

**KAVAYITRI BAHINABAI CHAUDHARI NORTH
MAHARASHTRA UNIVERSITY, JALGAON.**



'A' Grade NAAC Re-Accredited

Revised syllabus for
M.A. II_{nd} Psychology
Semester System

(With effect from June -2020/21)

Under the Faculty of HUMANITIES

**KAVAYITRI BAHINABAI CHAUDHARI NORTH MAHARASHTRA UNIVERSITY,
JALGAON**

(NACC Re-accredited 'A' Grade University)

Syllabus under CBCS for MA in PSYCHOLOGY

Syllabus Structure (w.e.f.2019-20)

Structure of the Courses/Papers

SEMESTER - III

Sr. no	Paper code	Group	Title of the Paper
Compulsory Paper			
01	PSY 301		Positive Psychology and well being
02	PSY 302		Research Methodology in Psychology
03	PSY 303	A	Psychological Disorders
	Or		
	PSY 303	B	Counselling Psychology
04	PSY 304	A	Psycho-Diagnostics
	Or		
	PSY 304	B	Modern Career Counselling

SEMESTER – IV

Sr. no	Paper code	Group	Title of the Paper
Compulsory Paper			
01	PSY 401		Health Issues in Modern life and Well Being
02	PSY 402		Dissertation
03	PSY 403	A	Abnormal Psychology
	Or		
	PSY 403	B	Psychotherapies and Application
04	PSY 404	A	Psycho Diagnostics Theories And Clinical Therapies
	Or		
	PSY 404	B	Counselling Specialties

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Syllabus Structure (w.e.f.2019-20)
M.A. Part II (Semester – III)**

Compulsory Paper

PSY 301 - Positive Psychology and Well Being

Total Marks - 60+40

Total Hours – 60

Objectives:

1. To introduce students the basic terms and Modern Approaches to Positive Psychology.
2. To know the application Positive Psychology in day to day life.
3. To apply the Positive Psychology for the Well-being of the man-kind.

Hours/Marks

Unit 1: Introduction Positive Psychology:

(15/15)

- 1.1 Positive Psychology: Assumptions, goals, and Definition
- 1.2 Eastern and Western Perspectives on Positive Psychology: “ME + WE=US” might bridge the Gap: A matter of Perspective; Historical and Philosophical traditions
- 1.3 The meaning and measure of Happiness and Well-Being
- 1.4 Comparing Hedonic and Eudemonic Views of Happiness.
- 1.5 Self Realization.

Unit 2: Positive Emotions and Well- Being:

(15/15)

- 2.1 Defining Emotional Terms: Affect; Emotion; Happiness; and Subjective Well-Being.
- 2.2 Positive Emotions and Health resources
- 2.3 Making the Most of Emotional Experiences: Emotion-Focused Coping; Emotional Intelligence; Socio-emotional Selectivity, and Emotional Storytelling.
- 2.4 Seeing our Futures through Self-Efficacy, Optimism, and Hope.
- 2.5 Wisdom and Courage: Characteristics of the Wise and the Brave.

Unit 3: Personal Goals as Windows to well-being:

(15/15)

- 3.1 Goals connect ‘having’ and ‘doing’
- 3.2 Defining Personal Goals
- 3.3 Universal Human Motives
- 3.4 The personalization of Goals in Self- concept
- 3.5 Goal Progress, achievement and progress

Unit 4: Resilience:

(15/15)

- 4.1 What is resilience: Developmental Perspective; Clinical Perspective
- 4.2 Positive Traits
- 4.3 Virtues and Strengths of Character
- 4.4 Close Relationships and Well being
- 4.5 Life above Zero

References

1. Sheldon, M.K. Et al. (Eds.) (2011). *Designing Positive Psychology. Taking Stock and Moving Forward*. New York: Oxford University Press
2. Snyder, C. R., Lopez, S. J., Pedrotti, J.T. (2011) *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. CA: Sage Publications
3. Fredrickson, B.L. (2001). The role of positive emotions in positive psychology: The broaden and build theory of positive emotions. *American Psychologist*.
4. Sheldon, K. M. & Kasser, T. "Goals, Congruence, and Positive Well-Being: New Empirical Support for Humanistic Theories." *Journal of Humanistic Psychology* 41 (2001)
5. Seligman, M. E. P. & Csikszentmihalyi, M. "Positive Psychology: An Introduction." *American Psychologist* 55 (2000). 5–14.

