

C.S.J.M. University Kanpur


Subject- PSYCHOLOGY

Syllabus- M.A. Pre.

S.No.	Paper Code	Name of Paper (Old Syllabus)	Name of Paper (New Syllabus)	Max. Marks	Minimum Marks
1.	528	Philosophy of Psychology	Philosophy of Psychology (Content Changed)	100	33
2.	529	Contemporary Perspective of Cognitive Psychology	Contemporary Perspective of Cognitive Psychology	100	33
3.	530	Research Methodology- Experimental Methods	Research Methodology- Experimental Methods- (content change)	100	33
4.	531	Social Psychology	Social Psychology	100	33
5.		Practical	Practical	100	33

Syllabus- M.A. Final

S.No.	Paper Code	Name of Paper (Old Syllabus)	Name of Paper (New Syllabus)	Max. Marks	Minimum Marks
1.	532	Research Methodology, Non-Experimental Design and Correctional Methods	Adv. Research Methodology, Non-Experimental Design and Correctional Methods	100	33
2.	533	Personality Theories	Personality Theories	100	33
3.	534	Psychopathology (A)	Psychopathology (A)	100	33
4.	535	Peace Conflict and international Relations (B)	Peace Conflict and international Relations (B)	100	33
5.	536	Stress, Motions, Coping and Health (C)	Stress, Motions, Coping and Health (C)	100	33
6.	537	Political Psychology (D)	Political Psychology (D)	100	33
7.	538	Clinical and Community Interventions (A)	Clinical and Community Interventions (A)	100	33
8.	539	Behaviour Modification (B)	Behaviour Modification (B)	100	33
9.	540	Cross-Culture Psychology (C)	Cross-Culture Psychology (C)	100	33
10.	541	Foundations of Applied Social Psychology (D)	Foundations of Applied Social Psychology (D)	100	33
11.		1. Internship or 2. Practical or 3. Desertation	Internship or Practical or Desertation	40-Sessional work+ 40-Practical work+ 20-Viva Voce=100	33


Dr. Archana Verma
 Convener (Psychology)
 Chhatrapati Sahaji Maharaj University
 Kanpur

M.A. Previous (Psychology)

Paper I

Marks 100

Philosophy of Psychology

Objectives:

1. To familiarize students with the paradigmatic issues involved in the development of psychology as a discipline.
2. To help students to develop a critical appreciation of basic issues and scientific enterprises.
3. To introduce the alternative voices in the discipline of psychology.

Content

1. Historical Origins of Psychology as Science: -
 - Paths of scientific psychology- Human Science Tradition Psychology of adaptation, Psychoanalysis, Physiological Psychology.
 - Issues: - Crisis in Psychology Due to Strict adherence to experimental Paradigm.
2. Indigenous Psychology: -
Introduction to -
 - Geeta, Vedanta, Buddhism, Sufism and Integral yoga.
 - Academic Psychology in India: - Pre- Independence, Post Independent era.
 - The colonial encounter
 - Lack of distinct disciplinary identity.
3. Western Perspective: -
 - Greek heritage, Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic Existential, Cognitive revolution.
4. Aspects of Knowledge Paradigm: -
 - Positivism, Post- Positivism
 - Social Constructionism
 - Existential Phenomenology-Paradigmatic Controversies.
 - The Primacy of Self-Knowledge and Well- being in India Psychology.



References

- Gergen, K.J. (1991). Toward Transformation in Social Knowledge, London Sage Pub.
- Leahey, T.H. (1991). A History of Modern Psychology, NJ: Prentice hall.
- Motilal, B.K.(1986). Perception: an essay on classical Indian Theories of Knowledge, Oxford: Clarendon Press.
- Mishra, G.& Gorgen, K.J.(1993). On the Place of Culture in Psychological Science, International Journal of Psychology, 28, 255-253.
- Ojha, R.K. & Bhargav Mahesh(1989,90). Physiological psychology: Archana Prisenters, Agra
- Robinson, D.N.C.(1985). Philosophy of Psychology MY: Columbia.
- Sharma, C.B.(1952). Dialectics in Buddhism and Vedanta. Banaras: Nand Kishore
- Sinha, J.N.(1969). Indian Psychology , Calcutta: Mukhopadhyaya.



