



'A' Grade  
NAAC Re-Accredited  
(3rd Cycle)

**Kavyitri Bahinabai Chaudhari  
North Maharashtra University, Jalgaon.**

Revised syllabus for  
**M.A. II<sup>nd</sup> Psychology**

Semester System

**Syllabus  
2018**



**Kavyitri Bahinabai Chaudhari  
North Maharashtra University, Jalgaon**  
(NACC Re-accredited 'A' Grade University)

**FACULTY OF HUMANITIES**

**Revised syllabus for M.A.II (Semester Pattern)**

**With effect from June - 2018**

**Structure of the Courses/Papers**

**SEMESTER - III**

Sr. no	Paper code	Group	Title of the Paper
Compulsory Paper			
01	PSY -231		Health Issues and Well-Being
02	PSY -232		Research Methodology in Psychology
03	PSY -233	A	Psychological Disorders
	Or		
	PSY -233	B	Counselling Psychology
04	PSY -234	A	Psycho-Diagnostics
	Or		
	PSY -234	B	Counselling in Special Areas

**SEMESTER - IV**

Sr. no	Paper code	Group	Title of the Paper
Compulsory Paper			
01	PSY -241		Health Issues & Modern Life
02	PSY -242		Dissertation
03	PSY -243	A	Abnormal Psychology
	Or		
	PSY -243	B	Counselling Assessment and Therapies
04	PSY -244	A	Psycho-Diagnostics Theory and Therapies
	Or		
	PSY -244	B	Counselling Specialties

**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – III<sup>rd</sup>**  
**Compulsory Paper**

**Code No. : PSY – 231**  
**Total Marks : 60 +40**  
**Total Hours : 60**

**Title of the Paper – HEALTH ISSUES AND WELL-BEING**

**Learning Objectives**

This course aims at enabling students to –

- 1) To acquaint the students with the psychological aspect of health.
- 2) To familiarize the students with the nature and need of health psychology

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

**Hours/Marks**

**Unit-1) Health: Basic Issues and Processes**

**15/15**

**1.1:** Meaning and nature of health Psychology, Mind-body relationship.-The need of health Psychology.

-The Bio-Psychosocial model in health Psychology.

**1.2:** Health behavior:-Nature -Changing health habits.

**1.3:** Cognitive behavioral approaches to health behavior change. - The Trans theoretical model of behavior change.-Research methods, Experiments, Co-relational studies, quasi experimental studies, Genetic research,

**1.4:** Health enhancing behavior-Exercise.

**Unit-2) The System of the body**

**15/15**

**2.1:** The Nervous System -The Brain, The roll of neurotransmitters, Disorders of the nervous system.

**2.2:** The endocrine system. -Pituitary gland, Adrenal gland, -Diabetes

**2.3:** The cardiovascular system-The heart -Disorder of the cardiovascular system -The structure and function of the respiratory system

**2.4:** The digestive system and the metabolism of food -The functioning of the digestive system  
-Disorder of the digestive system

**Unit-3) Stress**

**15/15**

**3.1:** Experiencing stress in our lives- Definition of stress. - Appraising events as stressors. - Dimensions of stress.

**3.2:** Bio-psychosocial aspects of stress- Biological aspects of stress. - Psychosocial aspects of stress.

**3.3:** Sources of stress. -Sources within the person. -Sources in the family. -Sources in the community and society.

**3.4:** Theoretical contributions to the study of stress. -Fight-or-flight -Selye`s General Adaptation Syndrome -Tend-and –Befriend. -Psychosocial appraisal and the experience of stress. (Delete the physiology of stress)

**Unit-4) Coping with Stress and its management**

**15/15**

**4.1:** Coping with stress- Meaning of coping -Functions and methods of coping

**4.2:** Reducing the potential for stress -Social support -Personal control, Organizing one`s own world better, Preparing for stressful events

**4.3:** Stress Management -Need of stress management, Basic techniques of stress management, Stress management programs. -Medication, Behavioral and Cognitive methods, Meditation, Hypnosis.

**4.4:** Applications: Using stress management to reduce coronary risk.

**Internal Evaluation**

<b>Internal Test I</b>	<b>Internal Test II</b>	<b>Seminar</b>	<b>Attendance</b>
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>

**References -**

- 1) Dimatteo, M R, Martin L.R. (2007).*Health Psychology*. Pearson education- New Delhi.
- 2) Sarafino, S.P.&Smith, T.W. (2011).*Health psychology*. Wiley India, New Delhi.
- 3) Taylor, S.E. (2006).*Health Psychology*. Tata McGraw Hill, Delhi.

