

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**CIRCULAR NO.SU/M.A.Psychology/16/2016**

It is hereby inform to all concerned that, on the recommendation of the Chairman of the Committee in Psychology, the Hon'ble Vice-Chancellor has **accepted curriculum of M.A. Psychology IInd Year, [III & IV Semester] with minor changes under Choice Based Credit and Grading System** in his emergency powers under Section-14[7] of the Maharashtra Universities Act, 1994 on behalf of the Academic Council.

This is effective from the Academic Year 2016-17 & onwards as appended herewith under the Faculty of Social Sciences.

This syllabus is available on the University website www.bamu.ac.in.

All concerned are requested to note the contents of the circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,
Aurangabad-431 004.
REF.NO. SU/M.A.PSY./SYLLA./
2016/4322-51
Date:- 19-07-2016.

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Director
Board of College and
University Development.

Copy forwarded with compliments to :-

- 1] **The Principals, affiliated concerned Colleges,
Dr. Babasaheb Ambedkar Marathwada University.**

Copy to :-

- 1] The Controller of Examinations,
- 2] **The Section Officer, [M.A. Unit],**
- 3] The Programmer [Computer Unit-1] Examinations,
- 4] The Programmer [Computer Unit-2] Examinations,
- 5] The In-Charge, E-Suvidha Kendra, [Professional Unit], Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
- 6] The Record Keeper,
Dr. Babasaheb Ambedkar Marathwada University.

N.B. : All are informed that to download a copy of syllabus from the above website.

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

Curriculum under Choice Based Credit & Grading System

M.A. II Year

Psychology

Semester–III and IV Sem

Run at college level from the Academic Year 2016-17 & onwards

SEMESTER III

Course Code	Core Course Course Title	Credits
PSY - 407	COUNSELING PROCESS	04
PSY – 408	PSYCHOPATHOLOGY- I	04
PSY – 409	CLINICAL ASSESSMENT	04
PSY – 455	PSYCHOLOGY PRACTICUM'S- CASES HISTORY	02
PSY – 456	PSYCHOLOGY PRACTICUM'S-CLINICAL ASSESSMENT	02

SEMESTER IV

Course Code	Core Course Course Title	Credits
PSY – 410	COUNSELING SPECIALTIES	04
PSY – 411	PSYCHOPATHOLOGY- II	04
PSY – 412	CLINICAL INTERVENTIONS	04
PSY – 457	PSYCHOLOGY PRACTICUM'S: Research Project	04

COURSE CODE – PSY-407		NO. of Credits: 04
Course Title - COUNSELING PROCESS		THIRD SEMESTER.
Assignments / Sessionals – 20 marks		
Semester Exam.- 80 marks		
Course Objective: 1. To familiarize students with the nature and process of counselling. 2. To acquaint students with various assessment techniques 3. To expose the students to the various types of intervention and strategies		
UNITS.	COURSE CONTENT	PERIODS
	Unit I Trends in Counseling	15
	A) Definition of Counseling Guidance, Psychotherapy, Counseling	
	B) The Personality and Background of the Counselor Negative Motivators for Becoming a Counselor, Personal Quality of an Effective Counselor, Maintaining Effectiveness as a Counselor	
	C) Professional Aspects of Counseling Levels of Helping, Professional Helping Specialties, The Education of Professional Counselor.	
	Unit II Building Counseling Relationships	15
	A) Factors that Influence the Counseling Process Seriousness of the Presenting Problem, Structure, Initiative, The Physical Setting, Client Qualities, Counselor Qualities	
	B) Types of Initial Interviews Client-Versus Counselor-Initiated Interviews, Information-Oriented First Interview, Relationship-Oriented First Interview	
	C) Conducting the Initial Interview Empathy, Verbal and Nonverbal Behavior, Non helpful Interview Behavior	
	Unit III Working in a Counseling Relationship	15
	A) Counselor Skills in the Understanding and Action Phases Changing Perceptions, Leading Multi focused, Responding, Accurate Empathy, Self-Disclosure, Immediacy, Humor, Confrontation, Contracting, Rehearsal	
	B) Transference and Counter transference Transference, Counter transference	
	C) The Real Relationship	
	Unit IV Termination of Counseling Relationships	15
	A) Function of Termination	
	B) Timing of Termination	
	C) Issues of Termination Termination of Individual Sessions, Termination of a Counseling Relationship	
	D) Resistance to Termination Client Resistance, Counselor Resistance	
	E) Premature Termination	
	F) Counselor-Initiated Termination	
	G) Ending on a Positive Note	
	H) Issues Related to Termination: Follow-Up and Referral Follow-Up Referral and Recycling	