M.A. Previous- Paper IInd
(PSYCHOLOGY)

Marks 100

CONTEMPORARY PERSPECTIVES
ON COGNITIVE PSYCHOLOGY

Objective:

The course introduces the students to recent developments in cognitive science and psychology. It aims developing critical and analytical skills in understanding complex mental processes.

CONTENTS

1. Foundation and Approaches

What is cognitive science? Multidisciplinary endeavors: Place of cognitive psychology in cognitive science: Models of cognition and mind; The architecture of cognition; Connectionist and neo-connectionist models; Constructivist approaches; Mental representation; Mindless; Theory of cognition; A1 and holographic models.

2. Foundation and Reasoning

Conditional reasoning Rules vs models Distinctive reasoning; Relational inferences: Syllogistic reasoning; beyond syllogism; Rationality in reasoning; Reasoning as decision making; Theories of Propositional reasoning; Rationality, non-rationality and everyday reasoning; Biases in human reasoning; Selective processing, confirmation bias, effects of content and context; Self knowledge; Thinking as parallel processing; Models of creativity; Intelligence vs Wisdom.

3. Memory

Role of memory in cognition; Symbolic, pictorial, and lexical; Memory as constructed and activity; Real world and everyday memories; Memory For intention, action and plan, places, events, people, personal experiences, knowledge and metaknowledge,

Samir *PS* *Subhash* *4/11/10* *Ad* *4/11/10* *Shrey*

expertise, discussion, thought and dreams; Social influence on memory; Implicit memory and recollection; Understanding amnesia.

4. Attention and Perception

Intentional, divided and selective attention; Conscious and unconscious processing From attention to attentional behavior; Attention: Neurophysiology of attention; Computational models of attention; Acquisition of knowledge structure; Pattern recognition; Expert knowledge; Implicit knowledge and learning.

5. Metacognition

From social cognition to metacognition; Illusion of knowledge and metaknowledge; The feeling of knowing as a judgement; Progress in metacognitive social psychology;? Connectionism and metacognition.

Readings:

- Albert, D. (Eds.) (1994). Knowledge Structures. NY: Springer Verlag.
- Baddeley, A.D. (1996). Human Memory, Theory and Practice. Washington, DC: Psychology Press.
- Brown, J. (1976). Recall and Recognition. London: John Wiley.
- Cohen, G. (1996). Memory in the Real World. Washington, DC: Psychology Press.
- Events, J.S.B., Newstead, S.E. & Byrne, R.M.J. (1993). The Psychology of Deduction. Washington, DC: Psychology Press.
- Hanson, S.J. & Oldson, C.R. (Eds.) (1991). Connectionist Modelling and Brain Function : The developing interface. Cambridge. Mass: MIT Press.
- Johnson-Laird. P.N. & Byrne , R.M.J. (1992). Deduction. Washington, DC: Psychology Press.
- Lycan. W. G. (1990). Mind and Cognition Oxford: Blackwell.
- Mayes, A.& Downes, J.J. (1997). Theories of Amnesia. Washington, DC: Psychology Press.
- Pashler. H. (1997), Attention. Washington, DC: Psychology Press.

[Handwritten signatures and notes in blue ink at the bottom of the page, including "Pashler" and "4/10/97"]

- Seymour. P.H.K. (1979). Human Visual Cognition. London: Collier Macmillan.
- Sommerhoff. P.H.K. (1979). Human Visual Cognition. London: Collier Macmillan.
- Styles, E.A. (1997). The Psychology of Attentional Behaviour. Washington. D.C.: Psychology Press.
- Yzerleryt. V. (1998). Metacognition: Cognitive and Social Dimension. ND: Sage. .

PS 2
 4/11/01
 4/11/01
 4/11/01
 4/11/01
 4/11/01
 4/11/01

MA Previous (PSYCHOLOGY)

Paper-III

Marks:100

RESEARCH METHODOLOGY AND STATISTIC

Objective:-

This course aims at familiarizing students with various designs of experiments along with statistical procedures.