**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – IV<sup>TH</sup>**  
**Compulsory Paper4**

**Code No. : PSY –241**  
**Total Marks : 60 +40**  
**Total Hours : 60**

**Title of the Paper – HEALTH ISSUES & MODERN LIFE**

**Learning Objectives**

This course aims at enabling students to –

- 1) To acquaint the students with the psychological aspect of health.
- 2) To familiarize the students with the nature and need of health psychology

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
<b>Unit-1) Health related behavior and health promotion</b>	<b>15/15</b>
1.1: Health and behavior. -What determines people's health related behavior?	
1.2: Developmental, Gender and Socio-cultural factors in health.	
1.3: Programs for health promotion.	
1.4: The patient in the hospital setting. -Interventions to increase control in hospital setting.	
<b>Unit-2) Heart disease, Diabetes, Cancer and AIDS (Causes, Management and Coping)</b>	<b>15/15</b>
2.1: Heart disease-(CHD) Meaning, Roll of stress, Health depression, Management of heart disease.	
2.2: Hypertensions-measurement, causes, Stress and hypertension, Psycho social factors and hypertension, Treatment, Problems in treating hypertension.	
2.3: Diabetes-Types, health implication of diabetes, Problems in self-management in diabetes, interventions with diabetes, Special problems of adolescent's diabetes.	
2.4: Cancer and AIDS Brief history of AIDS, Psychosocial impact of HIV infections, Intervention to reduce the spread of AIDS. Psychosocial factors that affect the course of AIDS. Cancer- Causes of cancer? Psychosocial factors and cancer mechanism linking stress- Coping and cancer. Adjusting to cancer, psychosocial issues and coping with cancer.	
<b>Unit-3) Chronic illnesses and its management</b>	<b>15/15</b>
3.1: Emotional response to chronic illness, Denial, Anxiety, Depression - Impacts of different chronic conditions-Asthma, Epilepsy, Diabetes, Arthritis, Alzheimer's	
3.2: Personal issues to chronic disease. -Physical self, Achieving self, Social self, Private self.	
3.3: Psychological intervention and chronic illness.	
3.4: Rehabilitation and chronic illness.	

**4.1:** The hospital- its history, setting and procedures.-Being hospitalized. -Emotional adjustment in the hospital. -Assistance of health psychologists to hospitalized patients.

**4.2:** Deaths -Death across the life span. -Psychological issues in advancing illness. -Stages in adjustment to dying. -Problem of survivors.

**4.3:** Future of health psychology. -Future Goals for health psychology. - Issues and controversies for the future.

**4.4:** Future focuses in health psychology. - Becoming a health psychologist. -Trends for the future.

**Internal Evaluation**

<b>Internal Test I</b>	<b>Internal Test II</b>	<b>Seminar</b>	<b>Attendance</b>
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>

**References -**

- 1) Dimatteo, M R, Martin L.R. (2007).*Health Psychology*. Pearson education- New Delhi.
- 2) Sarafino, S.P.&Smith, T.W. (2011).*Health psychology*. Wiley India, New Delhi.
- 3) Taylor, S.E. (2006).*Health Psychology*. Tata McGraw Hill, Delhi.

**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**Group A – Clinical Psychology**

**SEMESTER – III<sup>rd</sup>**

**Code No. : PSY – 233 A**  
**Total Marks : 60 +40**  
**Total Hours : 60**

**Title of the Paper – PSYCHOLOGICAL DISORDERS**

**Learning Objectives**

This course aims at enabling students to –

1. To acquaint students with various manifestations of psychopathology.
2. Familiarizing students with various assessment approaches and tools used in clinical psychology domains.
3. To introduce students to the different perspectives and models regarding the causation of mental illness and dysfunctional behaviour and to highlight the contribution of these approaches to the pathogenesis of a wide range of mental and behavioural disorders.

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

**Hours/Marks**

<b>Unit – 1.</b>	<b>Introduction to Psychological Disorders.</b>	<b>(15/15)</b>
	1.1 Definition and Criteria of psychological disorder	
	1.2 Historical Background and Classification of Psychological Disorder	
	1.3 Paradigms in Psychopathology- Psychoanalytical, Behaviourist, Biological, Humanistic-existential, Cognitive	
	1.4 Phenomenology, signs and symptoms of psychopathology	
<b>Unit – 2.</b>	<b>Depression, Anxiety, Obsessive-Compulsive Disorder</b>	<b>15/15)</b>
	2.1 Depression: Definition, types- Disruptive mood dysregulation Disorder, Major Depression, Dysthymia, Premenstrual Dysphonic Disorder. Etiology and treatments for Depression	
	2.2 Bipolar Disorder: Types-bipolar I & bipolar II, Cyclothymic disorder	
	2.3 Anxiety Related Disorder: Separation Anxiety Disorder, Selective Mutism, Panic Disorder, Generalized Anxiety Disorder, Phobia, Specific phobia – Social, Agoraphobia	
	2.4 Obsessive-Compulsive Related Disorders: Obsessive-Compulsive Disorder (OCD), Body Dysmorphic Disorder, Hoarding Disorder, Hair-Pulling Disorder, Excoriation Disorder	

Unit – 3. **Schizophrenia Spectrum & Other Psychotic Disorders.** (15/15)

- 3.1 Schizophrenia: Definition and symptoms, Etiology and treatment
- 3.2: Schizoaffective Disorder, Schizophreniform disorder and Delusional Disorder and shared psychotic disorder, Brief psychotic disorder, other psychotic disorder and catatonia
- 3.4 Sleep-wake Disorders: types: 1) Insomnia, 2) Hyper somnolence disorder, 3) Narcolepsy, 4) Breathing related disorder.
- 3.5 Paronomasia Types- 1) Nightmare 2) Sleep Terror 3) REM-Sleep behaviour disorder 4) Rest legs syndrome.