BOOKS FOR READING:-

1. Gladding Samuel. T. (2011) *Counseling A comprehensive Profession*. (6th ed.) Pearson Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). *Introduction to counselling and guidance* (6th ed.). Delhi: Pearson education Pte.Ltd.
3. Ashtaputre .A.A & Vyawahare N.C (2015) *Samupadeshan: sankalpana, sawrop ani vyapti*, Shodhani Publication, Aurangabad
4. Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology*. Bangalore: Prism books Pvt.Ltd
5. Gregory, R.J. (2005). *Psychological Testing* (4th ed.). Delhi: Pearson education Pte.Ltd.
6. Rao, S.N. (2006). *Counseling and guidance* (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
7. Patterson, L.E., Welfel, E.R. (2000). *The counselling process* (5th ed.). Belmont: Wodsworth/Thomson Learning.
8. Nelson R. Jones (2000). *Introduction to counselling skills, text and activities*. London: Sage Publication.
9. Cohen, R.J., Swerdlik, M.E. (2005). *Psychological testing and assessment* (6th ed.). Delhi: Tata McGraw-Hill.
10. Dalai Lama, His Holiness the & Cutler, S.C. (1998). *The art of happiness: The handbook for living*. Sidney: Hodder.

COURSE CODE – PSY-408		NO. of Credits: 04
Course Title – PSYCHOPATHOLOGY-I		THIRD SEMESTER.
Assignments / Sessionals – 20 marks		
Semester Exam.- 80 marks		
Course Objective: To acquaint the students with: <ol style="list-style-type: none"> 1. Current systems of classification of Mental Disorders 2. The symptomatology of different psychological disorders 3. The etiology and dynamics of the disorders with respect to various theoretical approaches. 		
UNITS.	COURSE CONTENT	PERIODS
Unit I. What Do We Mean by Abnormal Behavior?	A) Dilemmas of Definition, B) The DSM-IV Definition of Mental Disorder, C) Cultural influences in Abnormality, D) Mental Disorder as Maladaptive Behavior	12
Unit II. Stress and Adjustment Disorders	A) What is Stress? Categories of Stressors, Factors Predisposing a Person to Stress, Coping With Stress B) The Effects of Severe Stress Biological Effects of Stress, Psychological Effects of Long-Term Stress C) Adjustment Disorder: Reaction to Common Life Stressors Stress from Unemployment, Stress from Bereavement, Stress from Divorce or Separation D) Post-Traumatic Stress Disorder: Reaction to Catastrophic Events Causal Factors in Post-Traumatic Stress, The Trauma of Rape, The Trauma of Military Combat, Severe Threats to Personal Safety and Security E) Treatment and Prevention of Stress Disorders Stress Prevention or Reduction, Treatment of Post-Traumatic Stress Symptoms	18
Unit III. Disorders of Childhood and Adolescence	A) Maladaptive Behavior in Different Life Periods Varying Clinical Pictures Special Vulnerabilities of Young Children B) The Classification of Childhood and Adolescent Disorders The Categorical Strategy The Dimensional Strategy Contrasting Categorical and Dimensional	15
Unit IV. Disorders of Childhood	A) Disorders of Childhood Attention-Deficit Hyperactivity Disorder Conduct Disorder and Oppositional Defiant Disorder Anxiety Disorders of Childhood and Adolescence Childhood Depression Symptom Disorders: Enuresis, Encopresis, Sleepwalking and Tics B) Pervasive Developmental Disorder: Autism The Clinical Picture in Autism Disorder	15

Causal Factors in Autism Treatments and Outcomes

C) Mental Retardation

Diagnosis and Assessment of Mental Retardation.