Internal Marks

Internal Test-I	Seminar	Attendance	Books Review
20	10	05	05

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M.A. Part II (Semester – III)**

PSY – 302 Research Methodology in psychology

Total Marks: 60 +40

Total Hours: 60

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

Hours/Marks

Unit-1 Research process and Survey Research

(15/15)

- 1.1 Overview of basic research concept (Problem, Hypothesis, Variable and Operational Definition)
- 1.2 Sampling Techniques
- 1.3 Methods of data collection: Observation, Mail Surveys (Questionnaires), Personal Interview, Telephone Interview and Internet surveys
- 1.4 Survey research design
- 1.5 Problem, Issues and Application of survey research

Unit-2 Experimental design

(15/15)

- 2.1 Experimental design- Definition, Principles and functions
- 2.2 Between group design: Randomized group design
- 2.3 Between group research design- Single group and two group design
- 2.4 Factorial design- Simple factorial design, multi-factorial design
- 2.5 Conceptual distinction among between group design, repeated measure design and mixed design

Unit -3 Multivariate Data Analysis

(15/15)

- 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 Research report writing

(15/15)

- 4.1 Scientific communication
- 4.2 Preparing research proposal- APA style
- 4.3 Research report – Report writing steps, Report structure,
- 4.4 Research report writing style and research report typing
- 4.5 Evaluation of research report

References-

1. Anastasi, A. (1990). *Psychological Testing*. McMillan
2. Kerlinger, F.N. (1994). *Foundations of Behavioural Research* (3rd ed.)
3. Goodwin, J. (2009). *Research in psychology: Methods in Design*. (6thed.) Wiley.
4. Shaughnessy, J.J.&Zechmeister, E.B. (1997). *Research Methods in Psychology* (4th 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
9. Desai, B. H & Abhyankar, S. C (2006) *Research Methodology and Psychological measurement* Pune Narendra Prakashan, Pune.

Internal Marks

Internal Test-I	Seminar	Attendance	Books Review
20	10	05	05

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PSY – 303 A - Psychological Disorders

Total Marks: 60 +40

Total Hours: 60

Objectives:

1. To acquaint students with various manifestations of Psychopathology.
2. To understand the detailed symptoms, etiology and causes of various disorders Defined as per DSM5
3. To know the updated changes in the classification of Mental disorders according To DSM5

Hours/Marks

Unit 1: Introduction to Psychological Disorders.

15/15

- 1.1 Definition and Criteria of Psychological Disorder
- 1.2 Historical Background and Classification of
- 1.3 psychological Disorders according to DSM-5
- 1.4 Significant Changes in DSM-IV-TR and DSM-5
- 1.5 Various Approaches to Psycho-pathology: Psycho-analytical, Behaviorists, Biological, Humanistic-Existential and Cognitive Approach.

Unit 2: Schizophrenia Spectrum and Other Psychotic disorders:

15/15

- 2.1 Schizophrenia
- 2.2 Schizoaffective Disorder
- 2.3 Schizophreniform Disorder
- 2.4 Delusional Disorder and shared Psychotic Disorder
- 2.5 Brief Psychotic Disorder, Other Psychotic Disorders, and Catatonia.

Unit 3: Mood Disorders and Anxiety Disorders

15/15

- 3.1 Major Depression and Bipolar Disorder
- 3.2 Dysthymia and Cyclothymia
- 3.3 Panic Disorders, Agoraphobia; Specific Phobia and
- 3.4 Generalized Anxiety Disorder
- 3.5 Social Anxiety Disorder (Social Phobia) and other Anxiety disorders

Unit 4: Obsessive- Compulsive Disorder; Trauma and Stressor Related Disorders and Dissociative disorders

15/15

- 4.1 Obsessive-Compulsive Disorder
- 4.2 Body Dysmorphic Disorder; Hoarding Disorder; Hair Pulling Disorder Excoriation and (Skin-Picking) disorder.
- 4.3 Posttraumatic Stress Disorder and Acute Stress Disorder; Adjustment Disorder
- 4.4 Adjustment Disorders.
- 4.5 Dissociative Disorders.

