



SOLAPUR UNIVERSITY SOLAPUR

REVISED SEMESTER WISE SYLLABUS

M.A. Part – II

(Sem.III & IV)

PSYCHOLOGY

**(Specialization in Clinical, Industrial and
Counselling Psychology)**

(w.e.f. June 2014)

SOLAPUR UNIVERSITY SOLAPUR

M.A. Part – II

Psychology

Revised Semester Pattern – Syllabus

Semester – III & IV

(w.e.f. June – 2014-15)

Sem III – Specialization in Clinical Psychology (200 Marks)			
Group	Paper No.	Paper Title	Marks
Group F 1 CLI	Paper – I	Clinical and Health Psychology	50
Group F 1 CLI	Paper – II	Psychopathology and Psychodiagnostics	50
Group F 1 CLI	Paper – III	Psychotherapies and Positive Psychology	50
Group F 1 CLI	Paper – IV	Clinical Psychology Practicum	50
Sem. IV – Specialization in clinical Psychology (200 Marks)			
Group F 1 CLI	Paper – I	Clinical and Health Psychology	50
Group F 1 CLI	Paper – II	Psychopathology and Psychodiagnostics	50
Group F 1 CLI	Paper – III	Psychotherapies and Positive Psychology	50
Group F 1 CLI	Paper – IV	Clinical Psychology Practicum	50
Sem III – Specialization in Industrial Psychology (200 Marks)			
Group	Paper No.	Paper Title	Marks
Group F 1 IND	Paper – I	Personnel Psychology and Human Resource Development	50
Group F 1 IND	Paper – II	Organization behavior and Organizational Development	50
Group F 1 IND	Paper – III	Consumer behavior and Marketing	50
Group F 1 IND	Paper – IV	Industrial Psychology – Practicum	50

Sem IV – Specialization in Industrial Psychology (200 Marks)			
Group	Paper No.	Paper Title	Marks
Group F 1 IND	Paper – I	Personnel Psychology and Human Resource Development	50
Group F 1 IND	Paper – II	Organization behavior and Organizational Development	50
Group F 1 IND	Paper – III	Consumer behavior and Marketing	50
Group F 1 IND	Paper – IV	Industrial Psychology – Practicum	50
Sem. III – Specialization in Counselling Psychology (200 Marks)			
Group F1 COUN	Paper – I	Psychological Guidance and Counselling	50
Group F 1 COUN	Paper – II	Assessment in Counselling Psychology	50
Group F1 COUN	Paper – III	Interventions & Strategies in Counselling	50
Group F 1 COUN	Paper – IV	Counselling Psychology Practicum	50
Sem. IV – Specialization in clinical Psychology (200 Marks)			
Group F 1 COUN	Paper – I	Psychology Guidance and Counselling	50
Group F 1 COUN	Paper – II	Assessment in Counselling Psychology	50
Group F 1 COUIN	Paper – III	Interventions and Strategies in Counselling	50
Group F 1 COUN	Paper – IV	Counselling Psychology – Practicum.	50

N.B. A students has to offer only specialization in clinical psychology from above three specializations.

M.A. Part II – Psychology
Semester – III
Spl. In Clinical Psychology
Gr F-1 CLI – Paper I
Clinical and Health Psychology

Objectives -

- 1) To provide the students introduction, history and recent development in clinical Psychology.
 - 2) To familiarize students with different models of clinical Psychology.
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Unit – 1 Introduction to clinical Psychology

- 1.1 Definitions, characteristics of clinical Psychology.
- 1.2 Approaches to clinical Psychology.
- 1.3 Activities and work settings of Clinical Psychologist.
- 1.4 Distinguishing clinical Psychology from related professions.
- 1.5 Training in clinical Psychology – undergraduate, Graduate and Post-doctoral training.
- 1.6 Ethics and development of clinical Psychologist.

Unit – 2 History and Recent developments in clinical Psychology.

- 2.1 Ancient Roots
- 2.2 Eighteenth and Nineteenth century
- 2.3 The birth of Discipline – 1890-1910
- 2.4 Childhood – World War I through World War II
- 2.5 Adolescence – Post World War II
- 2.6 Adulthood – Milestones and growing pain.

Unit – 3 Psychological Models clinical Psychology.

- 3.1 The Role of Theoretical Model

3.2 Psychoanalysis Model

3.3 Interpersonal Model

3.4 Humanism Model

3.5 Behavioural Model

3.6 The Cognitive Model.

Unit – 4 Biological Models in clinical Psychology.

4.1 Development

4.2 Key Assumption

4.3 Influence of clinical Psychology

4.4 Current Status

4.5 Future directions of clinical Psychology

M.A. Part II – Psychology
Semester – IV
Spl. In Clinical Psychology
Gr F-1 CLI – Paper I
Clinical and Health Psychology

Objectives

- 1) To acquaints the students with relation between Psychology and health.
 - 2) To acquaints the students with various problems and preventions and controls of health problems.
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Unit – 1 Psychology and Health.

- 1.1 What is Health
- 1.2 History – Psychology, Disease, process and the mind.
- 1.3 Psychology's Role in Health- Problems in Health care system. The person in Health and illness. How the role of Psychology emerged Progress in Health Psychology goals
- 1.4 Current perspectives on Health and Illness - The Biopsychosocial, Life span and Gender.
- 1.5 Relating Health Psychology to other science field, careers and training in health Psychology.

Unit -2 Stress, Illness and coping.

- 2.1 What is stress – Dimensions of stress.
- 2.2 Bio-Psychosocial aspects of stress
- 2.3 Sources of stress - The person, family community and Society.
- 2.4 Measuring Stress - Physiological arousal, Life events, daily Hassles, Chronic Stressor in specific domain

- 2.5 Psychosocial Modifiers - Social support the sense of control, personality as Resilience and Vulnerability, type A behavior.
- 2.6 How stress affect Health - Psychophysiological, cardiovascular disorder and stress and cancer
- 2.7 Coping - Coping with stress, Reducing potentials for stress, stress management

Unit-3 Life styles and Preventions, Pains management and control.

- 3.1 Health and behaviour, Determinants of peoples Health behavior factors in Health, Programs for health.
- 3.2 Substance use and abuse-smoking tobacco, alcohol use and abuse, Reducing substance use and abuse
- 3.3 Nutrition. Weight control and diet, Exercise safety.
- 3.4 Pain – Theories, Biopsychosocial Aspects of pain, Assessing peoples pain.
- 3.5 Meaning and controlling pain- Medical treatment, Behavioural and cognitive methods, Hypnosis and interpersonal therapy.

Unit -4 Chronic Health problems and managements and coping.

- 4.1 Different chronic conditions.
- 4.2 psychosocial interventions with chronic conditions
- 4.3 Heart disease - Risk of heart disease, Medical treatment Rehabilitation, Psychosocial impact, Psychosocial intervention.
- 4.4 Cancer – Prevalence and types, sites, effect and causes. Diagnosing and treating cancer, Psychosocial impact and Psychosocial interventions.
- 4.5 AIDS - Risk factors, Effect and Treatment, Psychosocial impact, Psychosocial interventions.

Reading Books:

- 1) Jeffrey Hecker / Geoffrey Thrope – Introduction to clinical Psychology science practice and ethics
- 2) Edward, P. Sarafino and Timothy W. Smith – (2012) Health Psychology – Biopsychosocial interaction. 7th Ed Wiley India Edition 2012.