Levels of Retardation.

Etiology of Mental Retardation: Environmental Factors, Genetic Factors,

Non-genetic Biological Factors.

Treatment of Mental Retardation.

D) Planning Better Programs to Help Children and Adolescents

Special Factors Associated With Treatment for Children and Adolescents

Child Abuse , Child Advocacy Programs

BOOKS FOR READING:

1. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Edn. Pearson Education, India.
2. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). New York: Wiley.
3. Comer, R.J. (2007). *Abnormal psychology* (6th ed.). New York: Worth Publishers.
4. Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology* (2nd ed.). Pacific Grove: Books/Cole.
5. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). *Abnormal psychology: Current perspectives* (9th ed.). Delhi: Tata McGraw-Hill.
6. Sarason, I.G, & Sarason, R.B. (2002). *Abnormal psychology: The problem of maladaptive behavior* (10th ed.). Delhi: Pearson Education.
7. Ann M. Kring, Sheri L. Johnson, Gerald C. Davison and John M. Neale(2010): *Abnormal Psychology*(11th ed), John Wiley & Sons, Inc., USA.
8. Rajhanse Manasi, Patil Anagha & Sushil Surve (2012) *Apasamanyanche Manasshastra*, (New revised Ed.) Unmesh Prakashan, Pune

Credits: 04	
Course Title – CLINICAL ASSESSMENT SEMESTER.	THIRD
Assignments / Sessionals – 20 marks	
Semester Exam.- 80 marks	
Course Objective: To acquaint the students with: <ol style="list-style-type: none"> 1. Knowing different psychological assessment tools. 2. Clinical interviewing 3. Personality and behavioral assessment. 	
UNITS.	COURSE CONTENT
PERIODS	
UNIT I. General Issues in Psychological Assessment:	15
A) Planning the assessment- classification-Description-Prediction B) Data Collection C) Processing Assessment data Clinical judgment, Computer assisted assessment D) Communicating assessment findings Goals, writing style, organization of the report, Nature and purpose of clinical Assessment- Informal assessment and person perception- The Accuracy of person perception	
Unit II. Clinical Interviewing:-	15
A) Types of clinical interview Intake, case history, Diagnostic, Mental status examination, Crisis B) The Importance of Rapport C) Communication strategies Verbal and non-verbal, Listening skills D) Diagnostic Interviewing Interviewing with children, Developmental consideration, Interview techniques.	
Unit III. Personality Assessment:-	15
A) Projective Methods Rorschach-contemporary Rorschach Use, Administration, Scoring, Interpretation TAT, Administration and scoring, Evaluation Projective drawings B) Objective Methods MMPI/ MMPI-2/ MMPI-A/ The Millon scales NEO Personality Inventory.	
Unit IV. Behavioral Assessment:-	15
A) Defining features of Behavioral Assessment B) Behavioral Assessment Methods, Behavioral Interviews, structured Interviews, Questionnaires, Behavior Rating scales, Analogue Techniques, self Monitoring, Direct Observation C) Assessment of Dysfunctional cognitions Self statements, Automatic thoughts and cognitive schemes, Irrational beliefs.	