References

1. Alloy, L.B. Riskind et. el. (2006). *Abnormal Psychology*, (9th ed.) Delhi, Tata McGraw Hill.
2. Barlow, D. H. & Durand, V. M. (2007) *Abnormal Psychology* (2nd ed.). Thompson Wadsworth.
3. Kaplan H. I.; Sadock B. J. . . (11th Edition). *Synopsis of Psychiatry*
4. American Psychiatric Association (1995). *Diagnostic and Statistical manual for mental disorders* (4th edition). International version. Washington, DC: American Psychiatric Association
5. Fauman, M.A. (1996). *Study guide to DSM-IV*. New Delhi: Jaypee Brothers.
6. Corner, R.J. (1995). *Abnormal Psychology* (2nd edition). New York: W. H. Freeman & co.
7. Gelder, M, Gath, D; MayoLl, R; & Cowen , P. (1996) *Oxford textbook of psychiatry* (3rd edition). Oxford: Oxford University Press.
8. Kaplan, H. I. ; Sadock B. J. ; and Greb , J.A. (1994). *synopsis of psychiatry: Behavioural sciences, clinical psychiatry* (7th edition). New Delhi: B.I. Waverly Pvt Ltd.
9. Sarason I. G. & Sarason B. R. ; *Abnormal Psychology*-PHI Learning Private Ltd. , 11th Edition New Delhi 2008.
10. Carson R. C. & Butcher J.M. , Mineka , Hooley, – *Abnormal Psychology* ; 13th Pearson Edition. New Delhi.
11. Hoeksema S. N. – *Abnormal Psychology*. TMH Publication, New Delhi. 3rd Edition.

INTERNAL 40 MARKS EVALUATION FOR SEM- III

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

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

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PSY – 303 B- Counselling Psychology

**Total Marks: 60 +40
Total Hours: 60**

Objectives:

This course aims at enabling students to –

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.

Course contents

Hours/Marks

Unit- 1: Basic Concepts in Counselling Psychology and Testing: (15/15)

- 1.1 Definition, nature and scope of Counselling; Goals and objective of counselling
- 1.2 Difference between counselling and guidance Professional aspects of counselling.
- 1.3 Intelligence Tests (Malin, Binet-Kamat); and Aptitude Tests (DBDA)
- 1.4 Personality and Achievement Tests (NEO-FFI-3, Rao's Achievement Test)
- 1.5 Projective Tests: Sentence Completion Test; CAT; TAT; and Rozenzweig Picture Frustration Test.

Unit- 2: Building Counselling Relationship (15/15)

- 2.1 Communication and Building the counseling relationship
- 2.2 The core condition of counseling
- 2.3 Counsellor actions that impede communication
- 2.4 Conduct the initial interview: rapport, empathy, Verbal non-verbal behavior, Avoid non-helpful interview behavior
- 2.5 Qualities of counselling and physical settings

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.
- 3.5 Micro-skills in Counselling.

Unit- 4: Terminations of counselling relationship (15/15)

- 4.1 Function and Timing of termination
- 4.2 Issues of termination: - Termination of individual section, termination of counselling relationship
- 4.3 Resistance to termination: - Client and counsellor resistance
- 4.4 Premature termination- counselor initiated termination and ending on positive role
- 4.5 Ethical and legal issues of Counselling Process

Books for Reading:

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6th 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*. (2ndEd.) 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*. (4thEd.) Pearson education Pvt. Ltd., Delhi.
5. Patterson, L. E. & Welfel, E.R. (2000). *The Counseling Process*. (5th 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*. (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.
10. Ashtaputre, A. A. (2015) *Counselling* Shodhani Prakashan, Aurangabad