Contents

1. Experimentation in Psychology:- Purpose Nature of variables Techniques of experimental manipulation Impact and control in experiment. Sources of bias. Ethical issues in psychological research.
2. Brief Introduction to Statistics in Psychology :- Measures of Central Tendency and Dispersion. Normal Probability Curve. Parametric test: t-test. Correlational Methods: Product Moment, Rank Order, Biserial, Point biserial, phi coefficient.
3. Experimental Design:-Single-subject designs, ANOVA [Factorial], Randomized Block Design, Repeated Measures Design, MANCOVA, ANCOVA.
4. Non-Parametric Statistic:- Multiple comparison among Mean, DMRT, Newman Keuls, Tuckey, Protected "t; Non- parametric tests of ANOVA; Sign test; U Test.
5. Latin-Square Design:- Greco- Latin Square mixed design; Crossover design.



References

- Black, T.R. (1988), Quantitative research designs for social sciences. Thousand Oaks: Sage.
- Broota, K.D. (1992). Experimental designs in behavioural research. New Delhi: Wiley Eastern.
- Edwards, A.K. (1976). Experimental designs in psychological research, New York: Holt.
- Winer, B.J. (1971). Statistical principals in experimental design. New York: Mcgraw Hill.
- Siegel, S., Castellan. N.J. (1998). Non. Parametric statistics New York: Mcgraw Hill.
- Asthana, H.S., Bhushan, B., (2016) Statistics for Social Sciences, 2nd edition, PHI learning private Ltd.



Paper- IVth
SOCIAL PSYCHOLOGY

MARKS 100

Objectives:

- : This course aims at enabling students to
1. Appreciate how individual behavior is influenced by social and culture context.
 2. Understand how social behavior can be analyzed in terms of social-psychological theories.
 3. Realize how social- psychological knowledge can be used in solving social problems.

CONTENTS

1. Historical Background

Growth of social psychology as a modern discipline; Traditions of social psychology: psychological, sociological, societal and applied; Culture and social psychology; Relationship other social sciences.

2. Theoretical Perspectives

Cognitive dissonance, social comparison, reactance, attribution, social identity; Field; Psychodynamic; Symbolic Interactionism; Social constructionism, Social representation; Socio-biology.

3. Understanding Relationship and Group Processes

Human relationship; Social motivation; Pro-social behaviours; Aggression; Social emotions; Group dynamics: Meaning of group, group formation, decision and problem solving; Insights from small group research; Group level behaviours.

4. Social Cognition and Influence Processes

Person perception and social cognition; social power and political processes; Mass Media, communication and attitude change in Indian context; Persuasion, propaganda and brain washing; Leadership styles and effectiveness.



PS 


Ab
9/10/14





5. Applied Social Psychology

Inter-group relations; Poverty; Gender issues; Social Institutions; Problems of social change; Population issues; Social movements.

Readings :

- Aronson, E., Ellsworth, P., Carlsmith, J., M., & Gonzales, M.H. (1990). Methods of Research in Social Psychology; NY: McGraw-Hill.
- Billing, M. (1976). Foundation and Reasoning
- Conditional reasoning Rules vs models Distinctive reasoning; Relational inferences: Syllogistic reasoning; beyond syllogism; Rationality in reasoning; Reasoning as decision making; Theories of Propositional reasoning; Rationality, non-rationality and everyday reasoning; Biases in human reasoning; Selective processing, confirmation bias, effects of content and context; Self knowledge; Thinking as parallel processing; Models of creativity; Intelligence vs Wisdom.
- Social Psychology and Intergroup Relations. NY: Academic Press.
- De Ridder, R. & Tripathi, R.C. (1992). Noun Violation and Inter group Relations. Lorden.
- Farr, R.M. (1996). The Roots of Modern Social Psychology. Oxford: Blackwell.
- Gergen, K.J. (1985). The Social Constructionist Movement in Modern Psychology. American Psychologist, 40, 266-275.
- Hewit, J.P. (1979). Self and Society: A Symbolic Interactionist Social Psychology. Boston: Allyn and Bacon.
- Himmelweit, H.T., & Gaskell, G. (1990). Societal Psychology. ND: Sage.
- Hogg. M.A. & Abrams, D. (1988). Social Identifications. London: Routledge.
- Jowett, G.S. & O' Donnell, V. (1992). Propaganda and Persuasion,. N.D: Sage.