Unit – 4. **Trauma and Stress Related Disorders.** (12/15)

- 4.1 Trauma & Stress Related Disorder: Reactive Attachment Disorder, Disinhibited Social Engagement Disorder,
- 4.2 Posttraumatic Stress Disorder, Acute Stress Disorder
- 4.3 Adjustment Disorders
- 4.4 Dissociative Disorder

**INTERNAL 40 MARKS EVALUATION FOR SEM – III<sup>RD</sup>.**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	5 Case Studies and Submit the reports
20	Internal Test

Books –

- I. Alloy, L. B. Riskind, J. H., & Manoj, M. J. (2006) *Abnormal Psychology*, (9<sup>th</sup> ed.) Delhi, Tata McGraw Hill.
- II. Barlow, D. H. & Durand, V. M. (2007) *Abnormal Psychology* (2<sup>nd</sup> ed.) Thomson – Wadsworth.
- III. Benjamin, J.S., Virginia, A.S., Pedro R. (2017). *Synopsis of Psychiatry*. Wolters Kluwer.
- IV. Carson, R. C., Butcher, J. N., Mineka, S. & Hooley, J. M. (2007) *Abnormal Psychology*. (13<sup>th</sup> ed.) Pearson Education, India.

Reference :

- Barlow, D.H & Durand, V. M. (1999). *Abnormal psychology* (2nd edition) Pacific Grove: Brooks/ Cole Publishing Company.
- Corner, R. J. (1995). *Abnormal Psychology* (2nd edition). New York: W.H.freeman & Co.
- Davison G.C. and Neale, J. M. (2000). *Abnormal Psychology*. New York: Wiley.
- Gleder, M; Gath, D; Mayou,; R; & Cowen P (1996). *Oxford textbook of psychiatry* (3<sup>rd</sup> edition: Oxford University Press.
- Kaplan, H. I; Sadock, B.J; & Grebb, J.A. (1994). *synopsis of psychiatry : Behavioural sciences, clinical psychiatry* ( 7th edition). New Delhi: B.I. Waverly Pvt Ltd. Weiner-Research methods in clinical Psychology
- Millon, T., Blaney, P. & Davis, R. D. (1999) *Oxford textbook of Psychopathology*, UK, Oxford University Press.



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Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – IV<sup>TH</sup> (Group A)**  
**Abnormal Psychology**

**Code No. : PSY – 243A**  
**Total Marks : 60 +40**  
**Total Hours : 60**

**Title of the Paper – ABNORMAL PSYCHOLOGY**

**Learning Objectives**

This course aims at enabling students to –

- 1) To impart knowledge and skills required for diagnosis of psychopathological conditions.
- 2) Training students to select, administer, score and interpret various types of psychological tools.
- 3) Understanding the advances and applications of assessment

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

		<b>Hours/Marks</b>
Unit – 1.	Neurocognitive Disorders.	(15/15)
	1.1 Introduction and Overview.	
	1.2 Delirium, Dementia.	
	1.3 Neurocognitive and other disorders (Epilepsy, Brain Tumors, Head Trauma)	
	1.4 Mild Cognitive Impairment.	
Unit – 2.	Feeding and Eating Disorders.	(15/15)
	2.1 Anorexia Nervosa	
	2.2 Bulimia Nervosa	
	2.3 Bing Eating Disorder and other Eating Disorder	
	2.4 Obesity and the Metabolic Syndrome.	

Unit – 3. Human Sexuality and Sexual Dysfunctions (15/15)

- 3.1 Normal Sexuality – Terms, childhood sexuality, Psychosexual Factors, Sexual Behaviour, Hormones and Sexual Behaviour
- 3.2 Sexual Dysfunctions
- 3.3 Paraphilic Disorders
- 3.4 Gender Dysphoria
- 3.5 Pornography Disorders.

Unit – 4. Personality Disorders (15/15)

- 4.1 Clinical Features of Personality Disorder
- 4.2 Paranoid, Schizoid, Schizotypal Personality Disorder
- 4.3 Histrionic, Narcissistic, Antisocial and Borderline Personality Disorder
- 4.4 Avoidant, Dependant and Obsessive Compulsive Personality Disorder
- 4.5 Internet addiction and disorder

**INTERNAL 40 MARKS EVALUATION FOR SEM – IV<sup>TH</sup>**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	One month internship in any mental health clinic and submit the report. (It attached with practical Journal for external experts Observations.)
20	Internal Test

Books for Reading :

1. Adams, P. B. & Sutker, H. E. (2001) *Comprehensive handbook of psychopathology*. New York, Springer.
2. Benjamin, J.S., Virginia, A.S., Pedro R. (2017). *Synopsis of Psychiatry*. Wolters Kluwer.
3. Flanagan, J. S. & Flanagan, R. S. (2012) *Clinical Interviewing* (4<sup>th</sup> ed.) New Jersey, John Wiley & Co.
4. Herson, M. (2004) *Comprehensive Handbook of psychological Assessment*, New York, Wiley International (Three Volumes)