INTERNAL 40 MARKS EVALUATION FOR SEM- III

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

Mark s	Topics
20	5 Case Studies and Submit the reports
20	Internal Test

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M.A. Part II (Semester – III)**

PSY – 304 A-Psycho-Diagnostics

**Total Marks: 60 +40
Total Hours: 60**

Objectives:

1. To Acquaint students with Psycho-diagnostic procedures
2. To understand the application of Psychological theories and Therapies
3. To apply the various Psychotherapeutic procedures.
4. To equip students by training them for skills in Counselling and Psychotherapy.

Course contents

Hours/Marks

Unit 1: Overview of Psycho-Diagnostic

(15/15)

- 1.1 Overview of Neuro-science.
- 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
- 1.5 Introduction and application of Neurosciences

Unit 2: Examination and Diagnosis in Psychiatric patients

(15/15)

- 2.1 Psychiatric Interview, History and Mental Status Examination
- 2.2 The Psychiatric Report and Medical Record
- 2.3 Psychiatric Rating Scales
- 2.4 Personality Assessments: Adults and Children
- 2.5 Physical Examination of Psychiatric Patients

Unit 3: Psycho-diagnostic Assessment-I

(15/15)

- 3.1 Personality Inventory: EPQ-R; CPQ, HSPQ and 16 PF
- 3.2 Depression and Mania Measure- Beck's Depression Inventory, Altman's Self-Rating Mania Scale.
- 3.3 Anxiety and Anger Measure- Self Analysis Form, Spielberger State-Trait Anxiety Scale;
- 3.4-Intelligence measure- Wechsler's Intelligence Scale for Children; Malin's Intelligence Scale for Indian Children.
- 3.5 Bus & Perry Aggression Behavior Scale

Unit 4: Psycho-diagnostic Assessment-II

(15/15)

- 4.1 Neuro-psychological Test- Bender- Gestalt, Luria Nebraskas Neuropsychological Battery, Minimal Brain Dysfunctions (MBD).
- 4.2 Projective Techniques, Rorschach'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 Fromm Board
- 4.5 Cross-cutting symptom measure- Adult form; and Child Form application.

References

1. Alloy, L.B : Jacobson, N. S. & Acocellc, Abnormal Psychology: *Current Perspectives*, McGraw-Hill
2. Beck, A. T. (1976) Cognitive therapy and behavior Disorders.
3. Claridge, G. & Davis, C (2003) Personality & psychological Disorders: Arnold Headline group London.
4. Lezak, M. D. (1995) Neuropsychological assessment, New York: Oxford University Press
5. Gelso, C. J. & Fretz, B.R. (1995) Counselling Psychology, Bangalore: Prism Books
6. Watts, A. W. (1973) Psychotherapy East and West, London: Penguin Books
7. Feitham, C.& Horton, I. E. (Ed.) (2006). *The Sage handbook of Counseling and Psychotherapy*. (2ndEd.) Sage Publication, London.
8. Gibson, R. I. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance*.
9. Gelso, C.J. & Fretz, B.R. (1995). *Counseling Psychology*. Prism books Pvt. Ltd., Bangalore.
10. Gregory, R. J. (2005). *Psychological Testing*. (4thEd.) Pearson education Pvt. Ltd., Delhi.
11. Patterson, L. E. & Welfel, E.R. (2000). *The Counseling Process*. (5th Ed.) Wodsworth / Thornson Learning, Belmont.
12. Nelson, R. (2000). *Introduction to Counseling Skills: Text and Activities*. Sage Publication, London.
13. Cohen, R. J. & Swerdlik, M. E. (2005). *Psychological Testing and Assessment*. (6th ed.) McGraw-Hill, Delhi.
14. Bor, R. & Watts, M. (Ed.) (2000). *The Trainee Handbook*, Sage Publication, London.
15. Hecker I.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology, Science, Practice and Ethics*, Pearson education, Delhi

INTERNAL 40 MARKS EVALUATION FOR SEM –III

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

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

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M.A. Part II (Semester – III)**