Books for Reading:-

- 1) Introduction to clinical Psychology Science, Practice and Ethics, By Jeffrey E. Hecker and Geoffrey L. Thorpe. New Delhi, Pearson Education Indian Edition, 2007.
- 2) Modern clinical Psychology By Korchin S.J. CBS Publishers and Distributors, New Delhi, 1986.
- 3) Clinical Psychology by Trull and Phraes (2001) Sixth Edition, Wadsworth, Thomson Learning Belmont, USA.

COURSE CODE – PSY- 455	NO. of Credits: 02
Course Title – PSYCHOLOGY PRACTICUM'S-	

CASES HISTORY	III SEMESTER
Assignments/Sessionals –10 marks and Exam.- 40 marks	Total 50marks
Course Objective: To acquaint the students with: <ol style="list-style-type: none"> 1. Identifying behaviour problems. 2. Taking case history. 3. Using Counseling skills. 	

CASES HISTORY:-

Students should select at least **5 types of maladapted cases** in consultation with the teacher, and prepare detailed report of 5 cases. Students should be present at least two cases in classroom.

The following stages/format should be apply for case writing report (wherever applicable):

- a. Taking of case history.
- b. Assessment and multi-axial diagnosis.
- c. Validation in consultation with teachers.
- d. Prognosis.
- e. News breaking.
- f. Contracting of therapy sessions.

Notes: General Instructions:-

1. Each batch of practicum should consist of maximum 12 students.
2. A separate batch will be formed if this number exceeds even by one.
3. Workload for each batch will be equivalent to 8 lecture periods.
4. Each student should study cases in schools / NGO set up; one teacher supervisor should accompany a group of students.
5. Eligibility for the Practicum Examination is subject to Certification of Practicum by teacher-in-charge and HoD.

Internal assessment – 10 marks

Internal assessment will be based on presentation of 2 best reports of cases and student's overall performance of Practicum work during the semester.

External Examination/Assessment and Mark distribution:- 50 marks

Cases Report writing (Internal)	Report Viva	Hypothetical cases writing (answer booklet)	Viva	Total
10	10	20	10	50

Exam Note:-

1. External Examination will be conducted by two examiners (internal+external)
2. Each batch will consist of only 12 students
3. Duration of examination for each batch will be 1 ½ hours for only above session(Psy455).
4. Hypothetical cases will be prepared by External Examiner.
5. Marks for Viva and Report Writing will be given by both examiners and average marks will be considered as final marks of the candidate.
6. Assessment of analyses of hypothetical cases will be done by External Examiner only.

COURSE CODE – PSY- 456	NO. of Credits: 02
Course Title – PSYCHOLOGY PRACTICUM'S-	

CLINICAL ASSESSMENT	III SEMESTER
Assignments/Sessionals –10 marks and Exam.- 40 marks	Total 50marks
Course Objective: To create interest in psychological phenomenon. To develop awareness of psychological of psychological tools, techniques and tests. To nurture the skill of observation..	

Conducting any **eight tests** from the following:

1. Clinical Analysis Questionnaire
2. Bender Visual Motor Gestalt Test
3. Eight State Questionnaire
4. Beck's Depression Inventory.
5. Medico- Psychological Questionnaire
6. Vineland Social Maturity Scale.
7. Seguin Form Board Test.
8. Multi Dimensional Assessment of Personality Series.
9. Revised Hamilton Rating Scale For Depression.
10. Multifactor Emotional Intelligence.

Distribution of Marks				Total
Procedure	Viva	Report	Record Book (Internal)	
15	15	10	10	50