Reference:

- 1) Allen E. Ivey. Mary Bradford. Jvey, Lynn simek morgan. “Counselling and Psychotherapy” (1997) Toranto, Allyan and Bacon.
- 2) Weiner, B (1983) clinical methods in Psychology
John – Wiley and sons.
- 3) Neizal M.T. Bernstcin (1995) : Introduction to clinical Psychology 2nd edn.
- 4) Wolman B.B. (e.d.) Handbook of clinical Psychology.
- 5) Poornima Bhatta (2006) Clinical Psychology – Gnosis Publishers of Education Books, Delhi.
- 6) Adler and stone – Health Psychology – Handbook – San Francisco – Jossey Bass
- 7) Abrahmic and Mitchler’s (2005) Health Psychology,
- 8) Burish T/Meyerwitz (1987) – handbook of Psychology and Health. New York.
- 9) Taylor, S. E. (1991), Health Psychology. N.Y. McGraw Hill.
- 10) Pitts, M., Phillis, K. (2003) The Psychology of Health. An Introduction E, Lib Taylor and Fransis.
- 11) Hamilton – West, K. (2010), Psychobiological processes in Health and Illness” Sage Publication.
- 12) Marks D.F. (2010) Health Psychology : Theory, Research & Practices (3rd Ed.) Sage Publication.

M.A. Part II – Psychology

Semester – III

Spl. In Clinical Psychology

Gr F-1 CLI – Paper II

Psychopathology and Psychodiagnostic

Objectives:

- 1) To impart students knowledge about Psychological disorders
 - 2) To make students understand the types, casual factors preventions and treatments of various Psychopathological disorders.
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Unit -1 Adjustment, Panic, anxiety disorders.

- 1.1 Adjustment disorder
- 1.2 Post – traumatic stress-disorder a) Symptoms, b) Types – Truma of rape, Threat to personal safety and security, c) Casual factors d) Prevention and Treatment.
- 1.3 Phobias a) Specific Phobia b) Social Phobia c) Agrophobia – casual factors and Treatment.
- 1.4 Generalized anxiety disorder – General Characteristics, casual factors and treatments
- 1.5 Obsessive – compulsive disorder – Characteristics casual factor and Treatment

Unit – 2 Mood, Suicide, Somatoform and dissociative disorder

- 2.1 Mood disorders –
 - a) Unipolar mood disorder – Types casual factors
 - b) Bipolar disorder – Types casual factors.
 - c) Treatment and outcomes.
- 2.2 Suicide
- 2.3 Somatoform disorders – Hypochondriassis, conversion, BDD.
- 2.4 Dissociative disorders – Depersonalized, Dissociative Amnesia and fugue. DID casual factors of DD Treatment and outcomes of DD

Unit -3 Personality, Addictions, sexual abuse and sexual dysfunctions disorders.

- 3.1 Categories of personality disorders.
- 3.2 Treatment and outcomes at Personality disorder.
- 3.3 Alcohol abuse and Dependences – Clinical picture, casual factors, Treatments.
- 3.4 Sexual variants – The paraphilis, Gender identity disorders.
- 3.5 Sexual Abuse – Childhood sexual abuse, Pedophilia, Incest, Rape.
- 3.6 Sexual dysfunctions – Dysfunctions of sexual desire. Dysfunctions of sexual arousal, organism disorder, Dysfunctions involving sexual pain

Unit – 4 Schizophrenia, cognitive and childhood disorder

- 4.1 Schizophrenia - clinical picture, Subtypes, causes Treatment and clinical outcomes
- 4.2 Delirium,
- 4.3 Dementia Amnesic syndrome, TBI
- 4.4 Common disorders in childhood – ADHD, ODDCD, Autism
- 4.5 Learning disabilities and Mental retardation.

M.A. Part II – Psychology
Semester – IV
Spl. In Clinical Psychology
Gr F-1 CLI – Paper II
Psychopathology and Psychodiagnostic

Objectives:

- 1) To acquaint the students for Psychodiagnosis and Psychological assessment.
 - 2) To impart knowledge and skills required for psychological assessment diagnostic testing.
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Unit -1 Assessment and classifications and Treatment.

- 1.1 What is Psychological assessment?
- 1.2 The diagnostic and statistical manual of mental disorder
- 1.3. |Diagnostic process
- 1.4 Treatment planning
- 1.5 Treatment implementation.
- 1.6 Guidelines for Human Assessment.

Unit -2 Clinical Interview

- 2.1 Types of clinical interview
- 2.2 Importance of Rapport
- 2.3 Classification Strategies
- 2.4 Diagnostic Interview
- 2.5 Structured of Interview
- 2.6 Interview with Children.
- 2.7 Mental status examination.

Unit -3 Intellectual, Educational and Neuropsychological Assessment.

- 3.1 Measurement of intelligence
- 3.2 Interpretation of individually administered test of intelligence.
- 3.3 Screening Measures
- 3.4 Educational Assessments
- 3.5 Neuropsychological assessment
 - A) Comprehensive Batteries of Neuropsychological assessment
 - B) Individualized Neuropsychological assessment

Unit -4 Personality and Behavioural Assessment

- 4.1 Projective Methods – Rorschach, Thematic Apperception Test
Projective Drawing.
- 4.2 Objective Methods – MMPI/MMPI2/MMPIA, The millan Scale,
NEO- Personality inventory.
- 4.3 Traditional approaches to behavioral assessment
- 4.4 Defining futures of behavioural assessment
- 4.5 Functional analysis
- 4.6 Behavioural assessment methods
- 4.7 Assessment of dysfunctional cognition.

Reading Book:

- 1) Carson, Butcher, Mineka Hooley (2008) Abnormal Psychology – 13th Ed
Pearson Education.
- 2) R. Halgin and S.K. White bourne (2010) Abnormal Psychology – clinical
perspectives on Psychological disorder 6th Ed Tata McGrow Hill Ed
2010.
- 3) Hecker/ Thorpe –
Introduction to clinical Psychology science, Practice and ethics parson
Education-

References:

- 1) Davison, Gerold C & Neale John M. (1970) ' Abnormal Psychology.'
Second edition.
- 2) Barlow and Durand (2007) – Abnormal Psychology An integrative
approach – Wadsworth Thomson- 1st Indian Print 2007.
- 3) International statistical classification of diseases and related health
problems tent Revision (ICD-10) World Health Organization General.
- 4) Diagnostic and Statistical Mannual of Mental Disorders (DSM-IV-TR)
Jaypal Brothers Medical Publishers (P) Ltd. New Delhi.
- 5) Coleman, James C. (1976): Abnormal Psychology & Modern Life, 5th
edition, D.B. Taraporvala, Sons & Co.
- 6) Kisker George W. (1972): The Disorganized personality's second
Edition, McGrow- Hill.
- 7) Weiner B. (1983) 'Clinical methods in Psychology' N. Y. John – Wiley
and sons.
- 8) Lezak. M.D. (1995): 'Neuropsychological assessment'
N. Y. Oxford University, Press
- 9) Killerman, Hand Burry. A (1981): 'Handbook of diagnostic testing:
Personality Analysis and Report Writing.'
N. Y. Grune & Stration.
- 10) 'Diagnostic Psychological Testing: Rapaport Vol. 1 & 2 year Book
Publishers, Latest Ed.

M.A. Part II – Psychology
Semester – III
Spl. In Clinical Psychology
Gr F-1 CLI – Paper III
Psychotherapies and Positive Psychology

Objectives:

- 1) To Understand to students different therapeutic process of psychotherapy.
 - 2) To help student developed balanced views about various therapeutic techniques.
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Unit -1 Psychoanalytic and Adlerian therapy.

- 1.1 Psychoanalytic therapy -
- 1.2 Jung's perspectives on the development of personality.
- 1.3 Object relation theory, Self Psychology, Relational, psycho-analysis, Multicultural perspective.
- 1.4 Adlerian therapy – Key concepts, therapeutic process therapeutic technique and procedure. Multicultural perspective.