PSY – 304 B - Modern Career Counseling

**Total Marks: 60 +40
Total Hours: 60**

Objectives

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.
3. To sensitize the students to the ethics of career counselling

Course contents

Hours/Marks

Unit- 1: Basics of Career Counselling

(15/15)

- 1.1 Meaning and nature of career counseling
- 1.2 Importance of career counseling
- 1.3 Scope of career counselling
- 1.4 Challenges of career counselling
- 1.5 Ethics of career counselling

Unit- 2: Career Planning

(15/15)

- 2.1 Meaning and process of career planning
- 2.2 Tips of building a career
- 2.3 Need and importance of career planning
- 2.4 Sources and benefits of career planning
- 2.5 Career Planning- Five steps (Self-evaluation, Exploration, Decision making and goal setting, Gaining experiences, Implementation)

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 Self concept theory of career development
- 3.5 Theory of work adjustment

Unit- 4: Career Counselling with Diverse Populations

(15/15)

- 4.1 Career counselling with children and adolescents
- 4.2 Career counselling with college students
- 4.3 Career counselling with adults
- 4.4 Career counselling with women and ethnic minorities
- 4.5 Career counselling the disabled population

Books for Reading:

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6th 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.

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1. Feitham, C.& Horton, I. E. (Ed.) (2006). *The Sage handbook of Counseling and Psychotherapy*. (2ndEd.) Sage Publication, London.
2. Gibson, R. I. & Mitchell, M.H. (2005). *Introduction to Counseling and Guidance*. (6th Ed.) Pearson education Pvt. Ltd., Delhi.
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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.

INTERNAL 40 MARKS EVALUATION FOR SEM – III_{RD} .

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

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

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M.A. Part II (Semester – IV)**

PSY 401- Health Issues in Modern Life and Well-Being

**Total Marks: 60 +40
Total Hours: 60**

Objectives:

1. To introduce students with the psychological aspects of health
2. To familiarize students with the nature and need of Health Psychology.
3. To apply the Health Psychology for the Well-being of the man-kind.

Hours/Marks

Unit 1- Health: Basic Issues and Process

(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 Behaviour: Nature, changing health habits.
- 1.3 Cognitive Behavioural Approaches to Health Psychology
- 1.4 Future of Health Psychology: Future Goals; Issues and Controversies
- 1.5 Health Psychology as a career

Unit 2- Stress; coping with the Stress and its management

(15/15)

- 2.1 Definition of stress; Appraising events as stressors; Dimensions of Stress
- 2.2 Bio-Psycho-Social Aspects of Stress; Fight-or-Flight; Selye's General Adaptation Syndrome.
- 2.3 Meaning of the Coping with the Stress: functions and methods of coping
- 2.4 Reducing the potential of the stress; Social Support; Personal Control; Organizing one's own world better; preparing for stressful events
- 2.5 Stress Management: Need of Stress Management; Basic Techniques of Stress Management; Stress Management Programmes- Medication; Behavioural and cognitive Methods; Meditation; Hypnosis.

Unit 3- Health related Behaviour and Health Promotion

(15/15)

- 3.1 Health and Behaviour: Determiners of the Health Behaviour.
- 3.2 Developmental, Gender and Scio-Cultural factors in health.
- 3.3 Programmes for Health Promotion.
- 3.4 Health Enhancing Behaviour- Exercise.
- 3.5 Using Stress Management to reduce Coronary risk.

Unit 4- Chronic Illnesses; Hospitalization; Death; and coping

(15/15)

- 4.1 Emotional Response to Chronic Illness: Denial, Anxiety, Depression.
- 4.2 Personal Issues to Chronic Disease: Physical self; Achieving Self; Social Self; Private Self
- 4.3 Psychological Intervention and Rehabilitation
- 4.4 The Hospital: Its History, Stting, and the procedures; Being Hospitalized; Emotional Adjustment in the Hospital; Assistance of the Health Psychologist to Hospital patients.
- 4.5 Death: Death across the life span; Psychological Issues in advancing Illness; Stages in adjustment to dying; Problem of Survivors.