Saurabh

PS2 *Saurabh*
4/10

Ab
4/10/14

Saurabh

Saurabh

- Lindsey, G. & Aronson, E. (Eds.) (1985). The Handbook of Social Psychology. NY: Random House.
- Meltzer, B.N. & et.al., (1975). Symbolic Interactionism: Geneses, Varieties and Criticism, London: Routledge.
- Misra, G. (Ed.) (1990). Applied Social Psychology in India. ND: Sage.
- Nye, J.L. & Brower, A.M. (1996). What is social about Social Cognition. Thousand Oaks: Sage.
- Pandey J. (Ed.) (1988). Psychology in India: The state-of-the-art: Basic and applied social psychology. Vol. 2. ND: Sage.
- Pandey, j. (Ed) (1980). Perspectives on Experimental Social Psychology in India. ND: Concept.
- Robert, J.L. (1961). Thought Reform and Psychology of Totalism: A study of Brainwashing in China. NY: Norton.
- Suls, J(2000). Social Comparison.
- SpearS, R.Qakes, P.J. Ellemers, r., & Haslam, A. (1997). The Social Psychology of stereotyping and Group life. Oxford: Blackwell.
- Tajfel, H. (1981). Human Groups and Social Categories. London: Cambirdge University Press.
- Taylor, M.& Moghaddam, F.M. (1987). Theories of intergroup Relations. NY: Praeger.
- Tedeschi, J.T. (Ed.) (1972). The Social Influence Processes. Aldine: Atherton.
- Triandis, H. (1995). Culture and Social Psychology. NY: McGraw Hill.
- Weiner, B. (1990). Human Motivation,
- Worchel, S. & Austin, W. (1986). Psychology of Intergroup relations. Chicago: Nelson-Hall.

A collection of handwritten notes and signatures in blue ink. On the left, there is a signature that looks like 'Suresh' with a checkmark above it. In the center, there is a signature 'PS' with a line extending to the right, and below it, the date '4/10/14'. To the right of this, there is another signature 'Sampath' with the date '4/10/2019' below it. Further right, there is a signature 'Suresh' with a checkmark above it.

Section-A:

Using any one of the following designs a long experiment is to be conducted and a detailed report to be submitted for evaluation as sessional work.

1. Any within groups design.
2. Simple Randomized Two Groups
3. Factorial Design.
4. Randomized Block Design.

Section-B: Any Three From this section.

- 1.S.T.M.
2. L.T.M.
- 3.Semantic Differential
- 4.Cognitive map.
5. Concept formation.
6. Problem Solving.

Section- C:Any three form this section.

- 1.Group dynamics.
- 2.Social Motivation.
- 3.Experiment on Attitude change

Seenu

ps 2

Ab
4/10/14

Submitted to
4/10/2014

Seenu

Ab

Seenu

4.Measurement of Aggression.

5.Decision Making.

6.Pro. social behavior.

Instructions for Evaluation.

Section-A –sessional work -10 Marks

Section-B Practical Examination -30 Marks

Section-CPractical Examination -30 Marks

Sectional Work For Section B & C -10 Marks.

Viva Voce (For All The 3 Sections) -20 Marks.

PS *SATINSOOLY*
21/10/14

AB
21/10/14

Surel

AB
21/10/14

AB
21/10/14

M.A. FINAL

There shall be four theory papers and on paper of practicals, carrying 100 marks each. Paper number I & II are compulsory and paper IIIrd & IVth are to be chosen from the list of optional papers.

Paper- I Research methodology- Non Experimental design and Correlational Methods.