COURSE CODE – PSY-410
Credits: 04

NO. of

Course Title – COUNSELING SPECIALTIES	FOURTH
SEMESTER.	
Assignments / Sectionals – 20 marks	
Semester Exam.- 80 marks	
Course Objective: To acquaint the students with: 1. Psychotherapy as a form of treatment of mental illness 2. Different psychotherapies	
UNITS.	COURSE CONTENT
PERIODS	
UNIT I Career Counseling over the Life Span A) The Importance of career counseling B) Career counseling associations and credentials C) The scope of career counseling and careers D) Career information E) Career development theories and counseling Trait and factor theory Development theories, Social cognitive career theory F) Career counseling with diverse populations Career counseling with children, career counseling with adolescents, career counseling with college students, career counseling with adults, career counseling with women and ethnic minorities, career counseling with gays lesbians, bisexuals, and Transgender	15
UNIT II Marriage, Couple, and Family Counseling A) The changing forms of family life B) The beginnings of marriage, couple, and family counseling Trends, family therapy pioneers and contemporary leaders C) Associations, education and research Associations, education, research D) Family life the family life cycle E) Marriage/family counseling versus individual/group counseling F) Overview of marriage, couple and family counseling Marriage and couple counseling, family counseling G) The process of marriage, couple, and family counseling Precession planning, initial session, the middle phase marriage, couple and family counseling, Termination	15
UNIT III Professional School Counseling A) The ASCA National model School counselors at various levels B) Elementary school counseling and guidance Emphases and roles activities C) Middle school counseling and guidance Emphases and roles activities	15
UNIT IV College Counseling and Students-Life Services A) The beginning of Students-Life Services and College Counseling B) The theoretical bases and professional preparation for working with college students Theoretical bases, professional preparation C) College Counseling Emphases and roles, activities D) Students-Life professional Emphases and roles, activities E) Counseling and Students-Life Services with nontraditional students Older students, part time – students, first-generation students, minority culture students, student athletes	

BOOKS FOR READING:-

1. Gladding Samuel. T. (2011) *Counseling A comprehensive Profession.* (6th ed.) Pearson Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). *Introduction to counselling and guidance* (6th ed.). Delhi: Pearson education Pte.Ltd.
3. Ashtaputre .A.A & Vyawahare N.C (2015) *Samupadeshan: sankalpana, sawrop ani vyapti*, Shodhani Publication, Auranhabad
4. Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology*. Banglore: Prism books Pvt.Ltd
5. Gregory, R.J. (2005). *Psychological Testing* (4th ed.). Delhi: Pearson education Pte.Ltd.
6. Rao, S.N. (2006). *Couselling and guidance* (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
7. Patterson, L.E., Welfel, E.R. (2000). *The counselling process* (5th ed.). Belmont: Wodsworth/Thomson Learning.
8. Nelson R. Jones (2000). *Introduction to counselling skills, text and activities*. London: Sage Publication.
9. Cohen, R.J., Swerdlik, M.E. (2005). *Psychological testing and assessment* (6th ed.). Delhi: Tata McGraw-Hill.
10. Dalai Lama, His Holiness the & Cutler, S.C. (1998). *The art of happiness: The handbook for living*. Sidney: Hodder.

Credits: 04	
Course Title – PSYCHOPATHOLOGY-II SEMESTER.	FOURTH
Assignments / Sessionals – 20 marks	
Semester Exam.- 80 marks	
Course Objective: To acquaint the students with: <ol style="list-style-type: none"> 1. Current systems of classification of Mental Disorders 2. The symptomatology of different psychological disorders 3. The etiology and dynamics of the disorders with respect to various theoretical approaches. 	
UNITS. PERIODS	COURSE CONTENT
Unit I. Panic, Anxiety, and Their Disorders	15
A) The Fear and Anxiety Response Patterns Overview of the Anxiety Disorders Phobic Disorders, Specific Phobias, Social Phobia B) Panic Disorder with and without Agoraphobia Distinguishing Features between Panic and Anxiety, Agoraphobia, Prevalence and Age of onset of Onset of Panic, Disorder with and without Agoraphobia, Comorbidity with Other Disorders The Timing of a First Panic Attack, Biological Causal Factors, Cognitive and Behavioral Causal Factors, Treating Panic Disorder and Agoraphobia C) Generalized Anxiety Disorder General Characteristics, Prevalence and Age of Onset, Comorbidity With Other Disorders Psychosocial Causal Factors, Biological Causal Factors, Treating Generalized Anxiety Disorder D) Obsessive-Compulsive Disorder Prevalence and Age of Onset, Characteristic of OCD, Psychosocial Causal Factors, Biological Causal Factors, Treating Obsessive-Compulsive Behavior E) General Socio cultural Causal Factors for All Anxiety Disorders Cultural Differences in Sources of Worry Taijin Kyofusho	
Unit II Somatoform and Dissociative Disorders	15
Somatoform Disorders Summarization Disorder Hypochondriasis Pain Disorder Conversion Disorder Distinguishing Conversion form Malingering/Factitious Disorder Precipitating Circumstances Causal Factors in Somatoform Disorders Treatment and outcome in somatoform disorders Dissociative Disorders Dissociative Amnesia and fugue Dissociative Identity Disorder Depersonalization Disorder Causal factors in Dissociative Disorders Treatment and outcome in Dissociative disorders	
Unit III. Personality Disorders	15