Unit -2 Existential, Person Centered and Gestalt therapy

- 2.1 Existential therapy – Key concepts therapeutic process therapeutic technique and procedure, Multicultural perspective.
- 2.2 Person-centered therapy – Key concepts, therapeutic process therapeutic technique and procedures, Multicultural perspectives.
- 2.3 Gestalt therapy – Key concepts, therapeutic process, therapeutic technique and procedure, Multicultural perspectives.

Unit -3 Behavioural – Cognitive and Reality therapy.

- 3.1 Behavioural therapy– Key concepts, therapeutic process therapeutic technique and procedure, Multicultural perspective.
- 3.2 Cognitive behavior therapy –

- a) Albert Ellis REBT – Key concept, therapeutic process Therapeutic technique and procedure
 - b) Aaron Beck’s cognitive therapy –
 - c) Donald Meichenbaum’s cognitive behaviour modification
- 3.3 Reality therapy– Key concepts, therapeutic process. Therapeutic techniques and procedure Multicultural perspective.

Unit -4 Feminist, postmodern and family therapy.

- 4.1 Feminist therapy- Key concepts, therapeutic process therapeutic techniques and procedure.
- 4.2 Postmodern therapy –
- a) Solution –focused Brief therapy
 - b) Narrative therapy
 - c) Postmodern approaches to Multicultural Perspective
- 4.3 Family system therapy – The development FST, Eight lens of FST, Multilensed process, Multicultural perspective.

M.A. Part II – Psychology
Semester – IV
Spl. In Clinical Psychology
Gr F-1 CLI – Paper III
Psychotherapies and Positive Psychology

Objectives:

1. To acquaint the students with nature, perspectives, classification and measures of human strength in positive psychology.
 2. To understand students the importance of positive emotional states, cognitive state and comprehension of human behavior.
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Unit -1 Nature and Perspectives of Positive Psychology.

- 1.1 Positive Psychology - Assumptions, Goals and definition.
- 1.2 Western Perspectives - Greek, Mythology, History of Hope in Western civilizations. The Pre-renaissance, Period, The Renaissance period: The Enlightenment, Industrial revolution
- 1.3 Eastern Perspectives - Confucianism, Taoism, Buddhism, Hinduism
- 1.4 Classifications and Measures of Human Strength – Ctallup’s Clifton strength finder, VIA Classifications of Strength, the search Institutes 40 developmental assets, Dimensions of Well-being.

Unit -2 Positive Emotional States and Process.

- 2.1 Positive Affect and Emotions - Definitions of emotional term, Distinguishing positive and Negative, Positive emotions – expanding pleasure.
- 2.2 Happiness and subjective Well-being – Age old definition, determinants of 21st century definition, complete mental Health, Increasing Happiness in life.
- 2.3 Emotional Experience - Emotional coping, Emotional Intelligence Socio-emotional selectivity, emotional story-telling

2.4 Resilience - What is Resistance, Resilience in childhood, Resources positive youth development.

Unit -3 Positive Cognitive states and Pro-social Behaviour

3.1 Self efficacy - Definitions Childhood, Antecedents, Neurology, Measures, Influence, collective self efficacy.

3.2 Hope - Definition, Childhood Antecedents, Neurology, measures, predicts, collective Hope.

3.3 Altruism - Definition, Egotism motive, forms of Egotism, motivated, Altruism, Empathy motive and empathy – Altruism hypothesis Genetic and Neural foundations, Cultivating Altruism.

3.4 Gratitude - Definitions, cultivating, measures. Psychophysiological underpinning. Gratitude makes house cali.

3.5 Forgiveness - Definition, cultivating, Measures, Evolutionary and Neurobiology base.

Unit -4 Understanding and changing behaviour

4.1 Mental health and behavior - Balanced conceptualization. Fascination with abnormal behavior Neglect the environment and of the positive – The four fornt approach. Normalizing negative to positive behavior.

4.2 Flourishing relationship - Building mindful relationship connections, capitalizing on positive events. Neurobiology of interpersonal connection More flourishing relationship.

4.3 Preventions - a) Primary Preventions – Definition, components, primary preventions for ethics group, children, elderly. b) Secondary preventions, Definition, Components, secondary preventions for adults, ethnic group, minorities, children and elderly.

4.4 Enhancement- a) Primary Enhancement : Psychological health, primary enhancement – Physical Health b) Secondary enhancement – Psychological health, secondary enhancement- physical health.

Reading Book:

- 1) Gerald corey (2012) - Counselling and Psychotherapy – theory and practice – Indian Edition, Third Indian Reprint 2012 cengage learning.
- 2) Snyder C. R. and Lopez S. J. (2008) Positive Psychology – The scientific and practical explorations of Human strength, New Delhi. Sage Publication.
- 3) Baum garder Steave and Crothers Marie (2009) –Positive Psychology- during kind erseley (Indian) Pvt. Ltd. Pearson Education South Asia.

Reference Books:

- 1) Allen E Ivey, Mary Ivey, Lynn – Morgan – Counselling and Psychotherapy – A Multicultural perspective –the Ed 4LLyn.
- 2) Robert Gibson and Marianne H. Mitchell – Introduction to Counselling and Guidance. Sixth Ed. Pearson Ed. 2006.
- 3) Corey, G. (2006) ‘ The Art of Integrative Counselling\ California: Books.
- 4) Korchin, S. J. (1976) ‘Modern clinical Psychology: Principles of interaction in the clinical and community. New York: Basic Books.
- 5) Feitham C. Horton I (Ed), (2006): the sage Handbook Sage Publication: New Delhi.
- 6) Gilliland B. Lichard, J. Bowmna, J. Theon’es & strategies in Counselling and Psychotherapy 2nd Ed. Ed. Allyn and Bacon Publishers.
- 7) Flangan J.S., Flagman R.S. (2004) Counselling and Psychotherapy theories in context and Practice. New Jersey: John Wiley and sons.
- 8) Shart R. S. (2000) Theories of Psychotherapy and Counselling – Singapur Books cole.
- 9) Seligman Martin A.P. (2007) Authentic Happiness – London Nicholas Brealer Publishing
- 10) Drifte, C. (2008) Encouraging Positive Behavior in the early years. Sage Publications.

M.A. Part II – Psychology
Semester – III
Spl. In Clinical Psychology
Gr F-1 CLI – Paper IV
Clinical Psychology Practicum

Objectives

- i) To develop skills of Psychological assessment and management in clinical Psychology.
 - ii) To develop the skill of evaluation at cases with mild Psychological problems.
 - iii) To acquaint student to evaluation of research articles, journals, books or films.
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A) Psychological assessment:

Administration & Interpretation of any five Psychological test from following groups and submit in duplicate for per usual.

Groups:

- 1) Intelligence Test (Verbal, Non-Verbal)
- 2) Personality Test
- 3) Projective Techniques
- 4) Inventories
- 5) Clinical tests
- 6) Rating Scales
- 7) Questionnaires
- 8) Behavioural assessments
- 9) Neuropsychological assessment & related test.
- 10) Check lists
- 11) Learning Disabilities
- 12) Projective Drawing
- 13) Memory Scales

B) Case Reports –

Each student shall evaluate two cases with test to be administered to patient scored interpret and reported from the following areas in this semester.