Paper- II Personality Theories

Paper- III & IV- Optionals-

Selected any two of the following options from each paper- IIIrd and IVth.

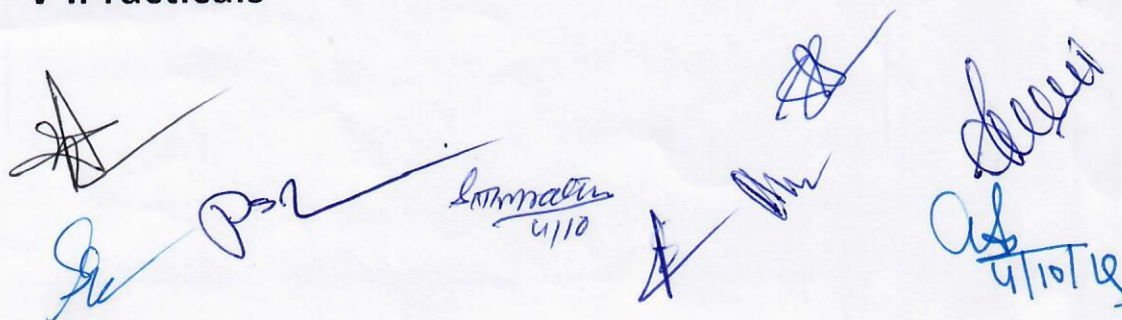
Paper III-

- a) Psychopathology
- b) Peace conflict and International relations
- c) Stress Emotions, coping d& health.
- d) Political Psychology.

Paper IV-

- a) Clinical & community Interventions.
- b) Behaviour Modification.
- c) Cross Cultural Psychology.
- d) Foundation of Applied social psychology.

Paper- V :Practicals

The bottom of the page features several handwritten signatures and dates in blue ink. From left to right, there is a signature with a checkmark, a signature with a checkmark, a signature with the date '4/10', a signature with a checkmark, a signature with a checkmark, and a signature with the date '4/10/19'.

MA Final (PSYCHOLOGY)

Paper-I

Marks:100

ADV. RESEARCH METHODOLOGY

NON-EXPERIMENTAL DESIGN AND CORRELATIONAL METHODS

Objectives:-

This course deals with research methods that are employed in field settings. Correctional analysis techniques with numerical examples will be discussed. Also, Familiarity with multivariate techniques is expected.

Contents

- 1- Paradigms of Research:- Quantitative, Qualitative, Mixed methods approach, Methods of research: Observation, Survey [Interview, Questionnaires], Experimental, Quasi-experimental, Field studies, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus Groups, Narratives, Case studies, Ethnography.
- 2- Non and quasi-Experimental Designs: - One group designs; Non-equivalent control group designs, Introduction to time series design, Interrupted time-series designs, Multiple time-series design.
- 3- Correlational Designs: - Cross-sectional and Longitudinal design; Panel design.
- 4- Newer Social Methods: - Life history; Meta-analysis; Simulation and games; Evaluation research.
- 5- Advanced Correlation Methods: - Measures of association; Multiple regression (Linear, Stepwise), Factor Analysis Techniques and implication.



References

- Cook, T.D. & Campbell, D.T. (1979). Quasi Experimentation.
- Jones, R.A. (1985). Research Methods in the Social and Behavioural Sciences. Sunderland, Mass: Sinauer Assoc.
- Carlson Nell R (1990). "Psychology" The Science of Behavior 5th Edition, Allyn & Bacon.
- Kothari C.R. "Research Methodology" Methods & techniques 2nd Revised Edition, New Age International (p) Ltd. New Delhi.
- Silverman, D., Qualitative Research, 4th edition, Sage Publication.



PERSONALTY THEORIES**Objectives:**

This course helps the students to understand the diverse psychological strategies to analyse personality.

CONTENTS**1-Introduction**

The scope of the study of personality. The concept of personality, personality theories, personality assessment. the credibility of bogus personality assessments, personality change.