**Books for references :**

- American Psychiatric Association (1995). *Diagnostic and Statistical manual for mental disorders* (4<sup>th</sup> edition). International version. Washington, DC: American Psychiatric Association
- Fauman, M.A. (1996). *Study guide to DSM-IV*. New Delhi: Jaypee Brothers.
- Corner, R.J. (1995). *Abnormal Psychology* (2nd edition). New York: W. H. Freeman & co.
- Gelder, M, Gath, D; MayoLI, R; & Cowen , P. (1996) *Oxford textbook of psychiatry* (3<sup>rd</sup> edition). Oxford: Oxford University Press.
- Kaplan, H. I. ; Sadock B. J. ; and Greb , J.A. (1994). *synopsis of psychiatry: Behavioural sciences, clinical psychiatry* (7<sup>th</sup> edition). New Delhi: B.I. Waverly Pvt Ltd.
- Sarason I. G. & Sarason B. R. ; *Abnormal Psychology*-PHI Learning Private Ltd. , 11<sup>th</sup> Edition New Delhi 2008.
- Carson R. C. & Butcher J.M. , Mineka , Hooley, – *Abnormal Psychology* ; 13<sup>th</sup> Pearson Edition. New Delhi.
- Hoeksema S. N. – *Abnormal Psychology*. TMH Publication, New Delhi. 3<sup>rd</sup> Edition.

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**SEMESTER – III<sup>rd</sup> (Group B)**

**Code No. : PSY – 233 B**  
**Total Marks : 60+40**  
**Total Hours : 60**

**Title of the Paper – Counselling Psychology**

**Learning Objectives**

This course aims at enabling students to –  
To acquaint the students with:

1. To familiarize students with the nature and process of counselling.
2. To acquaint students with various scientific assessment techniques in counselling.
3. To explore different types of intervention strategies in counselling.

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
<b>Unit- 1: Basic Concepts in Counselling Psychology</b>	<b>(15/15)</b>
1.1 Nature, definition and scope of counselling	
1.2 Need and goals of counselling	
1.3 Difference between counselling and guidance	
1.4 Types of counselling	
<b>Unit- 2: Building Counselling Relationship</b>	<b>(15/15)</b>
2.1 Factors that influence counselling relationship	
2.2 Types of initial interviews	
2.3 Exploration and the identification of goals	
2.4 Ethical values in counselling process	

**Unit- 3: Counselling Skills****(15/15)**

- 3.1 Building the counselling relationship- the core part of counselling
- 3.2 Listening skills- use of body language, paraphrasing, reflection of feelings
- 3.3 Questioning skills- types of questions, dealing with reluctant and resisting client
- 3.4 Feedback skills- monitoring skills, interpretation, role playing

**Unit- 4: Approaches of Counselling****(15/15)**

- 4.1 Psychoanalytic Approach
- 4.2 Humanistic Approach
- 4.3 Behavioristic Approach
- 4.4 Cognitive Approach

**INTERNAL 40 MARKS EVALUATION FOR SEM – III<sup>RD</sup>.**

In first semester 40 marks evaluation done on the following basis:

Marks	
20	5 Case Studies and Submit the reports
20	Internal Test

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**SEMESTER – IV<sup>TH</sup> (Group B)**

**Code No. : PSY –243B**  
**Total Marks : 60+40**  
**Total Hours : 60**

**Title of the Paper – Counselling Assessment and Therapies**  
**Learning Objectives**

This course aims at enabling students to –  
To acquaint the students with:

1. To familiarize students with the with various scientific assessment techniques in counseling.
2. To explore different types of therapies in counselling.

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**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
<b>Unit- 1: Testing, Assessment and Diagnosis in Counselling</b>	<b>(15/15)</b>
1.1 A Brief History of the Use of Tests in Counselling	
1.2 Qualities of Good Tests, Tests Administration and Interpretation	
1.3 Problems and Potential of Using Tests	
1.4 Assessment and Diagnosis in Counselling	
<b>Unit- 2: Types of Psychological Tests</b>	<b>(15/15)</b>
3.5 Intelligence Tests (Malin, Binet-Kamat)	
3.6 Aptitude Tests (DAT)	
3.7 Personality and Achievement Tests (NEO-FFI-3, Rao's Achievement Test)	
3.8 Non-standardized Tests (Questionnaire, Rating scales, Anecdotal records, Autobiography)	

**Unit- 3: Counselling Therapies****(15/15)**

- 3.1 Psychodynamic Therapies (Adlerian, Jung and Freud)
- 3.2 Cognitive Therapies (Beck, Kelly)
- 3.3 Behavioral Therapies (Operant Conditioning, Desensitization, Assertive and Social Skills Training)
- 3.4 Rational Emotive Behavioral Therapy- REBT (Albert Ellis)

**Unit- 4: Adjunctive Therapies****(15/15)**

- 4.1 Play Therapy (Directive and Non-directive Play Therapies)
- 4.2 Art Therapy (Meaning and types- Painting, Drawing, Photography, Sculpture, Clay Therapy)
- 4.3 Dance and Music Therapy (Meaning and Uses)
- 4.4 Yoga and Vipassana (Meaning and Uses)

**INTERNAL 40 MARKS EVALUATION FOR SEM – IV<sup>TH</sup>**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	One month internship in any mental health clinic and submit the report. (It attached with practical Journal for external experts Observations.)
20	Internal Test

**Books for Reading:**

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6<sup>th</sup> Ed.)*. Pearson Publications, New Delhi, India.
2. Deshpande, C.G. (2016). *Counselling : Process and Application*. Pune: Unmesh Publication .
3. Rao, S. N. (1989). *Counseling Psychology*. Tata McGraw-Hill Publication Company Limited, New Delhi, India.