- 1) Anxiety Disorder
- 2) Panic disorder
- 3) Phobia
- 4) Posttraumatic disorder
- 5) Obsessive compulsive disorder
- 6) Somatoform
- 7) Mood disorder
- 8) Personality disorder
- 9) Suicide
- 10) Eating & Sleep disorder
- 11) Sexual & Gender Identity disorder
- 12) Cognitive disorder
- 13) Developmental disorder – ADHD, Autistic, Asperger, mental Retardation.
- 14) Substance Related disorder

And subsequently submit in duplicate the report neatly types on bond copy in following standardized format.

- i) Introduction of Case
- ii) Identification of Data
- iii) Identification of Problem
- iv) Behavioural Observations (Clinical Interview)
- v) Detail of case history
- vi) Diagnostic formulation / Diagnosis
- vii) Recommendation & Implication Of Therapy,
- viii) Rehabilitation and its justification.
- ix) Summary & Signs.

x) Patients future life

xi) References

C) Evaluation of Research Article

Students shall critically evaluate one research article published in journal or students shall critically evaluate literature in creative writing like novel, story, book, poem and film. The article from journals & reviews it with emphasis on methodology, purpose, plan, variables, sampling, procedures, instruments used & constructed statistical analysis. For literary work students try to find out Psychological Substances in it like moods, emotions, anxieties, conflicts, stress, disorder and Submit in duplicate neatly typed on bond paper.

M.A. Part II – Psychology
Semester – IV
Spl. In Clinical Psychology
Gr F-1 CLI – Paper IV
Clinical Psychology Practicum

Objectives

- 1). The students develop the skills of psychological evaluation diagnosis & management strategies.
 2. To help the student to real feeling of field visit settings as well as know the Psychologist work in field setting.
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A) Psychological assessment:

Administration & Interpretation of any Psychological test from groups prescribed for semester – III Submit in duplicate as per usual in journal.

B) Case Reports:

Each students shall evaluate any two cases with relevant Psychological test prescribed in semester-III and submit in duplicate neatly typed on bound copy in prescribed standard format as semester-IIIrd

C) Field visit to Psychological relevant setting:

Each student should visit to hospital, school, old age, homes, clinics, NGO's Mental Hospitals, Psychiatric departments to foster insight into working its setting.

It is a part of practicum, department should organize well visit or educational tour to help the students real feeling of clinical setting. Each student is necessary to take down the notes & submit a report in duplicate based on field visit.

Practical Examination:

- 1) Practical examination will be conducted end of each semester.
- 2) Each student is required to complete their practical journal with five administered test, two case report with Psychological test & evaluated & presented research article or field visit report in duplicate as prescribed in syllabus for semester III & IV.
- 3) Each batch of practical examination will be consisting only 10 students.]
- 4) The students has to conduct first test allotted to him/her for semester IIIrd & IVth solution of one hypothetical case which will given by external examiner based on area of cases in semester – IIIrd & IVth exam.
- 5) Assessment of Psychological test, hypothetical evaluation of case will be do by external examiners.
- 6) Duration of examination for each batch will be 3 hours.
- 7) There shall be four examiners one internal & three externals.
- 8) For practical examination semester IIIrd & IVth scheme of distribution of marks as follows.

Sr. No	Semester III	Marks	Sr. No.	Semester IV	Marks
1	Psychological Assessment Report	10	1	Psychological Assessment Reports	10
2	Case Report & Visits	10	2	Case Report & Visits	10
3	Evaluation of research articles	5	3	Field Visit Report	5
4	R.W. on administration of test & solution of one hypothetical case	15	4	R.W. on administration of test & solution of one hypothetical case	15
5	Viva-Voce	10	5	Viva – Voce	10
	Total	50		Total	50

M.A. Part II – Psychology
Semester – III
Spl. In Industrial Psychology
Gr F-1 IND – Paper I

Personnel Psychology and Human Resource Management

Objectives

- 1) To acquaint Students with framework of personnel Psychology
 - 2) To provide understanding of personnel selection methods.
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Unit -1 Framework of Personnel Psychology.

- 1.1 Nature and Scope of personnel psychology, functions of personnel psychologist.
- 1.2 Constituents of the process of Human Resource Management (HRM) acquisition, development, motivation and maintenance of human resource.
- 1.3 A system view of personnel psychology and its relationship to HRM.
- 1.4 Personnel psychology the present status and emerging trends.

Unit -2 Job Analysis:

- 2.1 Nature, purpose and uses of job analysis
- 2.2 Job descriptions and job specifications
- 2.3 Methods of job analysis : Interview, observation, checklist, questionnaire, work participation, technical conference, diary method, critical incident technique.
- 2.4 Analysis of managerial jobs.

Unit -3 Personnel Selection:

- 3.1 Human resource planning, recruitment and selection
- 3.2 Sources of recruitment

3.3 Personnel selection methods – interview, psychological tests, reference checks, biographical information blank, work sample tests.

3.4 Reliability and validity of predictors.

Unit -4 Selection of Managers:

4.1 Criteria of managerial success.

4.2 Predictors: cognitive ability test, personality inventories, leadership ability tests, projective techniques, personal history data, peer assessment.

4.3 Situational test, leaderless group discussion in-basket exercise, business games and assessment centers.

4.4 Problems involved in the use of psychological instruments in selection and their solution.

Unit -5 Selection Decisions

5.1 Traditional approach to selection decisions.

5.2 Alternative prediction models – multiple regression model, multiple cut-off mode, multiple hurdle model.

5.3 Evaluating selection efficiency, selection ratio, the base rate utility assumptions.

M.A. Part II – Psychology
Semester – IV
Spl. In Industrial Psychology
Gr F-1 IND – Paper I

Personnel Psychology and Human Resource Management

Objectives

- 1) To train students in various training techniques and appraisal Methods.
 - 2) To provide students the knowledge of reward, pay structure, safety, accidents, compensation and structure of labour union.
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Unit -1 Training and Development

- 1.1 Training, development and education
- 1.2 Identifying training needs
- 1.3 Methods of training :
 - a) Off-the-job-training : Lecture, conference/group discussion, programmed learning, audio-visual aids, simulation exercise.
 - b) On-the-job-training : Apprenticeship programmers, job instruction training.
- 1.4 Evaluating training effectiveness.

Unit -2 Performance Appraisal:

- 2.1 Definition and Appraisal Process
- 2.2 Appraisal Methods:
 - a) Absolute standards: Essay appraisal, critical incident appraisal, check list, graphic rating scale, forced choice technique, behaviorally anchored rating scales.
 - b) Relative standards: Group order ranking, individual ranking individual ranking, paired comparison.
 - c) Appraisal which involves the use of objectives: MBO Approach

- 2.3 Errors in performance appraisals, suggestions for improving performance appraisal.

Unit -3 Rewards, pay structure and Compensation:

- 3.1 Types of rewards – intrinsic Vs. extrinsic, financial vs. non-financial, performance based vs. membership based.
- 3.2 Criteria on which rewards can be offered : performance, effort, seniority, skills possessed, job difficulty.
- 3.3 Job evaluation –Definition, methods, establishing the pay structure, and other uses.
- 3.4 Incentive compensation for workers executives.

Unit -4 Safety, Accidents and Ergonomics

- 4.1 Ergonomic approaches to work design-antropometric approach; bio-mechanic approach.
- 4.2 Situational factors in accidents – accident repetitiveness specific individual factors : vision, length of service, perceptual – motor relationship.
- 4.3 Individual factors in accidents – Accident repetitiveness, specific individual factors : Vision, length of service, perceptual – motor relationship.
- 4.4 Preventive measures – Safety training, persuasion and propaganda, personnel selection and placement, ergonomic approach.