2-The Psychoanalytic Strategy

Introduction to the psychoanalytic strategy. Major themes in psychoanalytic theory. Development of Personality: Issues in the psychoanalytic theory personality development (Jung, Adler, and Sociological Schools). Object Relations (Mahler's object, relations theory). The organization of personality, ego psychology; Liabilities of psychoanalytic strategy.

3- The dispositional strategy

Introduction to the dispositional strategy: the assessment dispositions: self-report personality inventories and their Uses and limitations. Trait and type approaches: Allports's Trait Approach Typologies, Heritable aspects of personality, Cattell's Trait approach Eysenck's type approach Personality traits of adults: The Five Robust Factors or the super trait Converging evidence Needs and Motives: the concept of motive, Murray's

A series of handwritten signatures and dates in blue ink at the bottom of the page. From left to right: a signature, a signature with '6/10' below it, a signature, a signature, a signature, and a signature with '4/10/19' below it.

need theory. The need for achievement-The McClelland-Atkinson Approach; power: The anatomy of a motive. Liabilities of The Dispositional Strategy.

4. The Phenomenological strategy

The Phenomenology and Phenomenological strategy:

Maslow's Hierarchical theory of Human Motivation. Kelly's theory of personal constructs – Liabilities of Phenomenological Strategy.

5. The Behavioural and cognitive strategies

Radical and Methodological Behaviourism, Social learning theories: Miller and Dollard and Bandura Mischel's cognitive – behavioural theory.

Liabilities of the behavioural strategy.

Readings:

- Liebert, R. M. & Spiegler, M. D. Personality; Strategies And Issues; Pacific Grove, California: Brooks/Cole Publishing Company.
- Biscoff, L. J. (1970). Interpreting Personality Theories. New York: Harper & Roe.
- Hall, C. S. & Lindzey, G. (1978). Theories Of Personality, 3rd Ed. New York: J Wiley & Sons.
- Hjelle L.A., & Zeigler, D.J (1991). Personality Theories : Basic Assumptions, Research & Applications, 2nd Ed, International student Edition. Mc Graw Hill, International Book Co.,
- Pervin, L.A. (1975). Personality: Theory, Assessment and Research. 2nd Ed. New York: Wiley International ed.
- Sahakian, W.S. (1965). Psychology of personality: Readings in Theory. Chicago: Rand McNally College Publication co.
- Magnusson, D & Endler NS. (1977) personality crossroads. New Jersey hillsdale: Lawrence Erlbaum Associates.



PSYCHOPATHOLOGY

Objectives:

1. To acquaint students with various manifestations of psychopathology.
2. To impart knowledge and skills required for diagnosis of psychopathological conditions.
3. To introduce students to the different perspectives and models regarding the causation of mental illness and dysfunctional behavior and to highlight the contribution of these approaches to the pathogenesis of a wide range of mental and behavioural disorders.

CONTENTS

1. Classification systems in Psychology.

W.H.O. classification (ICD-10) and multi-axial systems (DSM-IV-R): Theoretical background /approaches to psychopathology (i) Psychodynamic; (ii) behavioural; (iii) Cognitive; (iv) Phenomenological; (v) Biological, and (vi) Socioculture; Diagnosis- Purpose of diagnosis, reducing undesirable variability; multi-axial model, evaluation of diagnostic system; Models for the description of abnormal behaviour; Medical psychodynamics and learning in psychopathology Recent advances and research methods in psychopathology.

2. Theories and Models of Anxiety Disorder.

Panic, Phobic, OCD, Post-traumatic, GAB,(b) Somatoform disorder, (c) dissociative disorders, Schizophrenia and other psychotic disorder, Schizophreniform, Schizoaffective delusional,

[Handwritten signature]

PS2
ST/impate
2/10

[Handwritten mark]

[Handwritten mark]

[Handwritten signature]

[Handwritten signature]
4/10/14

brief psychotic disorder; Mood disorder; Depressive unipolar and bipolar disorders.

3. Psychophysiological Disorders

Theories: Personality disorder, CHD, Asthmatis, Allegrity, Eczema, Itching Rheumatoid Arthrities, Peptic Uleer, Diabetes, and Menstrual disorders.