**Books for References:**

1. Feitham, C.& Horton, I. E. (Ed.) (2006). *The Sage handbook of Counseling and Psychotherapy*. (2<sup>nd</sup>Ed.) Sage Publication, London.
2. Gibson, R. I. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance*. (6th Ed.) Pearson education Pvt. Ltd., Delhi.
3. Gelso, C.J. & Fretz, B.R. (1995). *Counseling Psychology*. Prism books Pvt. Ltd., Bangalore.
4. Gregory, R. J. (2005). *Psychological Testing*. (4<sup>th</sup>Ed.) Pearson education Pvt. Ltd., Delhi.
5. Patterson, L. E. & Welfel, E.R. (2000). *The Counseling Process*. (5th Ed.) Wodsworth / Thornson Learning, Belmont.
6. Nelson, R. (2000). *Introduction to Counseling Skills: Text and Activities*. Sage Publication, London.
7. Cohen, R. J. & Swerdlik, M. E. (2005). *Psychological Testing and Assessment*. (6th ed.) McGraw-Hill, Delhi.
8. Bor, R. & Watts, M. (Ed.) (2000). *The Trainee Handbook*, Sage Publication, London.
9. Hecker I.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology, Science, Practice and Ethics*, Pearson education, Delhi.

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**SEMESTER – III<sup>rd</sup> (Group A)**

**Code No. : PSY – 234A**  
**Total Marks : 60+40**  
**Total Hours : 60**

**Title of the Paper – PSYCHO-DIAGNOSTICS**

**Learning Objectives**

This course aims at enabling students to –

To acquaint the students with:

1. Psycho-diagnostic procedures
2. Personality theories essential for understanding Psychopathology and Psychotherapies
3. Various Psychotherapeutic procedures
4. Training students to select, administer, score and interpret various types of psychological tests
5. To equip students with train students generic skills for counseling and psychotherapy

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

**Hours/Marks**

Unit – 1.	Overview of Psycho-diagnostic	(15/15)
	1.1 DSM – 5. Structured and Classification	
	1.2 Cross – cutting symptom measure – Adult form	
	Cross – cutting symptom measure – Child form	
	1.3 DSM and ICD Revisions	
	1.4 WHO Disability Assessment Schedule	
Unit – 2.	Assessment and Diagnosis	(15/15)
	2.1 Psychiatric Interview and MSE	
	2.2 Psychiatric Report and Medical Report	
	2.3 Psychiatric Rating Scales	
	2.4 Physical Examination of Psychiatric	
Unit – 3.	Psycho-diagnostic Assessment -I	(15/15)
	3.1 Personality Inventory – EPQ – R, CPQ, HSPQ and 16 PF	
	3.2 Depression & Mania Measure – Beck's Depression Inventory, Altman's Self – Rating Mania Scale.	
	3.3 Anxiety & Anger Measure – Self Analysis Form, Spielberger State – Trait Anxiety Scale, Bus & Perry Aggression Behavior Scale.	
	3.4 Intelligence measure – Wechsler's Intelligence Scale for Children, Malin's Intelligence Scale for Indian Children	

- 4.1 Neuropsychological Test – Bender – Gestalt, Luria – Nebraska Neuropsychological Battery, Minimal Brain Dysfunctions (MBD).
- 4.2 Projective Techniques, Roschah's IBT, Murray's TAT, Children Apperception Test.
- 4.3 Diagnostic Test for special population – Nancy Bailey Scales of Infant and Toddler Development, Vineland Social Maturity Scale.
- 4.4 Intellectual Disability Assessment Techniques- Seguin Form Board

### INTERNAL 40 MARKS EVALUATION FOR SEM – III<sup>RD</sup>.

In first semester 40 marks evaluation done on the following basis :

Marks	
20	Conduct Five Psychological Test and Submit the report
20	Internal Test

#### Books

#### reading:

- Alloy, L.B; Jacobson, N.S.& Acocelc, *Abnormal Psychology: Current Perspectives*, McGraw-Hill • Beck, A.T. (1976). *Cognitive therapy and behaviour disorders*.
- Claridge Gordon & Davis Cazoline (2003) *Personality & Psychological Disorders* ; Arnold, Hodder Headline group London.
- Corsini, R.J .. & Wedding, D. (Eds) (1995). *Current psychotherapies*. Itasca, III: F.E. Peacock.
- Lezak, M.D. (1995). *Neuropsychological assessment*. New York: oxford University Press.
- Rama, S& Ballentine, R& Ajaya, S (1976). *Yoga and Psychotherapy*. Hinsdale International Inst.
- Stewart, I (2 000). *Transactional analysis counselling in action*. London: sage.
- Sundberg, N.D; Winebarger, A.A & taplin, J.R. (2002) . *Clinical Psychology: Evolving theory, practice and research*. Upper Saddle River, N.J:Prentice Hall.
- Watts, A.W. (1973) . *Psychotherapy East and West*. London: Penguin books.
- Woman, B.B. (ed.) (1975). *Handbook of Clinical Psychology*. New York: McGraw Hill.
- Woolfe, R& Dryden, W. (Eds) (1996). *Handbook of Counselling Psychology*. New Delhi: Sage.
- Gelso, C.J.& Fretz, B.R. (1995). *Counselling Psychology*. Bangalore; Prism books.