References

1. Fredrickson, B.L. (2001). The role of positive emotions in positive psychology: The broaden and build theory of positive emotions. *American Psychologist*.
2. Seligman, M.E.P. (2011). *A new understanding of happiness and well-being – and how to achieve them*. London: Nicholas Brealey Publishing. Chapter 1. (pp. 9-29)
3. Seligman, M. E. P. *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York: Free Press, 1987. Print.
4. Seligman, M. E. P., Parks, A. C. A., & Steen, T. A. “Balanced Psychology and a Full Life.” *The Royal Society* (2004): 1379–1381. Web. 24 Jan. 2012.
5. Seligman, M. E. P. & Csikszentmihalyi, M. “Positive Psychology: An Introduction.” *American Psychologist* 55 (2000). 5–14.
6. Gable, S. L. & Haidt, J. “What (and Why) Is Positive Psychology?” *Review of General Psychology* 9.2 (2005): 103–110.
7. Ben-Shahar, T. D. *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*. New York: McGrawHill, 2007.
8. Csikszentmihalyi, M. “If We Are So Rich, Why Aren't We Happy?” *American Psychologist* 54.10 (1999): 821–827. Print.
9. Sheldon, K. M. & Kasser, T. “Goals, Congruence, and Positive Well-Being: New Empirical Support for Humanistic Theories.” *Journal of Humanistic Psychology* 41 (2001)

Internal Marks

Internal Test-I	Seminar	Attendance	Books Review
20	10	05	05

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M.A. Part II (Semester – IV)

PSY 402- Dissertation

Total Marks: 60 +40

Total Hours: 60

Objectives:

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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(NACC Re-accredited 'A' Grade University)
Syllabus under CBCS for MA in PSYCHOLOGY
Syllabus Structure (w.e.f.2019-20)
M.A. Part II (Semester – IV)**

PSY 403 A- Abnormal Psychology

Total Marks: 60 +40

Total Hours: 60

Objectives:

1. To acquaint students with various manifestations of Psychopathology.
2. To understand the detailed symptoms, etiology and causes of various disorders defined as per DSM5
3. To know the updated changes in the classification of mental disorders according to DSM5

Course contents:

Hours/Marks

Unit 1: Neuro-Cognitive Disorders

15/15

- 1.1 Introduction and Overview
- 1.2 Delirium, Dementia (Major Neuro-cognitive Disorder)
- 1.3 Major and Minor Neurocognitive Disorder due to another medical conditions (Amnesic Disorder) Neuro-cognitive and other disorders (Epilepsy, Brain Tumors, Head Trauma)
- 1.4 Neuro-cognitive and other Disorders due to a General Medical Condition
- 1.5 Mild Cognitive Impairment

Unit 2: Feeding, Eating Disorders and Personality Disorders

15/15

- 2.1 Anorexia Nervosa; Bulimia Nervosa; Binge Eating Disorder and other Eating Disorder.
- 2.2 Obesity and the Metabolic Syndrome.
- 2.3 Cluster A: Schizotypal, Schizoid and Paranoid
- 2.4 Cluster B: Narcissistic, Borderline, Antisocial and Histrionic Disorders
- 2.5 Cluster C: Obsessive-Compulsive, Dependent, and avoidant Personality

Unit 3: Substance Use and Addictive Disorders

15/15

- 3.1 Etiology, Statistics and causes of Substance use and Addictive disorder
- 3.2 Alcohol-Related; Caffeine-Related; Cannabis-Related Disorders
- 3.3 Hallucinogen-related Disorders; Inhalant-related; Opioid-related Disorders.
- 3.4 Sedative-; Hypnotic-; or Anxiolytic- Related Disorders; Stimulant related disorders.
- 3.5 Internet Addiction, and Internet Gaming Disorder.

Unit 4: Human Sexuality and sexual Dysfunctions

15/15

- 4.1 Normal Sexuality
- 4.2 Sexual Dysfunctions
- 4.3 Paraphilic Disorders.
- 4.4 Gender Dysphoria.
- 4.5 Disruptive, Impulse-Control, and Conduct disorders.