A) Clinical Features of Personality Disorders

DSM-IV's Five Criteria

Difficulties in Diagnosing Personality Disorders

B) Categories of personality Disorders

Paranoid Personality Disorder, Schizoid Personality Disorder, Schizotypal Personality Disorder, Histrionic Personality Disorder, Narcissistic Personality Disorder, Antisocial Personality Disorder, Borderline Personality Disorder, Avoidant Personality Disorder, Dependent Personality Disorder, Obsessive-Compulsive Personality Disorder

Provisional Categories of Personality Disorder, In DSM-IV, Overview of Personality Disorders

C) Causal Factors in Personality Disorders

Biological Causal Factors, Psychological Causal Factors, Socio cultural Causal Factors

D) Treatments and Outcomes

Adapting Therapeutic Techniques, To Specific Personality Disorders, Treating Borderline Personality Disorder, Treating other Personality Disorder, Antisocial Personality and Psychopathy, Psychopathy and ASPD, The Clinical Picture in Antisocial, Personality and Psychopathy, Causal Factors in Psychopathy, And Antisocial Personality, Treatments and outcomes in psychopathic and antisocial personality

Unit IV. Schizophrenia

History of the Concept of Schizophrenia

The Symptoms of Schizophrenia

Positive Symptoms

Negative Symptoms

Cognitive Symptoms

Cultural Issues.

Types of Schizophrenia

Paranoid Schizophrenia

Disorganized Schizophrenia

Catatonic Schizophrenia

Undifferentiated and Residual Schizophrenia

Other Psychotic Disorders.

Etiology/approaches of Schizophrenia

Biological Dimension and Neurotransmitters.

Psychological Dimension.

Social Dimension.

Socio-cultural Dimension.

A diathesis-stress model of schizophrenia

The Treatment of Schizophrenia

BOOKS FOR READING:

1. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Edn. Pearson Education, India.
2. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). New York: Wiley.
3. Comer, R.J. (2007). *Abnormal psychology* (6th ed.). New York: Worth Publishers.
4. Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology* (2nd ed.). Pacific Grove: Books/Cole.

5. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2006). *Abnormal psychology: Current perspectives* (9th ed.). Delhi: Tata McGraw-Hill.
 6. Sarason, I.G., & Sarason, R.B. (2002). *Abnormal psychology: The problem of maladaptive behavior* (10th ed.). Delhi: Pearson Education.
 7. Ann M. Kring, Sheri L. Johnson, Gerald C. Davison and John M. Neale(2010): *Abnormal Psychology*(11th ed), John Wiley & Sons, Inc., USA.
 8. Rajhanse Manasi, Patil Anagha & Sushil Surve (2012) *Apasamanyanche Manasshastra*, (New revised Ed.) Unmesh Prakashan, Pune
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COURSE CODE – PSY-412		NO. of Credits: 04
Course Title – CLINICAL INTERVENTION		FOURTH SEMESTER.
Assignments / Sessionals – 20 marks		
Semester Exam.- 80 marks		
Course Objective: To acquaint the students with:		
UNITS	COURSE CONTENT	PERIODS
UNIT I Clinical Intervention defined:-		15
What problems are amenable to change? Objectives of clinical intervention- Features common to many therapies- Nature of Specific therapeutic- Nature of specific therapeutic variables- the patient or client- The therapist – Psychotherapy relationship- Ethical issues in psycho therapy – psychotherapy and counseling.		
UNIT II. Psycho dynamic Psychotherapy-		15
Psychoanalysis- background and principles- Techniques of Freudian analysis-course of Therapeutic analysis- Carl Jung's analytical Psychology- Adler's Individual Psychotherapy		
UNIT III Humanistic, Experiential and Family therapies-		15
Humanistic psychotherapy- Existential Psychotherapy- Gestalt Therapy- client Centered therapy- Eclectic Treatment combinations- Three Stage model of helping-family therapy- schools of family therapy-couple therapy-group therapy- process of group therapy curative factors.		
UNIT IV Cognitive Behavioral Interventions-		15
Behavior therapy techniques- anxiety reduction methods- operant learning techniques- Applied behavior analysis- social skills and problem solving training –cognitive modification procedures- cognitive- behavior modification- self instructional training- REBT- Cognitive Therapy- Cognitive restructuring- coping and problem solving – cognitive Behavior therapy specific Applications- Panic disorder- phobia and OCD- Anxiety.		

Books for Reading:-

- 1) Introduction to clinical Psychology Science, Practice and Ethics, By Jeffrey E. Hecker and Geoffrey L. Thorpe. New Delhi, Pearson Education Indian Edition, 2007.
- 2) Modern clinical Psychology By Korchin S.J. CBS Publishers and Distributors, New Delhi, 1986.
- 3) Clinical Psychology by Trull and Phraes (2001) Sixth Edition, Wadsworth, Thomson Learning Belmont, USA.

COURSE CODE – PSY- 457	NO. of Credits: 04
Course Title – Psychology Practicum's- Research Project	Fourth Semester.
Assignments / Sessionals –20 marks ,Semester Exam.- 80 marks	Total 100

Research Project:-

Notes: General Guideline:-

1. Each batch of project should consist of maximum 12 students.
2. A separate batch will be formed if this number exceeds even by one.
3. Workload for each batch will be equivalent to 8 lecture periods.
4. Students should select a problem in consultation with teacher concerned.
5. Sample size should be minimum 30 in each group, e.g.: Normal and maladapted.
6. Project report should be written in APA format.
7. Eligibility for the Project Examination is subject to Certification of Project by the teacher-in-charge and HoD.

Mark Distributions:-

Evaluation of Project Report – 50 marks

Division of marks for project report will be as follows and will be based on suitability and appropriateness of the report with respect to:

1. Problem selected, its rationale and significance – 05
2. Review work – 05
3. Methodology-20

- Hypothesis and sample selection
- Design

4. Interpretation, Discussion & Implication – 10
5. Overall quality of the report – **10(internal)**

Presentation & Viva-voce – 50 marks

1. Presentation – 20 marks
2. Viva-voce – 20 marks

3. PPT-10 (Internal)

Dissertation						Presentation				
Problem Selection	Review work	Methodology	Analysis & Discussion	Quality of report (Internal)	Total	Presentation Skill	Viva-voce	PPT (Internal)	Total	Ts
05	05	20	10	10	50	20	20	10	50	100

Exam note:-

1. Each batch will consist of only 12 students
2. Duration of examination for each batch will be 3 hours.
3. Marks for Project Report and Presentation & Viva-voce will be given by both examiners and the average of the same will be considered as final marks of the candidate.
4. **One Dissertation copy should be submitted to exam unit at university by External examiner.**