for



**Kavyitri Bahinabai Chaudhari**  
**North Maharashtra University, Jalgaon**  
(NACC Re-accredited 'A' Grade University)

**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – IV<sup>TH</sup> (Group A)**

**Code No. : PSY –244A**  
**Total Marks: 60**  
**Total Hours: 60**

**Title of the Paper – PSYCHO-DIAGNOSTICS THEORY AND THERAPIES**

**Learning Objectives**

This course aims at enabling students to –

To acquaint the students with:

1. Psycho-diagnostic procedures
2. To impart skills through workshops, case discussions, role plays, observations
3. To train students for planning and conducting interventions for variety of mental health problems, particular therapies and special conditions

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
Unit 1) Models of clinical psychology:	(15/15)
1.1 Psychodynamic model – Freudian psychoanalysis, Related psychodynamic approaches, Influence clinical psychology, Evaluation of psychodynamic model	
1.2 Behavioural Model – operant learning, classical conditioning, Cognitive behavioural Evaluation of behavioural model	
1.3 Phenomenological model – Kelley's Personal construct view, Roger's Self actualization approach, Maslow Humanistic approach, Gestalt Model	
1.4 Interpersonal Model	
Unit 2) Psychoanalytic theories with socio-cultural emphasis	(15/15)
2.1 Adler: Inferiority complex, striving for superiority social interest, theory of mental illness	
2.2 Horney: Basic anxiety, neurotic needs	
2.3 Sullivan: Dynamism; Personifications, and stages of Development, theory of Schizophrenia, Paranoia.	
2.4 Viktor Frankl's - Logo therapy and Existential Analysis	

- Unit 3) Learning, cognitive and phenomenological theory (15/15)  
 3.1 Dollard and Miller: Learning theory of abnormality  
 3.2 Roger's person-centred theory  
 3.3 Eysenck's three-dimensional theory  
 3.4 Kelly: Personal construct and clinical syndromes

- Unit 4) Clinical Intervention: psychotherapy (15/15)  
 4.1 Psychodynamic therapy – Ego analytic therapy, object relation therapy and interpersonal psychodynamic therapy  
 4.2 Behavioural therapy – systematic desensitization, Aversion therapy, Assertiveness therapy and Implosive therapy  
 4.3 Biological therapy – shock therapy, psychosurgery, Pharmacotherapy  
 4.4 Evaluation of psychotherapy – therapeutic intervention, factor influencing of psychotherapy, medical research and psychotherapy.

**INTERNAL 40 MARKS EVALUATION FOR SEM – IV<sup>TH</sup>**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	Visit MR & Other Institute and submit the report.
20	Internal Test

Books –

1. Carson, R.C., Butcher, J.N., Mineka, S. & Hooley J.M. (2007) *Abnormal Psychology* (13<sup>th</sup> ed.) Pearson Education.
2. Lezak, M.D. (1995) *Neuropsychological Assessment* New York, Oxford University Press.
3. Sarason, I.G. & Sarason, B.R. (2005) *Abnormal Psychology*, New Delhi, Dorling Kindersley.

**Books for reference:**

- Ajay, S . (1989) *Psychotherapy: East and West*. Hinsdale, Penn: Himalayan International Inst.
- Ellis, A& Harper, A. (1975) *A new guide to rational living*. Englewood cliffs, N.J.: prentice Hall.
- Kapur,M. (1995). *Mental health of Indian children*. New Delhi: Sage.
- Keller man, H.& Burry, A.(1981). *Handbook of diagnostic testing: Personality analysis and report writing*. New York: Grune & Stratton.
- Rychlak, F(1973). *Introduction to personality and psychotherapy* .New York: Houghton Mifflin.
- Verma,L. (1990) *The management of children with emotional and behavioural difficulties*. London: Routledge.

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**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – III<sup>rd</sup> (Group B)**

**Code No. : PSY – 234B**  
**Total Marks : 60+40**  
**Total Hours : 60**

**Title of the Paper – Counselling in Special Areas**

**Learning Objectives**

This course aims at enabling students to –

To acquaint the students with:

1. To expose the students to the applications of counselling in various fields.
2. To acquaint the students with various problems of adjustment across the life span.

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**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
<b>Unit- 1: Basics of Career Counselling</b>	<b>(15/15)</b>
1.1 Meaning, definition and scope of career counselling	
1.2 Career information	
1.3 Challenges of career counselling	
1.4 Ethical and moral issues in career counselling	
<b>Unit- 2: Career Planning</b>	<b>(15/15)</b>
2.1 Career Planning- Five steps (Self-evaluation, Exploration, Decision making and goal setting, Gaining experiences, Implementation)	
2.2 Self-Assessment Tools (Use of Values, Interest, Personality, Aptitude Tests)	
2.3 Career Information (Use of Online Resources)	
2.4 Work Environment (9 to 5 Env., Compartment Env., Sink or Swim Env., Punitive Env., and Class system Env.)	

