areas of life.
- CO-3 To provide counselling in school, college and university levels.

**Course Contents:**

- Unit 1 : **Counseling Psychology: Meaning and nature of guidance and counseling, Ethical issues in counseling, Distinctions between counseling and Psychotherapy.**
- Unit 2 : **Expectations and goals of Counseling:** Goals and expectations, Process, Characteristics of counselors, Role and functions of the counselors and their professional training.
- Unit 3 : **Theoretical Approaches to Counseling:** Psychoanalytic, Behavioral, Rational- Emotive Behavior Therapy, Client Centered and Transactional Analysis.
- Unit 4 : **Areas of Counseling:** Educational, Career, Family and Marital, Gerontological and Weaker Sections, Stress Management Oriented Counseling.
- Unit 5 : **Future of Counseling:** The future and status of counseling with special reference to India.

**Books Recommended:**

1. C.J. Gelso and B.R. Fretz (1995). Counselling Psychology. Bangalore: Prism Books Pvt. Ltd.
2. V.R. Patri (2001): Counselling Psychology, New Delhi : Authors Press.
3. S.N. Rao (2002). Counselling and Guidance, New Delhi : McGraw Hill
4. A. David (2004). Guidance and Counselling. New Delhi: Common Wealth Publishers.

Semester- IV  
Code: MAP 402  
Group A: Clinical Psychology  
**Psychological Testing**

Marks-70  
Time- 03 Hrs

**Course Objectives:**

- To gain familiarity with psychological testing and its nature and functions
- To create understanding about different types of testing.

**Course Outcomes (COs):**

After completion of the course, students will be able:

- CO1-To administer psychological testing in various settings like school, hospitals and NGO.
- CO2-To provide help in the assessment of mentally retarded and physically handicapped persons
- CO3- To explain about various types of psychological testing.

**Course Contents**

- Unit 1: **Psychological Test:** Nature, Uses, Functions and Types of Psychological Tests. Test Administration- Effects of examiner and situational variables. Test-takers perspective, Effects of training on test performance.
- Unit 2: **Measurement of Aptitude and Abilities:** Group Tests – Multidimensional Aptitude Battery, Multilevel Aptitude Batteries – Cognitive Ability Test. Multiple Aptitude Test Batteries- Differential Aptitude Test
- Unit 3: **Personality Testing:** Self Inventories – MMPI, EPPS, 16PF, Neo Personality, Inventory, Projectivetechniques: TAT, Rorschach test.
- Unit 4: **Interest Inventories:** Strong interest Inventory, Kuder Interest Inventory, Jackson's Vocational Interest Inventory.
- Unit 5: **Tests for special Population:** Infant and Pre-school testing, Assessment of mentally retarded and physically handicapped.

**Books Recommended:**

1. A. Anastasi (1998). Psychological Testing. New Delhi : McMillan.
2. Paul Kline (1993). The Hand Book of Psychological Testing. London Poutlege.
3. K.R. Morphy and C.O. Davidshofer (1988). Psychological Testing: Principles and Application. New Jersey: Prentice Hall of India Pvt. Ltd.
4. F.S. Freeman (1971). Theory and Practices of Psychological Testing. New York: Oxford Press.
5. L.J. Cronbach (1972). Essentials of Psychological Testing. New York: Harper and Row.

## Semester- IV

Code: MAP 403

### Group A: Clinical Psychology Therapeutic Techniques

Marks-70

Time- 03 Hrs

#### Course Objectives:

- To gain knowledge about different therapies
- To create understanding and awareness about the use of therapies in professional life.

#### Course Outcomes (COs):

After the completion of this course students will be able:

- CO1-To apply psycho - therapeutic knowledge in practical life.
- CO2-To assist psychotherapist and clinical psychologist.
- CO3- To explain the basic utility of psychotherapies.

Unit 1: **Psychotherapies:** Concept, Roles and responsibilities, The Client and therapist Relationship, Ethical issues.