Unit -5 Psychological Aspects of Labour Unions :

- 5.1 Reasons for joining unions
- 5.2 Unions and job satisfaction
- 5.3 Collective bargaining, unions and organizational effectiveness.
- 5.4 Introduction to labour legislation – Factories Act and Laws related to wages, industrial relations, and social security.

Reading Books:

1. Miner, John B: Industrial – Organizational Psychology, Mcgraw – Hill, Inc (1992)
2. Decenzo, David A and Robin, Stephen R : Personnel / Human Resource Management, New Delhi, Prentice – Hill India, Pvt. Ltd. (1993).
3. Mamoria C. B. : Personnel Management : Management of Human Resources, Mumbai, Himalaya Publishing House (10991).
Muchinsky, Paul M. : Psychology Applied to work, 6th edition, Thomson Asia Pvt. Ltd., (2000).

Reference :

1. Rudrabasavarja M. N. : Dynamic Personnel Administration, Management of Human Resources, Mumbai, Himalaya Publishing House (1991).
2. Arnold J., Robinson, Iran, T and Cooper, Cary L : Work Psychology, Macmillan India Ltd., 1996.
3. Jayagopal, R. : Human Resource Development : Conceptual Analysis and Strategies, Sterling Publishing, New Delhi, 1990
4. Paranjpe Vivek : Human Resource Management in India : Legal Perspective, Capital Books International, New Delhi, 1991.
5. Verma, Pramod : Emerging Issues in Human Resources Development, Oxford and IBH Publishing, New Delhi, 1992.

M.A. Part II – Psychology

Semester – III

Spl. In Industrial Psychology

Gr F-1 IND – Paper II

Organizational behavior and Organizational Development

Objectives

- 1) To familiarize students about behavior in Organization.
 - 2) To provide understanding to students about attitudes, communications, inter personnel conflict, leadership and structure in organization.
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Unit -1 OB- An Introduction and Work Motivation :

- 1.1 Organizational Behavior – Historical background and scope of study; factors, group level factors, and organization systems level factors.
- 1.2 Challenges and opportunities for OB – responding to globalization, managing workforce diversity, improving quality and productivity, improving people skills, empowering people, stimulating innovation and change.
- 1.3 Work Motivation – Basic concepts, content theories (Maslow’s need hierarchy theory, Alderfer’s ERG theory, Herzberg’s Two factor theory, McClelland’s three needs theory); process theories : expectancy theory-Vroom’s VIE model, Porter and Lawler’s model. Smith and Granny model, equity theory, attribution theory and behavior modification theory.
- 1.4 Quality of work life – meaning and components, improving QWL job enrichment, flexible work schedules, natural work teams, quality circles.

Unit -2 Values, Attitudes and Job Satisfaction:

- 2.1 Values – Definition, types of values, values across cultures, values and behavior .
- 2.2 Attitudes definition and components types of job attitudes (Job satisfaction, Job involvement, and organizational commitment).
- 2.3 Job Satisfaction – Factors affecting job satisfaction, measuring satisfaction, job satisfaction and job behavior (Productivity, absenteeism, and turnover), how dissatisfaction is expressed.

Unit -3 Communication in Organizations and Interpersonal Conflict.

- 3.1 Communication process: Barriers in communications.
- 3.2 Communication Technology: Management information systems telecommunication.
- 3.3 Interpersonal communication, factors involved in interpersonal communication, communication networks, improving communications.
- 3.4 Non-verbal communication and its role in inter personal relationship.
- 3.5 Interpersonal conflict – Process of interpersonal conflict and stages involved in its development, strategies for resolving interpersonal conflicts.

Unit -4 Leadership and Power

- 4.1 Leadership – What is leadership? Approaches to the study of leadership – trait approach (trait theories), behavioral approach (Ohio State studies, University of Michigan studies, Scandinavian studies), Contingency approach.
- 4.2 Contingency Theories – Fielder model, Hersey and Blachard’s Situational Theory, Path-Goal Theory, Leader-Member Exchange Theory, Leader – Participation Model:

- 4.3 Charismatic Leadership, Transformational leadership, Visionary leadership, Substitutes for leadership.
- 4.4 Power: Definition of power, leadership and power, bases of power : coercive power, reward power, legitimate power, expert power, referent power ; power tactics.

Unit -5 Organizational Structure:

- 5.1 Organizational Structure – Definition and basic elements (Work specialization, departmentalization, chain of command, span of control, centralization vs. decentralization, formalization.)\
- 5.2 Common organizational designs – Simple structure, bureaucracy, the matrix structure; new options – the team structure, virtual organization boundary less organization.
- 5.3 Organizational designs and employee behavior
- 5.4 Why to structure differ? Strategy, size of the organization, technology, environment.

M.A. Part II – Psychology

Semester – IV

Spl. Industrial Psychology

Gr F-1 IND – Paper II

Organizational behavior and Organizational Development

Objectives

- 1) To enable students to job stress wellbeing development and foundations in organization.
 - 2) To understand the process, interventions in organizational development.
-

Unit -1 Job Stress and Well-being at work:

- 1.1 Bases of well-being: Opportunity for control, skill use, externally generated goals, environmental variety, availability of money, physical security, opportunity for interpersonal contact, valued social position.
- 1.2 Components of Mental Health- Affective well-being, competence, autonomy, aspiration, integrated functioning.
- 1.3 Job Stress: What is job stress; sources of job stress; coping with job stress; organizational strategies for minimizing stress.
- 1.4 Work – Family Conflict: Family-work interaction; models of work-family relationship : spilt over mode, compensation model, segmentation model.
- 1.5 Stress in working women and women executives.

Unit -2 Organizational Development :

- 2.1 Definitions of organization development (OD)
- 2.2 A history of OD
- 2.3 Underlying values and assumptions
- 2.4 Systems concept – organization as a system: OD views organization from systems point of view.

Unit -3 Foundations of OD:

- 3.1 Models and theories of planned change.
- 3.2 Forces for change – (Nature of workforce, technology, economic shocks, competition, social trends, world politics); what can be changed – structure, technology, physical setting and people; a normative re-educative strategy of changing.
- 3.3 Resistance to change – Individual and Organizational resistance: overcoming resistance to change.
- 3.4 Strategies for planning and implementing change.

Unit -4 Managing the OD process:

- 4.1 Diagnosis- Diagnostic practices.
- 4.2 The Action component – OD interventions.
- 4.3 The Program management component.

Unit -5 OD Intervention:

- 5.1 Interventions for individual effectiveness: Sensitivity training, life and career planning, behavior modeling, transactional analysis.
- 5.2 Interventions aimed at improving the effectiveness of teams and groups: team building, role negotiation, role analysis technique, soci-technical systems.
- 5.3 Interventions aimed at the effectiveness of inter-group relations Organizational mirroring process consultation, third party peace making.
- 5.4 interventions aimed at improving the effectiveness of total organization Survey feedback, total quality management (TQM).

Reading Books:

1. Luthans, Fred: Organizational Behavior, McGraw – Hill International Edition (1995)
2. Robbins, K. Stephen, P: Organizational 9th edition, New Delhi, Prentice – Hall of India, Pvt, Lad (2000) .
3. Greenbery, Jernald and Buron, Robert A: Behavior in Organization, New Delhi, Prentice- Hall of India Pvt. Ltd. (1999).
4. Davis, K. and Newstrom C.W.: Organizational Behavior: Human Behavior at work, McGraw – Hill (1993).

Reference:

1. Sekaran, Uma: Organizational Behavior – Text and cases, New Delhi, Tata McGraw – Hill Publishing Company (1989).
2. French, Wendwell and Bell Ceil, H. Hr.: Organizational Development, 5th edition, New Delhi, Prentice – Hall of India, Pvt. Ltd. (1990).