**Unit- 3: Career Development Theories in Counselling  
(15/15)**

- 3.1 Holland's six categories of personality and occupation
- 3.2 Super's Developmental Theory
- 3.3 Social Cognitive Career Theory
- 3.4 The Eclectic Approach

**Unit- 4: Career Counselling with Diverse Populations  
(15/15)**

- 4.1 Career counselling with children
- 4.2 Career counselling with adolescents
- 4.3 Career counselling with college students
- 4.4 Career counselling with women and ethnic minorities

**INTERNAL 40 MARKS EVALUATION FOR SEM – III<sup>RD</sup>.**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	Conduct Five Psychological Test and Submit the report
20	Internal Test

# North Maharashtra University, Jalgaon

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## FACULTY OF HUMANITIES

Syllabus for M.A. II<sup>nd</sup> Psychology

SEMESTER – IV<sup>TH</sup> (Group B)

Code No. : PSY – 244B

Total Marks : 60+40

Total Hours : 60

### Title of the Paper – Counselling Specialties

#### Learning Objectives

This course aims at enabling students to –

To acquaint the students with:

1. To familiarize students with the various special areas in counselling.
2. To explore different fields in counselling.

#### Required qualification

B.A Psychology or other equivalent having previous knowledge of Social Science

#### Medium of Instructions

English / Marathi

#### Instructions as to study and examinations

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

#### Course contents

Hours/Marks

#### Unit- 1: School Counselling and Guidance

(15/15)

- 1.1 Elementary School Counselling and Guidance
- 1.2 Middle School Counselling and Guidance
- 1.3 Secondary School Counselling and Guidance
- 1.4 21<sup>st</sup>-Century School Counselling

#### Unit-2: Marriage, Couple and Family Counselling

(15/15)

- 2.1 The Changing Forms of Family Life and Family Life Cycle
- 2.2 Marriage and Couple Counselling
- 2.3 Family Counselling
- 2.4 The Process of Marriage, Couple and Family Counselling (Pre-session planning, Initial sessions, Middle phase, Termination)

#### Unit- 3: Mental Health and Community Counselling

(15/15)

- 3.1 Historical Overview of Mental Health and Community Counselling
- 3.2 Mental Health Counselling
- 3.3 Community Counselling
- 3.4 Private Practice as a Specialty (Difficulties and Advantages in Setting up a Private Practice)

**Unit- 4: Counselling on Special Problems****(15/15)**

- 4.1 Students' Study Related Problems
- 4.2 Addiction Related Problems
- 4.3 Occupational Stress Related Problems
- 4.4 Sexual Related Problems

**INTERNAL 40 MARKS EVALUATION FOR SEM – IV<sup>TH</sup>**

In first semester 40 marks evaluation done on the following basis :

Marks	
20	Visit MR & Other Institute and submit the report.
20	Internal Test

**Books for Reading:**

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6<sup>th</sup> Ed.)*. Pearson Publications, New Delhi, India.
2. Deshpande, C.G. (2016). *Counselling : Process and Application*. Pune: Unmesh Publication .
3. Rao, S. N. (1989). *Counseling Psychology*. Tata McGraw-Hill Publication Company Limited, New Delhi, India.

**Books for References:**

1. Feitham, C.& Horton, I. E. (Ed.) (2006). *The Sage handbook of Counseling and Psychotherapy*. (2<sup>nd</sup>Ed.) Sage Publication, London.
2. Gibson, R. I. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance*. (6<sup>th</sup> Ed.) Pearson education Pvt. Ltd., Delhi.
3. Gelso, C.J. & Fretz, B.R. (1995). *Counseling Psychology*. Prism books Pvt. Ltd., Bangalore.
4. Gregory, R. J. (2005). *Psychological Testing*. (4<sup>th</sup>Ed.) Pearson education Pvt. Ltd., Delhi.
5. Patterson, L. E. & Welfel, E.R. (2000). *The Counseling Process*. (5<sup>th</sup> Ed.) Wodsworth / Thomson Learning, Belmont.
6. Nelson, R. (2000). *Introduction to Counseling Skills: Text and Activities*. Sage Publication, London.
7. Cohen, R. J. & Swerdlik, M. E. (2005). *Psychological Testing and Assessment*. (6<sup>th</sup> ed.) McGraw-Hill, Delhi.
8. Bor, R. & Watts, M. (Ed.) (2000). *The Trainee Handbook*, Sage Publication, London.
9. Hecker I.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology, Science, Practice and Ethics*, Pearson education, Delhi.

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**FACULTY OF HUMANITIES**  
Syllabus for M.A. II<sup>nd</sup> Psychology  
**SEMESTER – III<sup>rd</sup>**  
**Compulsory Paper**

**Code No. : PSY – 232**  
**Total Marks : 60 +40**  
**Total Hours : 60**

**Title of the Paper – RESEARCH METHOD IN PSYCHOLOGY**

**Learning Objectives**

This course aims at enabling students to –

1. The basic research concepts
2. Steps in research process
3. The basic terminology of advanced research techniques

**Required qualification**

B.A Psychology or other equivalent having previous knowledge of Social Science

**Medium of Instructions**

English / Marathi

**Instructions as to study and examinations**

- a) This subject shall be studied in English / Marathi medium.
- b) The question paper shall be set in English / Marathi, and the students shall answer the paper in English/ Marathi medium only.