Unit 2: **Psychodynamic Therapy:** Freudian Psychoanalysis, Alfred Adler and Erik Erikson.

Unit 3: **Behaviour Therapy:** Guided Exposure, Systematic desensitization, Aversion Therapy, Assertion training, Modeling, Biofeedback.

Unit 4: **Cognitive Behaviour Therapy:** Beck's Cognitive Therapy, Rational emotive behavior Therapy, Michenbaum's cognitive behaviour therapy.

Unit 5: **Humanistic Therapies:** Person centered therapy- Gestalt Therapy, existential therapy. Transactional therapy, Interpersonal Relationship Therapy- Marital and Family Systems Therapy.

#### Books Recommended:

1. G. Corey (2001). Theory and Practice of Counselling and Psychotherapy. Belmont CA: Brooks Cole.
2. S. Culari (1998). Foundations of Clinical Psychology. New York: Allyn and Bacon.
3. T. Plante (2005). Contemporary Clinical Psychology, New York: John Wiley and Sons.
4. R. Erskine (1988) Integrative Psychotherapy in Action, New York: Sage Publications
5. M.B. Ghorpade and V.B. Kumar (1988). Introduction to Modern Psychotherapy. New Delhi: Himalaya Publishing House.
6. A Bandura (1969). Principle of Behaviour Modification. New York: Holt Rinehard and Winston.
7. G.D. Rastogi (1991). Psychopathology and Treatment. New Delhi: Wiley Eastern Ltd.

**Semester- IV**  
Code: MAP 404  
Group A: Clinical Psychology  
**Dissertation**

**Course Objectives:**

- Assess the student's mastery of the factual information, the theoretical concepts, and the methodological approaches in his/her field.

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO1- conduct original research including: Literature review and generation of hypothesis
- CO2- Explain and apply an appropriate technique of research methodology and Statistical analysis of data.
- CO3- Produce final dissertation outcomes of a high professional standard.

**Eligibility Criteria:**

The students securing a minimum of 60% marks in total in I, II and III Semester examination (Subject to clearing all the theory and practical papers) will have an opportunity to select a Dissertation Work (100 Marks) in lieu of only 4<sup>th</sup> paper of IV semester. The student opting for Dissertation will select a topic related to his/her group of specialization (Clinical Psychology) with the help of supervisor (one of the faculty member) and later on submit an application along with relevant information through the supervisor to the Head of the Department within 30 days from the declaration of the result of III semester. The students securing less than 60% marks in total I, II, and III will have prepare project report. The dissertation in typed form (two copies) following APA manual between seventy-five to hundred pages shall be submitted on or before 30<sup>th</sup> April to the Head of the Department along with Supervisor certificate.

**Division of Marks:**

Report Writing	:	70 Marks
Viva Voce	:	30 Marks
Total	:	<hr/> 100 Marks <hr/>

Note: Supervisor will act as an internal examiner. The marks will be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.



**Semester- IV**  
Group A: Clinical Psychology  
Code: MAP 405  
**Tour Report**

**Course Objectives:**

A report of the academic tour/survey in mental Health Institution/in clinical situation prepared by the students has following objectives. They are as follows:

- Deepen Social and practical knowledge.
- Develop critical thinking.
- Enhances perspectives

**Course Outcomes (COs):**

After completion of the course, students will be able to:

- CO1- Collaborate with teachers, and integrate new perspectives with informal environments to enhance learning initiatives.
- CO2-Apply skills, values and general knowledge in new settings.
- CO3- Explore practical utility of the clinical tour.

**Division of Marks:**

Viva Voce	:	75 Marks
Practical Record Book	:	15 Marks
Internal Viva-Voce	:	10 Marks
		_____
Total	:	100 Marks
		_____

Note: The marks shall be awarded jointly by internal and external examiners. However, HOD will act as coordinator of the examination.