M.A. Part II – Psychology

Semester – III

Spl. Industrial Psychology

Gr F-1 IND – Paper III

Consumer Behavior and Marketing

Objectives

1. To Familiarize students consumer behaviour needs motivation, personality and perception.
 2. Students to understand consumer behaviour and marketing research.
-

Unit -1 Consumer Behavior and Marketing

- 1.1 Concept of Consumer behavior and importance of its study.
- 1.2 Concept of Marketing and selling; evolution of the concept of Marketing Management.
- 1.3 Applications of consumer behavior principles to strategic marketing.

Unit -2 Bases for Segmenting Consumer Market.

- 2.1 Market Segmentation on Demographic Basis.
- 2.2 Market Segmentation based on the distribution of disposable income.
- 2.3 Segmentation based on socio-cultural factors.
- 2.4 Segmentation based on psychological factors

Unit -3 Consumer Needs, Motivation and Personality:

- 3.1 Goals, needs and Motivation.
- 3.2 Types of needs and their role in consumer buying behavior.
- 3.3 Personality: Role in consumer behavior.

Unit -4 Marketing Research

- 4.1 The concept of Marketing Research
- 4.2 Types of Data: Primary data and secondary data, Sources of secondary data.

- 4.3 Methods of data collection.
- 4.4 Analysis of data and report writing.

Unit -5 Consumer Perception.

- 5.1 Perception: Concept and Nature
- 5.2 Subliminal Perception.
- 5.3 Dynamics of Perception: Perceptual Selection, Organization and interpretation.
- 5.4 Consumer Imagery: Self image, product positioning, evoked set and perceived quality.

M.A. Part II – Psychology

Semester – IV

Spl. Industrial Psychology

Gr F-1 IND – Paper III

Consumer Behavior and Marketing

Objectives

1. To introduce to students consumer learning, attitude, and brand loyalty in consumer marketing.
 2. To Provide an overview about communication, advertisement and models of decision making.
-

Unit -1 Learning and Brand Loyalty:

- 1.1 Basic principles of learning.
- 1.2 Theories of learning: Classical conditioning, instrumental conditioning and information processing.
- 1.3 Consumer Involvement
- 1.4 Brand Loyalty.

Unit -2 Consumer Attitudes.

- 2.1 Attitudes as learned predispositions.
- 2.2 Structural models of attitudes.
- 2.3 Attitude Measurement.
- 2.4 Attitude Change

Unit -3 Communication and Advertising.

- 3.1 Communication Process.
- 3.2 Barriers to Communication.
- 3.3 Advertising as a Source of Consumer Communication
- 3.4 Methods of Presentation of Message through advertising
- 3.5 Advertising effectiveness.

Unit -4 Consumer Decision Making.

- 4.1 Different Views on Consumer Decision Making.
- 4.2 Components in Consumer Decision Making: Input, process, output,

Unit -5 Models of Consumer Decision Making

- 5.1 Nicosia Model
- 5.2 Howard – Sheth Model
- 5.3 Engel – Kollat – Blackwell Model
- 5.4 Sheth Family Decision Making Model

Reading Books:

1. Schiffman, L. G. and Kanak, L. L.: Consumer Behavior, 4th Edition
Prentice – all of India Ltd., New Delhi, 1993.
2. Engel, J.F ., Blackwell, R. D. and Miniard, P. W: Consumer Behavior: 5th
Edition, Hinsdale, IL: Dryden Press, 1986.
3. Bennett, Peter D. and Kassarian, Harold H: Consumer Behavior
Foundation of Marketing Services, Prentice hall of India Pvt. Limited,
New Delhi, 1987.

Reference:

- 1.. Stanton, William: Fundamentals of Marketing, 7th Ed., McGraw – Hill
Book Company, 1984,
2. Rogers, E. W. and Shoemjaker, F. F. : Communication of Innovations, 2nd
Edition, The Free Press, New York, 1971.
3. Kassarian H.H. and Robertson, T.H. : Perspectives in Consumer
Behavior, Scoot, Foreman and Company, Glenview III, 1973.
4. Farely, John U., Howard J. A. and Ring, L. W. : Consumer Behavior:
Theory and Application, Allyn and Bacon, Inc. Boston, 1974.

M.A. Part II – Psychology
Semester – III
Spl. Industrial Psychology
Gr F-1 IND – Paper IV
Industrial Psychology Practicum

Objectives

1. To Provide basic training evaluate research articles.
 2. To train students to basic skills of administering, scoring and reporting of psychological assessment in industrial psychology.
-
- a) Administration and Interpretation of any five psychological test from following groups submit in duplicate for per usual

Groups:

1. Job Analysis
 2. Job motivation.
 3. Job Satisfaction.
 4. Stress / Occupational Stress.
 5. Myer-Briggs Trait Indicator.
 6. Attitude towards Job.
 7. Vocational Interest Test.
 8. Accident Proneness.
 9. Type A, Type B.
 10. I-E Locus of Control.
 11. Self concept.
 12. Values.
 13. Work Environment / organizational climate.
- b) Administered, interpreted, reported any two cases from falling testing area.

Testing Area:

1. Job analysis
2. Job Design.
3. Job attitudes
4. Job stress
5. Job aptitude
6. Communication.
7. Organizational climate.
8. Organizational commitment.
9. Organization culture
10. Leadership
11. Motivation.
12. Self-perception.

c) Students shall critically evaluate one recent research article and present the same in journal club meeting orally using audio-visual aids.

Practical examination:

1. Each student is required to complete practical file containing five test reports, journals, articles evaluation two case report of the organization visited at the time of practical examination for evaluation.
2. The maximum marks for practical examination will be as per the following scheme of distribution of marks.
 - 1) Psychological Assessment Report – 10 Marks.
 - 2) Case Report - 10 Marks.
 - 3) Evaluation of Research Article - 05 Marks
 - 4) RW on administration of test and solution of hypothetical case. 15 Marks
 - 5) Viva Voce - 10 Marks.

Total - 50 Marks

M.A. Part II – Psychology

Semester – IV

Spl. Industrial Psychology

Gr F-1 IND – Paper IV

Industrial Psychology Practicum

Objectives

1. To train the student to conduct structured exercise with interpretation and report.
2. To student provide the knowledge about industrial working setting by field visit.

-
- a) Administration and Interpretation of any five psychological test from following groups submit in duplicate for per usual

Groups:

1. Job Analysis
2. Job motivation.
3. Job Satisfaction.
4. Stress / Occupational Stress.
5. Myer-Briggs Trait Indicator.
6. Attitude towards Job.
7. Vocational Interest Test.
8. Accident Proneness.
9. Type A, Type B.
10. I-E Locus of Control.
11. Self concept.
12. Values.
13. Work Environment / organizational climate.

b) Each student shall conduct structural exercises (SE*)- SE to be conducted interpreted and reported and submit in duplicate perusual.

*Generic Skills: Stress management, Conflict resolution techniques for effective management, Assertiveness Training, Importance of verbal and non verbal communication, Significance of body language in communication, Key communication skills: Active listening & feedback; Presentation Skills: Emotional intelligence and leadership effectiveness; Time management: tips and strategies.

c) Field visit report of industry.

Practical Examination:

- 1) Each student is required to complete a practical file containing five psychological tests, two SE reports of conducted and field visit report and shall submit in duplicate the same for practical examination.
- 2) The maximum marks for practical examination will be as per the following scheme of distribution of marks.
 - 1) Psychological Assessment Report – 10 Marks.
 - 2) SE Report - 10 Marks.
 - 3) Evaluation of Research Article - 05 Marks
 - 4) RW on administration of test and solution of hypothetical case. 15 Marks
 - 5) Viva Voce - 10 Marks.

