

**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
AURANGABAD**



DEPARTMENT of PSYCHOLOGY

Certificate course in counseling psychology

With effective from 2021-22

[Signature]
50-10-2021
Dean
Faculty of Humanities

CCP101 - GENERAL PSYCHOLOGY

Credit -04

Total: 100 Marks

External Assessment: 80 Marks Internal Assessment: 20 Marks

Unit I -Memory

- a) Three important distinctions,
- b) Sensory memory,
- c) Working memory,
- d) Long – term memory,
- e) Implicit memory,
- f) Constructive memory,
- g) Improving memory,

Unit II-Intelligence

- a) Assessment of Intellectual Abilities,
- b) Contemporary theories of Intelligence ,
- c) Genetics and Intelligence,
- d) Extremes of Intelligence,

Unit III -Motivation

- a) Reward and Incentive Motivation,
- b) Homeostasis and drives,
- c) Hunger,
- d) Gender and Sexuality,
- e) Social Motives: - Achievement and Affiliation,
- f) Maslow's Hierarchy of motives,
- g) Intrinsic and extrinsic motivation

Unit IV- Emotion

- a) Components of emotions,
- b) Cognitive Appraisal and emotion,
- c) Subjective experiences and emotion ,
- d) Bodily Changes and emotion,
- e) Facial expression and emotion,
- f) Responses to emotions: emotion regulation,
- g) Emotion and culture,
- h) Aggression

Unit V-Learning and Conditioning

- a) Perspectives on learning,
- b) Classical Conditioning,
- c) Instrumental Conditioning,
- d) Complex learning,
- e) The Neural Basis of behavior: Learning and Conditioning

Recommended Books:

- Ciccarelli S.K, White J.N (2021) Psychology , Pearson Publication
- Baron.R.A & Misra.G (2000)Psychology ,(5th ed) Pearson Publication
- Morgan.C.T, King.R.T, Welx J.R & Schopler.J (2017) Introduction to Psychology, McGraw Hill Education.

CCP102 - Introduction to Personality

Credit -04

Total: 100 Marks

External Assessment: 80 Marks Internal Assessment: 20 Marks

Unit 1 -Personality and the scientific outlook

- a) Why study personality
- b) Defining personality
- c) The scientific study of personality
- d) Building scientific theories

Unit 2- Psychoanalytical Theories

- a) Freud's psychoanalytic theory - Biographical sketch
Concepts and principles
Personality development
Assessment techniques
- b) Adler's individual psychology - Biographical sketch
Concept and principle
Personality development
Assessment techniques
- c) Erikson's psychoanalytic Ego psychology- Biographical sketch
Concepts and principles
Personality development
Assessment techniques

Unit 3 – Trait Theories

- a) Cattell's structure-based systems theory - Biographical sketch
Concepts and principles
Personality development
Assessment techniques
- b) Eysenck's biological typology - Biographical sketch
Concepts and principles
Personality development
Assessment techniques

Unit 4 – Humanistic Theory

- a) Rogers's person-centered theory - Biographical sketch
Concepts and principles

Personality development
Assessment techniques

Recommended Books:

- Barabara , E.(2006). Personality Theories (7th ed). New York: Houghton Mifflin Company
- Ryckman .R.M (2014)Personality Theories (10th ed). Cengage Learning
- Hall, C.S., Lindzey , G.& compbell , J.B.(2004) Theories of personality (4th ed) New york. John wiley & son's , Inc.

CCP103 - Psychological Disorder

Credit -04

Total: 100 Marks

External Assessment: 80 Marks Internal Assessment: 20 Marks

Unit I Anxiety disorders

Generalized Anxiety disorders,
Etiology of generalized Anxiety disorders,
Treatment of generalized Anxiety disorders,
Simple phobias,
Etiology of phobias,
Treatment of phobias,
Panic disorder,
Etiology of Panic disorder,
Treatment of Panic disorder,
Obsessive – compulsive disorder (OCD),
A etiology of Obsessive – compulsive disorder,
Treatment of Obsessive – compulsive disorder,

Unit II Mood disorders

Major depression,
Etiology of Major depression,
Treatment of Major depression,
Suicide,
Etiology of Suicide,
Treatment of attempted suicide,
Seasonal affective disorder (SAD),
Etiology of Seasonal affective disorder,
Treatment of Seasonal affective disorder,
Bipolar disorder

Unit III Addictions

Drugs and drug dependence,
Excess alcohol consumption,
Etiology of excess alcohol consumption,
Interventions in excess alcohol consumption,
Pathological gambling ,
Etiology of Pathological gambling,
Treatment of Pathological gambling,

Recommended Books:

- Bennett.P (2010) *Abnormal and Clinical Psychology*, McGraw Hill Education
- Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, (13th ed) Pearson Education, India.
- Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.) New York: Wiley.

CCP104 - Introduction to Counseling

Credit -04

Total: 100 Marks

External Assessment: 80 Marks Internal Assessment: 20 Marks

(I) Objectives:

- The present paper introduces basics of counseling.
- It aims at acquainting students with skills of counselling.
- It also introduces the process of counseling.

UNIT-I

Counselling psychology: definition, nature and scope, Principles of counselling psychology, What is guidance? Basic principles of guidance, The counsellor and the therapist, Introduction, personal characteristics, personal counselling for the counsellor, Ethical values, multicultural skilled counsellor, problems and issues faced by the beginning counsellor.

UNIT-II

What do counselors do?

Counseling as a helping profession, the professional counselor, Counselor as a discipline, Traditional activities, Individual assessment, Individual Counseling, Group Guidance and Counseling, Career Assistance, Placement and follow up referral, Consultation, Research, evaluation and accountability, prevention Basic principles For schools, for community agencies, future directions of the profession,

UNIT-III

Counselling process: Counselling relationship, Counselling interview

Types of Counselling: Counsellor –oriented counselling; Counseele – oriented counselling; eclectic – Counselling equally oriented to both the counsellor and counseele.

UNIT-IV

Basic skills and concepts:

a) Attending: eye contact, attentive body language, distance, vocal tone, verbal tracking

b) Basic listening skills: active listening, client observation, verbal behaviour, encouraging, paraphrasing, summarizing, reflection of feelings, use of open end and closed questions.

UNIT-V

c) Self attending skills: self awareness, centering and relaxing, humor, non judgmental attitude towards self and others, genuineness, concreteness.

d) Advanced skills and concepts: self disclosure, confrontation, immediacy, action skills, termination skills.

Recommended Books:

- Gladding Samuel. T. (2011) *Counseling A comprehensive Profession.*(6th ed.) Pearson Publication.
- Gibson, R.L., Mitchell, M.H. (2005). *Introduction to counselling and guidance* (6th ed.). Delhi: Pearson education Pte.Ltd.
- Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology*. Bangalore: Prism books Pvt.Ltd