**Course contents**

	<b>Hours/Marks</b>
<b>UNIT-1 Research process and designs</b>	<b>(15/15)</b>
1.1 Types of variables, sampling techniques and investigation	
1.2 Experimental design- Definition, Principles and control of variance	
1.3 Between group research design- Single group and two group design	
1.4 Factorial design- Simple factorial design, multi-factorial design	
1.5 Analysis of covariance	
<b>UNIT-2 Methods of Research</b>	<b>(15/15)</b>
2.1 Survey method – Interview, Questionnaire, Observation, Case-study	
2.2 Testing Hypothesis-Difference between means, correlation coefficient, null hypothesis	
2.3 Methods of data collection- Testing instruments and procedures	
2.4 Ethical issues in psychological testing-Test administration, rapport, test anxiety, communicating test results, testing and civil rights of minorities.	
<b>UNIT -3 Multivariate Data Analysis</b>	<b>(15/15)</b>
3.1 Factor Analysis – Nature, concepts in factor analysis	
3.2 Factor analysis, regression analysis and cluster analysis	
3.3 Steps of factor analysis	
3.4 Techniques of factor analysis	
3.5 Multiple regression- canonical and discriminate analysis	

**UNIT -4 Report writing****(15/15)**

4.1 Scientific communication

4.2 Preparing research proposal- APA style

4.3 Research report – Report writing steps, Report structure, report writing style, report typing

4.4 Evaluation of report

**Internal Examination – 40 marks**

<b>Internal Test</b>	<b>Internal Test</b>	<b>Seminar</b>	<b>Attendance</b>
<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>

**References-**

1. Anastasi, A. (1990). *Psychological Testing*. McMillan
2. Kerlinger, F.N. (1994). *Foundations of Behavioural Research* (3<sup>rd</sup> ed.)
3. Goodwin, J. (2009). *Research in psychology: Methods in Design*. (6<sup>th</sup>ed.)Wiley.
4. Shaughnessy, J.J.&Zechmeister, E.B. (1997). *Research Methods in Psychology* (4<sup>th</sup> ed.)
5. Edward, A.L. (1985). *Experimental Designs in Psychological Research*, Harper and Row
6. Singh, A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences*. Bharti Bhavan. Patana.
7. Gregory, R. J. (2008). *Psychological Testing- History, Principles and Applications*.
8. Borude, R. R. (2008). *Research Methodology*. Pune vidyarthi Gruh Prakashan, Pune.





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**FACULTY OF HUMANITIES**

Syllabus for M.A. II<sup>nd</sup> Psychology

**SEMESTER – IV<sup>TH</sup>**

**Compulsory Paper**

**Code No. : PSY – 242**

**Total Marks : 60 +40**

**Total Hours : 60**

**Title of the Paper – DISSERTATION**

1. Project assessment will be based on presentation of project before the internal and external examiners
2. There will be 20 marks for Project Report and 20 marks for Presentation and 20 for viva-voce

**External Examination:-60 marks**

Report writing	Presentation	Viva-voce
20	20	20

**Internal Examination: - 40 marks**

Regularity and punctuality	Project	Report	Viva-voce
10	10	10	10

Internal evaluation will be done by the concerned teacher or guide.

1. External Examination will be conducted by two examiners one of whom will be internal and two will be external examiners (appointed by 32(5) (a) committee by NMU).
2. Each batch will consist of only eight students.
3. Duration of examination for each batch will be four hours.
4. Marks for Project Report and Presentation and viva-voce will be given by both examiners and the average of the same will be considered as final marks of candidate.

**JOB OPPORTUNITIES -**

- 1) After completion of this course students can work as psychologist.
  - 2) Students have opportunities in the field of mental hygiene and field of public health is open for them.
  - 3) Students can work as assistance of psychiatrists and in health clinic.
  - 4) Students have opportunities to work as counselor as well as a social worker.
  - 5) Students have opportunities to work as Industrial Psychologist.
  - 6) Students have opportunities to work as Child counselor as well as a Family counselor.
  - 7) After completion of this course students can work in teaching field.
  - 8) Work as a rehabilitation teacher for mentally retarded, physically handicapped and for special children.
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## M.A – II Psychology

### EQUIVALENT COURSES

Sr. no	Paper Code	Old Course	Paper Code	New Course
<b>Compulsory Paper</b>				
1	Psy-231	Health Psychology	Psy-231	Health Issues and Well-Being
2	Psy-241	Health Issues and Health Psychology	Psy-241	Health Issues and Modern Life
3	Psy-234	Research Methodology	Psy-232	Research Methodology in Psychology
4	Psy-244	Dissertation	Psy-242	Dissertation
<b>Clinical Psychology Group -A</b>				
5	Psy-232	Psychopathology	Psy-233A	Psychological Disorders
	Psy-242	Clinical Psychopathology	Psy-243A	Abnormal Psychology
	Psy-233	Psycho-Diagnostic Theory	Psy-234A	Psycho-Diagnostics
	Psy-243	Psycho-Diagnostic Procedure & Technique	Psy-244A	Psycho-Diagnostics Theory and Therapies
<b>Counselling Psychology Group -B</b>				
6	Psy-232	Counselling Process & Content	Psy-233B	Counselling Psychology
	Psy-242	Counselling Assessment	Psy-243B	Counselling Assessment and Therapies
	Psy-233	Modern Career Counselling	Psy-234B	Counselling in Special Areas
	Psy-243	Special Areas in Counselling	Psy-244B	Counselling Specialties