Total - 50 Marks

M.A. Part II – Psychology
Semester – III
Spl. In Counselling Psychology
Gr F-1 COUN – Paper I
Psychological guidance and Counselling

Objectives

- 1). To develop and understanding of Counselling for children, adolescents and Mild Psychological Problems
 - 2) To acquaint students Counselling and Guidance process.
-

Unit 1 Counselling Psychology

- 1.1 Definition, Nature and Scope
- 1.2 Historical development current status
- 1.3 Basic principles and skills in Counselling
- 1.4 Professional and ethical issues in Counselling

Unit 2 Career Counselling and Guidance

- 2.1 Definition, Nature and Scope
- 2.2 Guidance Movement in India

Unit 3 Counselling Children and Adolescent and Their Families

- 3.1 Identification of emotionally disturbed
- 3.2 Learning disabled
- 3.3 Underachiever
- 3.4 Socially disadvantaged
- 3.5 Talented children and Counselling (Preventive and remedial)

Unit 4 Counselling for Alcoholics and Attempted Suicides

- 4.1 Identification
- 4.2 Intervention
- 4.3 Prevention

M.A. Part II – Psychology
Semester – IV
Spl. In Counselling Psychology
Gr F-1 COUN – Paper I
Psychological guidance and Counselling

Objectives

- 1). To students provide knowledge about marital and aged counselor.
 - 2). To impart the knowledge of students about career Counselling and guidance.
-

Unit-1 Marital, Sex Related Family Problems.

- 1.1 Assessment and intervention.
- 1.2 Women's issue.

Unit-2 Counselling for the Aged

- 2.1 Identification of psychosocial problems.
- 2.2 Counselling.

Unit-3 The Development Of Career Behaviour And Choice

- 3.1 Career development and vocationalization
- 3.2 Approaches to career development and choice

Unit-4 Introduction in Career Guidance and Counselling

- 4.1 Principles for using information effectively
- 4.2 Types of delivery systems
- 4.3 Sources of occupation information in India.

Reading Books

1. Jones, R (2001): " Theory and Practice of Counselling and therapy", 3rd ed. Continuum, London (Tower Building, 11, Yordk Rd. London)
2. Herr, E.L. & Carmer, S.H. (1987): " Career Guidance and Counselling through the life span, Sytematic Approach", 3rd ed. Scoot, Foresman and Company, London

3. Gothard, B., Mignot, P., Offer M & Ruff, M (2011) : “Careers Guidance in Context”, Sage Publication, London New Delhi.
4. Fuster, J.M. (1964): ‘Psychological Counselling in India’ Bombay macmilan publism company Inc.
5. Knight, B.G. (1996): “Psychotherapy with Older Adults”, 2nd Sage Publications, New Delhi.
6. Geldand, K & Geldand, D. (2004): “Practical Counselling skills Training”, Palgrave Macmill Limited (Houndmills, Basingstoke, Hampshire RG 21 6 x S, United) w.w.w. plgrave.com)

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1. Donelson, E. & Gllanhan, J.C.: “Women : |A Psychologiacd Perspective”. John Wile / & Sons, London.
2. Geldand, K & Geland, D. (2004): :Counselling Adolescents”, Palgrave Macmillan, New Yoirk.
3. Sharry. J. (2004): “ Counselling Children adolescents and Families”, Palgrave Macmillan New York.
4. Milner, J & O Byrne, Patrick (2004): “Assessment in Counselling”, Palgrave Macmillan, New York.
5. Reid, Massie (2004): “Counselling in Different Setting”, Palgrave Macmillan, New York.
6. Richard, Nelson – Jones (2000): “ Introduction to Cognitive Skills”, Sage Publishing New Delhi.
7. Hallahan D.P. & Kauffaman, J.M. (1978): “Exceptional Children : An Introduction Education”, Engle Wood Kliffs.
8. Charls, J. O. Leary (1999): “Counselling Couples and Families”, Sage Publications, New Delhi.
9. Kapur, M (19697): “Mental Health in Indian Schools”, Sage Publication, New Delhi.

M.A. Part II – Psychology
Semester – III
Spl. In Counselling Psychology
Gr F-1 COUN – Paper II
Assessment In Counselling Psychology

Objectives :

- 1) To acquaint students with various psychological assessment methods.
 - 2) To train students for Counselling assessment process.
-

Unit -1 Introduction of Psychological Assessment.

- 1.1 Nature of Psychological assessment
 - a) Difference between assessment and testing
- 1.2 Interview
- 1.3 Observation
- 1.4 Case-Study
- 1.5 Ethics of Psychological testing

Unit -2 Assessment of Development

- 2.1 Nature of development
- 2.2 Vineland Social Maturity Scale (VSMS)
- 2.3 Nancy – Baley Development Scale

Unit -3 Assessment of Intelligence

- 3.1 Nature of intelligence
- 3.2 Kamat-Binet Verbal Test of Intelligence
- 3.3 Weschsler's Series of Intelligence: WAPPSI, WISC, WAIS
- 3.4 Raven's S.P.M., C.P.M., A.P.M.
- 3.5 Bhatia's Performance Test of Intelligence
- 3.6 Cattell's Culture Fair Test of Intelligence Scale, I,II,III
- 3.7 Career Maturity Scale
- 3.8 Non-Verbal Test of Intelligence (NVIT) by Dr. Nafde

Unit -4 Assessment Personality

- 4.1 Types of personally assessment
- 4.2 Historical background of personality testing
- 4.3 Cattells CPQ, ESPQ, HSPQ, 16 PF
- 4.4 EPQ-R
- 4.5 NEO-PI
- 4.6 Indian Adaption of Projective Tests- CAT, TAT
- 4.7 Resenzweig picture frustration study
- 4.8 Sentence completion test

M.A. Part II – Psychology

Semester – IV

Spl. In Counselling Psychology

Gr F-1 COUN – Paper II

Assessment in Counselling Psychology

Objectives

- 1) To familiarize students various psychological tests.
 - 2) To students with aptitude, interest, interest, attitude values scale and report writing of case study.
-

Unit -1 Assessment of Aptitude

- 1.1 Nature of aptitudes
- 1.2 History of aptitude testing
- 1.3 D.A.T.
- 1.4 D.A.T. –B
- 1.5 Revised Minnesota Paper From Board Test
- 1.6 Scholastic Aptitude Test

Unit -2 Assessment of Interest

- 2.1 Nature of Interest
- 2.2 Historical foundation of interest measurement
- 2.3 Mascarnihas Interest Inventory
- 2.4 Chatterji Non-language Reference Record

Unit -3 Assessment of Attitudes and Values

- 3.1 Nature of attitude and values
- 3.2 History of attitude and values testing
- 3.3 Self-Attitude Scale
- 3.4 Rokeach's Value Survey

Unit -4 Report Writing

- 4.1 Writing a case study report
- 4.2 Preparing a profile of an individual for career guidance in the report form.

Reading Books

1. Murphy, K.R. & Davishofer, K.R. (1989): “Psychological Testing – Principle and Applications”, Prentice Hall Inc. New Jersey.
2. Walsh, W.B. & Betz, N.E. (1997): “ Tests and Assessment” 3rd Prentice Hall Inc., Englewood Clifts, New Jersey
3. Anastasi, A (1997): “ Psychological Testing” Macmillan, New York.
4. Manuals of the Psychological Tests covered.