4. Disorders

Adjustment disorder, (b) Impulse control disorders; (c) substance related disorders, (d) Eating disorders and sleep disorders; Sexual and gender identity disorders.

5. Organic Mental Disorders

Changing views of brain function and dysfunction .
Neuropathological consideration; Common syndromes.

Readings:

- Adams, H.E. & Sutker, P.B. (1984) Comprehensive Handbook of Psychopathology. New York: Plenum Press.
- Bellack, A.S. & Hersen, M. (1984). Research Methods in Clinical Psychology. New York: Pergammon Press.
- Diagnostic & Statistical Manual of Mental Disorders. 4th ed. (DSM-IV). Washington, DC: APA Publication. Dowson, J.H. & Grounds, A.t. (1995). Personality disorders recognition and clinical management. Cambridge University Press.
- Kaplan, B.J. & Sadock, B.J. (Eds). Synopsis of psychiatry, 7th edition, Usa Williams & wilkins.
- Kizdina A.E (1992) Research design in clinical Psychology . Boston : Allyn & Bacor :



 4/10









- Zuckerman, E.L. (1995) Clinician's Thesaurus, 4th ed... New York Guilford Press.
- R.C. Carson J.N. Batcher, J.C. Coleman: Abnormal Psychology and Modern life.
- G.C. Davison & J.M. Neale: Abnormal Psychology: An Experimental and Clinical approach.
- Chandra .B.(1984). Communalism in Modern India New Delhi: Vikas Publishing House.
- Freedman. L.Z. & Alexander, Y (1985). Perspectives on Terrorism. Delhi: Hindustan Publishing .
- Glazer, N., & Moynihan D.P. (1975) Ethnicity .Theory and Experiences. Cambridge : Harvard University Press.
- Gupta, Dipankar (2000). Culture, Space and the nation State. New Delhi: Sage.
- Gury r.R. & Harff, B.(1994). Ethnic Conflict in World Politics, Colorado: Westview Press.
- Hasen, J.(2000). Politics and the state in India New Delhi: Sage.
- Isaacs, H.R (1989) Idols of the Tribe Group identity and Folibical change London Harvard Universisty Press.

A collection of handwritten signatures and initials in blue ink, including the name 'Sauri' and the date '4/10/14'.

CLINICAL AND COMMUNITY INTERVENTIONS**Objectives:**

This paper focuses on the contribution of different theoretical approaches to psychology to the area of clinical and community interventions and aims.

To train students in different approaches to counseling and psychotherapy.

To help develop a balanced view of the various therapies and the practical techniques employed.

To help students familiarize themselves, gain knowledge and work towards developing an integrative perspective.

CONTENTS**1. Therapeutic Interventions**

Nature, goals and course of interventions. Objectives and approaches. Distinction between Psychotherapy and other orientations (helping, case work, counseling and educational approaches). Basic psychotherapeutic techniques: Guidance; reassurance persuasion: confession and catharsis: externalization of interests. Common features of interventions.

2. Therapeutic Relationship

The helping process. The Counsellor as a person and as a professional. Counsellor characteristics, and values, Issues faced by therapists, dealing with demanding and committed clients, accepting slow results, learning our limits, transference, establishing realistic goals.

3. Skills of a Therapist

[Handwritten signatures and marks in blue ink, including "PS" and "4/10/14"]

Listening, Leading, summarizing, confronting, interpreting and informing
Crisis Intervention: Competence building: Primary, secondary and tertiary prevention, Ethical issues in Psychotherapy: Therapist responsibility, Client therapist relationship, ethical issues; Special reference to marital and family therapy. Group work and cultural perspective.