References

1. Alloy, L.B. Riskind et. el. (2006). *Abnormal Psychology*, (9th ed.) Delhi, Tata McGraw Hill.
2. Barlow, D. H. & Durand, V. M. (2007) *Abnormal Psychology* (2nd ed.). Thompson Wadsworth.
3. Kaplan H. I.; Sadock B. J. . . (11th Edition). *Synopsis of Psychiatry*
4. American Psychiatric Association (1995). *Diagnostic and Statistical manual for mental disorders* (4th edition). International version. Washington, DC: American Psychiatric Association
5. Fauman, M.A. (1996). *Study guide to DSM-IV*. New Delhi: Jaypee Brothers.
6. Corner, R.J. (1995). *Abnormal Psychology* (2nd edition). New York: W. H. Freeman & co.
7. Gelder, M, Gath, D; MayoLl, R; & Cowen , P. (1996) *Oxford textbook of psychiatry* (3rdedition). Oxford: Oxford University Press.
8. Kaplan, H. I. ; Sadock B. J. ; and Greb , J.A. (1994). *synopsis of psychiatry: Behavioural sciences, clinical psychiatry* (7' edition). New Delhi: B.I. Waverly Pvt Ltd.
9. Sarason I. G. & Sarason B. R. ; *Abnormal Psychology*-PHI Learning Private Ltd. , 11th Edition New Delhi 2008.
10. Carson R. C. & Butcher J.M. , Mineka , Hooley, – *Abnormal Psychology* ; 13th Pearson Edition. New Delhi.
11. Hoeksema S. N. – *Abnormal Psychology*. TMH Publication, New Delhi. 3rd Edition.

INTERNAL 40 MARKS EVALUATION FOR SEM-1V

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

Marks	Assignment
20	One month Internship in any Mental Health Clinic and submit the report (It should be attached with Practical Journal for External Experts' Observations.)
20	Internal Test

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Syllabus Structure (w.e.f.2019-20)
M.A. Part II (Semester – IV)

PSY 403 B- Psychotherapies and Application

Total Marks: 60 +40

Total Hours: 60

Objectives:

1. To familiarize students with the with various scientific assessment techniques in counseling.
2. To explore different types of therapies in counselling.
3. To impact skills through workshops, case discussions, role plays, observation

Hours/Marks

Unit- 1: Introduction of Psychotherapies

(15/15)

- 1.1 Definition and nature of psychotherapy
- 1.2 Basic skills of psychotherapy
- 1.3 Evaluation of psychotherapy
- 1.4 Transactional analysis.
- 1.5 Process of psychotherapy: initial, middle and termination phases along with relapse prevention

Unit- 2: Application of Psychotherapies

(15/15)

- 2.1 Behaviour therapy (Operant Conditioning, Desensitization, Assertive and Social Skills Training)
- 2.2 Psycho-analytic Psychotherapy.
- 2.3 Cognitive Therapy (Beck, Kelly)
- 2.4 Rational Emotive Behavioral Therapy- REBT (Albert Ellis)
- 2.5 Dialectical Behaviour Therapy

Unit- 3: Recent Counselling Therapies

(15/15)

- 3.1 Reality Therapy; and Solution Based Brief Therapy
- 3.2 Gestalt Therapy.
- 3.3 Existential Therapy; and Logo therapy
- 3.4 Play Therapy; Art Therapy; Dance and Music Therapy
- 3.5 Yoga; Vipassana and Hypnosis therapy

Unit- 4: Emerging Approaches emphasizing Emotions and Sensations:

(15/15)

- 4.1 Narrative therapy
- 4.2 Feminist Therapy; Constructivist Therapy
- 4.3 Transpersonal Therapy
- 4.4 Skill Development Therapy
- 4.5 Psychodrama.

References

Books for Reading:

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6th 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*. (2ndEd.) 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*. (4thEd.) Pearson education Pvt. Ltd., Delhi.
5. Patterson, L. E. & WeIfel, 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.