Reference

1. Cronbach, C.J. (1984): “ Essential of Psychological Tesging” 4th ed. Hapar and Row.
2. Climinero, A.R. (1996); “ John Wiley & Sons, New York.
3. Freeman (1999): “ Psychological Testing”

M.A. Part II – Psychology
Semester – III
Spl. In Counselling Psychology
Gr F-1 COUN – Paper III
Interventions Strategies in Counselling

Objectives

- 1) To provide students to study relation between Psychotherapy and Counselling.
 - 2) To help students to understanding Psychodynamic, Humanistic, gestalt, therapy.
-

Unit -1 Psychotherapy and Counselling

- 1.1 Meaning, Nature
- 1.2 Skills and Rapport
- 1.3 Types of Psychotherapy : a) Supportive b) Re-directive c) Reconstructive
- 1.4 Orientations of Counselling: a) Psychodynamic, b) Humanistic, c) Behaviouristic d) Elective approach

Unit -2 Psychodynamic Counselling Approaches

- 2.1 Sigmund Freud
- 2.2 Alfred Adler
- 2.3 Karl Jung
- 2.4 Karen Horney

Unit -3 Transactional Analysis

- 3.1 Eric Bern's theory of personality:
a) Basic Concepts, b) Techniques and skills
- 3.2 Application of T.A. to : a) Children b) Adolescents, c) Adults, d) Aged

Unit -4 Humanistic Approaches

- 4.1 Person-centered approach:
 - a) Carl Rogers's Basic Concepts,
 - b) Procedures,
 - c) Techniques
- 4.2 Application of PCT of problems of:
 - a) Child b) Adolescent c) Adult, d) Aged

Unit -5: Gestalt Therapy

- 5.1 a) Fritz Perls Basic concepts, b) Procedures c) Techniques
- 5.2 Application of G.T. to problems of :
 - a) Child b) Adolescent, c) Adult d) Aged.
- 5.3 Existential Therapy
- 5.4 Reality Therapy

M.A. Part II – Psychology
Semester – IV
Spl. In Counselling Psychology
Gr F-1 COUN – Paper III
Interventions Strategies in Counselling

Objectives

- 1). To impart knowledge about behavioral, Cognitive and Rational & motivate therapy
 2. To understand therapy and coping strategies in stress management.
-

Unit -1 Behavior Therapeutic Approaches

- 1.1 Basic concepts
- 1.2 Techniques
- 1.3 Procedures of various behavioral therapies
- 1.4 Application to : a) Child b) Adolescent c) Adult d) Aged
- 1.5 Social skills training.
- 1.6 Relaxation and meditation

Unit -2 Cognitive Behavior Therapy

- 2.1 Basic assumptions and concepts in cognitive therapy of Beck
- 2.2 Mechanbaum's cognitive behavior modification
- 2.3 Application to: a) Child b) Adolescent c) Adult d) Aged

Unit -3 Rational Emotive Behavior Therapy By Albert Ellis

- 3.1 Basic concepts
- 3.2 Techniques
- 3.3 Product of R.E.B.T.
- 3.4 Application to: a) Child b) Adolescent c) Adult d) Aged

Unit-4 Family Therapy

- 4.1 Major theoretical approaches to family and couples
- 4.2 Basic Concepts

- 4.3 Assumptions
- 4.4 techniques systems theory
- 4.5 Structural approaches to F.T. by Minuchin.

Unit -5 Coping Strategies for Stress Management

- 5.1 Coping definition, classification
- 5.2 Coping as a process- stages
- 5.3 Coping resources – control as a coping style or skill
- 5.4 Problem focused vs. emotion focused coping
- 5.5 Stress management through Easterz (Yoga, Vipassana) and western approaches.

Reading Books

1. Corsini, R. J. (2001): “Handbook of Innovative Therapy, 2nd ed. N.Y. John Wiley
2. Corey. G. (1986): “Theory and Practice of Counselling and Psychology”. California Books Cole Publishing.
3. Seligman, L. (2001): “Systems, Strategies and Skills of Counselling and Psychotherapy” N.J. Merrill Prentice Hall
4. Kaslow, H.W. (Ed.) (2002): “Comprehensive Handbook of Psychotherapy (Vol. I,II,III,IV) John Wiley & Sons.
5. Woolfe & Dryden, W. (1996): “Handbook of Counselling Psychology”, New Delhi, Sage.

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1. Gelso, C. & Fretz B. (1995): “Counselling Psychology”, A Prism Indian Edition.
2. Weiss & Weiss (1993): “Effects of Psychotherapy with Children and Adolescents”
3. Jacobsan, N.S. & Ghurman, A.S. (1995): “Clinical Handbook of Couple Therapy”, Guilford Press, New York.

4. Stewart, I. (2000): "Transactional Analysis Counselling In Action", London, Sage
5. Beck, I.S. (1995): "Cognitive Therapy: Basics and Beyond", Guilford Press, New York.
6. Nelson – Jones, R. (2002): " Essential Counselling Therapy Skills", The Skilled Client Mode Sage, London.

M.A. Part II – Psychology
Semester – III
Spl. In Counselling Psychology
Gr F-1 COUN – Paper IV
Counselling Psychology Practicum

Objectives

- 1) To provide the knowledge of evaluation of research articles and presentation skills.
 - 2) To train students in history taking and reporting case in Counselling setting
-

- A) Administered interpreted and reported any five form among the following areas and history taking on any two cases

Testing areas:

1. Aptitude
 2. Adjustment
 3. Attitude
 4. Intelligence
 5. Personality
 6. Interest
 7. Values
- B) Students shall critically evaluate one recent research article and present the same in Counselling – journal club meeting orally using audio-visual aids.

Practical Examination:

- 1) The practical examination will be conducted at the end of semester.
- 2) The student is required to complete practical the containing five testing reports, two case history reports, visit report and evaluation of research article in duplicate submit the same for practical examination.
- 3) The maximum marks for practical examination marks for practical examination will be as per the following scheme of distribution of marks.

1.	Psychological assessment report	-	10 Marks
2.	Case Report	-	10 Marks
3.	Evaluation of Research Article	-	05 Marks
4.	R W on administration Test and solution one hypothetical case	-	15 Marks
5.	Viva Voce	-	10 Marks
Total -			50 Marks

M.A. Part II – Psychology
Semester – IV
Spl. In Counselling Psychology
Gr F-1 COUN – Paper IV
Counselling Psychology Practicum

Objectives

- 1) To acquaint to students with administration, interpretation of Psychological test in Counselling setting.
 - 2) To provide students knowledge of basic Counselling skills.
-

- a) Administered and interpreted any five Psychological test from following testing area and submitted its report in duplicate per usual.

Testing Area

1. Attitude
 2. Adjustment
 3. Aptitude
 4. Intelligence
 5. Personality
 6. Interest
 7. Values
- b) In addition each candidate will prepare and conduct one Structured exercise on any of the Counselling skills and subsequently submit the report in duplicate for perusal.
(*Counselling skills / Listening skills / Decisions making skills / stress inoculation / Swot analysis. Topic (s) area will be decided by the concerned teachers committee)

- c) Each student shall complete field-work project based on a problem of his/her choice from Counselling psychology in consultation with concerned teacher.

Practical Examination:

- 1) The Practical examination will be conducted at the end of semester.
- 2) Each student is required to complete practical file containing five psychological tests and project report and two structured exercise report and submit in duplicate the same for practical examination

The maximum marks for practical's examination will be as per the following scheme of distribution of marks.

1.	Psychological assessment report	-	10 Marks
2.	SE Report	-	10 Marks
3.	Evaluation of Research Article	-	05 Marks
4.	R W on administration Test and one hypothetical case	-	15 Marks
5.	Viva Voce	-	10 Marks
Total -			50 Marks