4. Types of Therapy

Supportive therapies: Milieu therapy, Inspirational group therapy, Creative art therapies and structural integration; Reeducative therapies: behaviour therapy (Operant, Wolpian and Modeling Procedures); Cognitive approach: Ellis, Goldfried, Meichenbaum, Goodman and Beak; Client-centred Psychotherapy and stages of therapy; Reeducative group therapies : Mechanisms of group psychotherapy with a focus on group processes, types-including psychodrama, group therapy and family therapy (including marital therapy); Reconstructive therapies; psychoanalysis: Psychoanalytically oriented psychotherapy- Process and techniques with a focus on transferences, resistance, working through and the interpretive processes; Existential analysis: Gestalt therapy: Transactional analysis; Holistic approaches to therapy: yoga, meditation, bio-feedback and others. Extratherapeutic healing aids: Spontaneous cure; placebo effect; Indian Traditions of Healing; The place of mental illness in Indian cosmology.

5. Counselling


Basic features; counseling relationship process; Training in Social skills Programmes for social problems; Life Skills Training, Social Skills Training and anger control. Heterosocial skills training including sexual skills and competence; programmes for special populations; juvenile offenders; in an institutional setting, parents as mediators in the social skills training of

Children. Social skills for women and elderly; programs for the severely impaired; social skills training with psychiatric patients and mentally retarded.

Readings:

- Ajaya.S.(1989). Psychotherapy:East and West. Himalyan International Institute for Yoga scientific and philosophy Pennsylvania
- Abate, L, & Milan,M.A (Ed) (1985).Handbook of social skills training and research, New York: john willey& sons.
- Corey, G. (1986), theory & practices of counseling and psychotherapy. Monterey. California: Brooks/Cole Publishing company.
- Gelso C.J. &Fretz B.R. (1995). Counslling Professional psychology. Bangalore: Prism Books Pvt. Ltd.
- Hackny,H.L. &Comier, L.S. (1996). The Professional Counsellor.New York: Allyn & Bacon.
- Toukmarian, S.G. & Rennie, D.C. (1992). Pyschotherapy Process Research. Sage.
- Woolberg. L.R. (1998). The Techniques of Psychotherrapy. Brace: Grune&Stratton.
- Wolpe. R. & Dryden W. (Eds.) (1996). Handbook of Counselling Psychology. New Delhi: Sage.
- Corey, G. (1986). Case Approach to Counselling Psychotherapy.2 Ed. California: Brooks/Cole publishing company.
- Dahlstrom,G.W.&Welsch,g.s. (1960).MMPI handbook; a guide to use in clinical practice and research. University of Minnesota press.

 Sur

 S. Srinivasan
11/11/10

 Al. Srinivasan
11/11/10

- Dattilio, F.M. & Killefeld, J. (1997). Introducing and building social skills. American guidance service, MH.
- Donohue, W.A. & Kolt, R. (1992) Managing Interpersonal Conflict New Delhi Sage.
- Dryden, W. (1995) Rational Emotive Counselling in Action. New Delhi :Sage.
- Dryden, W: (1992). Rational Emotive Behavioural Therapy. New Delhi: sage.
- Rao-Counselling.

Handwritten notes in blue ink, including several signatures and dates. The notes are arranged in a circular pattern around a central point.

Top right: *S. K. Rao*
 4/10

Top left: *S. K. Rao*

Middle left: *A*

Middle right: *A*

Bottom center: *A*
 4/10/18

Bottom right: *A*

Paper- V

MARKS-100

PRACTICAL

SECTION A :Decertation

Or

SECTION B :

Any six of the following-

- 1.Differential Aptitude test
- 2.WAIS (Verbal) orWCIS (Verbal)
- 3.16 PF test.
- 4.P.G.I. Memory scale-Dwarika Prasad wig-(nation psychological Corporation).
- 5.Self –Disclosure Inventory for adolescent – Virendra Sinha
- 7.WAIS (performance) Or WCIS performance)
- 8.Picture Frustration test.
- 9.T.A.T
10. Rorschach Ink –Blot Test.
- 11.McNair's profile of Mood States

Or

Section C:Internship

Instruction for Evaluation-

Section A- Sessional Work -

80Marks

Section B- Practical Examination -

80Marks

Section C- Field Work -

80Marks

Viva Voce (for all the three sections)-20 Marks.

A handwritten signature in blue ink, consisting of several overlapping, stylized strokes.