INTERNAL 40 MARKS EVALUATION FOR SEM – IVTH

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

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Syllabus Structure (w.e.f.2019-20)
M.A. Part II (Semester – IV)

PSY 404 A- Psycho-diagnostics theory and Clinical Therapies **Total Marks: 60 +40**

Total Hours: 60

Objectives:

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

Unit 1) Introduction to Psychotherapies: (15/15)

- 1.1 Definition and nature of psychotherapy
- 1.2 Group Therapies: Family Counselling; Couple Counseling; Self –Help Groups and Psycho-social Rehabilitation.
- 1.3 Basic skills of psychotherapy
- 1.4 Evaluation of psychotherapy; Characteristics of Effective therapy and Ethical Issues in Psychotherapy.
- 1.5 Process of psychotherapy: Initial; Middle and Termination phases along with Relapse Prevention.

Unit 2) Basic Approaches and Applications as Psychotherapies (15/15)

- 2.1 Psycho-analytic and Psycho-Dynamic Approach and application as Therapy
- 2.2 Behavioural therapy – Systematic desensitization, Aversion therapy, Assertiveness Therapy
- 2.3 Cognitive Approach: Aron Beck, Kelly (CBT)
- 2.4 Rational Emotive Behaviour Therapy by Albert Ellis (REBT)
- 2.5 Phenomenological / Experiential Model – Kelley's Personal construct View, Roger's Self Actualization approach, Maslow's Humanistic Approach, and Gestalt Model.

Unit 3) Emerging Approaches and Recent Therapies (15/15)

- 3.1 Interpersonal Model: To diagnose the situation by Transactional Analysis and to apply it as Therapy.
- 3.2 Reality Therapy; Solution Based Brief Therapy and Gestalt Therapy.
- 3.3 Narrative therapy; Feminist therapy; Constructivist therapy; and transpersonal therapy.
- 3.4 Play Therapy; Art Therapy; Dance and Music Therapy; Skill Development therapy and Psychodrama.
- 3.5 Yoga; Vipassana Hypnosis; Eye Movement Desensitization and Reprocessing; Neuro- Linguistic Programming; and Thought Field Therapy

Unit 4) Clinical Intervention (15/15)

- 4.1 Biological therapy – Electroconvulsive therapy, and Psychosurger.
- 4.2 Psycho-Pharmacology: Definition and Meaning; Pharmacotherapy; Antipsychotic Drugs; Antianxiety Drugs; Anti-Manic Drugs; Anti- Depression Drugs
- 4.3 Bio-Feedback method
- 4.4 Introduction to Neuro-genetics and some Brain-stimulation Methods
- 4.5 Introduction to Neurosurgical Treatments and Deep Brain Stimulation

References

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

INTERNAL 40 MARKS EVALUATION FOR SEM – IV TH

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

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

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Syllabus Structure (w.e.f.2019-20)
M.A. Part II (Semester – IV)**

PSY 404 B- – Counselling Specialties

Total Marks: 60 +40

Total Hours: 60

Objectives:

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

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 Importance of school counselling and guidance
- 1.5 Ethical issues related to school counseling

Unit-2: Marriage, Couple and Family Counselling

(15/15)

- 2.1 Defining what constitutes a family and healthy verses dysfunctional families
- 2.2 Family Life Cycle
- 2.3 Marriage and Couple Counselling
- 2.4 Family Counselling
- 2.5 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)
- 3.5 Legal issues in the practice of community counselling

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 Trauma and sexual related problems
- 4.5 Suicide prevention and management related issues

References:

Books for Reading:

1. Gladding, S. T. (2009). *Counseling: A Comprehensive Profession (6th 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.

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3. Gelso, C.J. & Fretz, B.R. (1995). *Counseling Psychology*. Prism books Pvt. Ltd., Bangalore.
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10. Hecker I.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology, Science, Practice and Ethics*, Pearson education, Delhi.

INTERNAL 40 MARKS EVALUATION FOR SEM – IVTH

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

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