



Employability syllabus

11/3

New Revised syllabus

S-01 & 02 June, 2016 AC after Circulars from Circular No.100 & onwards . 24 -

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 IIInd 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.

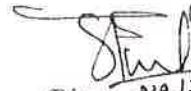
This is effective from the Academic Year 2016-17 & onwards as appended herewith under the Faculty of Social Sciences.

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 22/7/16
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.

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DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY

CIRCULAR NO.SU/ CERT.COUR. IN COUN.PSY./21/2016

It is hereby inform to all concerned that, on the recommendation of the Head, Department of Psychology, the Hon'ble Vice-Chancellor has accepted the curriculum of "Certificate Course in Counseling Psychology" [One Year Part Time] on No Grant Basis under the Faculty of Social Sciences 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.

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/CERT.C.IN COUNS PSY./
4554

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27/7/16
Director,

Board of College and
University Development.

Date:- 26-07-2016.

²⁸
Copy forwarded with compliments to :-

1] **The Head, Department of Psychology.**
Copy to :-

- 1] The Controller of Examinations,
- 2] **The Section Officer, [B.A. Unit],**
- 3] The Programmer [Computer Unit-1] Examinations,
- 4] The Programmer [Computer Unit-2] Examinations,
- 5] The In-Charge, E-Suvidha Kendra,
- 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.

Paper -I GUIDANCE AND COUNSELLING PSYCHOLOGY

New

Total: 100 Marks

Theory: 80 Marks

Internal Assessment: 20 Marks

Time Allowed: 3 hours

(I) Objectives:

1. The present paper introduces basics of counseling. 2. It aims at acquainting students with skills of counselling. 3. It also introduces the process of counseling.

UNIT-I

Counselling psychology: definition, nature and scope, counselling psychology's roots in vocational guidance, historical development and current status, Principles of counselling psychology

UNIT-II

What is guidance? Basic principles of guidance, Guidance movement in India

The counsellor and the therapist, Introduction, personal characteristics, personal counselling for the counsellor, values philosophy, multicultural skilled counsellor, problems and issues faced by the beginning counsellor.

UNIT-3

Counselling process: Counselling relationship, Counselling interview

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

UNIT-4

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-5

- 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:

1. Adler, R.B., Rosenfeld, L.B. and Proctor, R.F. (2007), Interplay : The Process of Interpersonal Communication, New York : Oxford.
2. Clarkson, P. (1998), Counselling Psychology, London : Routledge.
3. Douglass, R.G. and David, C. (2007), Counselling and Psychotherapy, New Delhi : Pearson Education.
4. Dryden, W. (1995), Key Issues for Counselling in Action, London : Sage Publications.
5. Gelso, C.J., Fretz, D.R. and Bruce, R. (1995), Counselling Psychology, New York : Prismo Har Court Brace.

Paper-III: APPLIED COUNSELLING

Total: 100 Marks

Theory: 80 Marks

Internal Assessment: 20 Marks

Time Allowed: 3 hours

(I) Objectives:

- The present paper introduces fundamental features, problems and therapeutic techniques for adolescent, marriage and family counselling.
- It also acquaints the students with various types and processes of group counselling.
- It aims at acquainting students with understanding and utilization of various rehabilitation and mental health counselling techniques.

UNIT-I

Counselling children and adolescent: emotionally disturbed, under achievers, slow learners, socially disadvantaged.

UNIT -2

Counselling marital, sexual and role related problems: premarital , marital counselling, identification of sex related problems, role conflict and counselling.

UNIT-3

Counselling for drug addicts, alcoholic and attempted suicides: identification of psychological problems and counselling.

UNIT-4

Counselling the physically and mentally handicapped: psychological and vocational evaluation and rehabilitation

Books recommended:

1. Nugent, Frank A.(1995): An Introduction to the profession of counselling ,Maxwell Macmillan Canada, Inc. Toronto.
2. Gibson, R.L. and Marianne, H.M.(2008):Introduction to counselling and Guidance,7th edition, Prentice Hall of India, New Delhi.
3. Narayan Rao S.:(1991) *A counselling psychology*: Tata McGraw Hill Book company, New Delhi.
4. Arulmani, G. Arulmani, S.N. (2004). *Career Counselling; A Handbook*. New Delhi: Tata McGraw Hill
5. Crow & Crow. (1962). *An Introduction to Guidance*. New Delhi: Eurasia Publishing House
6. McLean & Holan. (1955). *Counselling Psychology*. London: Tata McGraw Hill
7. Brian, B. (1982). *Vocational Adjustment of Disabled Persons*. Paper Text Ed. Pro. Ed.
8. Crites, J.O. (1981). *Career counselling – Models Methods and Materials*. N.Y.: McGraw Hill
9. De Board, R. (1981). *Career development for college students* (5th Ed.). Carrell Press

Paper I: Counselling In Action

Objectives: After completion of the course the counselor candidate able to:

1. Understand the nature and process of counseling
2. Acquire the listening and communication skill for counseling.
3. Understand the personal and professional aspects of counseling

| | |
|--|----------------|
| 1. Introduction to counseling | 25 Hrs. |
| 1.1 Importance of Counselling | |
| 1.2 History of counseling | |
| 1.3 Evaluation of definition of counseling | |
| 1.4 Goals of Counselling | |
| 1.5 Counselling setting | |
| 1.6 Professional and Ethics of counseling | |
| 1.7 Professional preparation | |
| i. Education and Training | |
| ii. License of counselor | |
| 2. Approaches to counseling | 20 Hrs. |
| 2.1 Directive approach | |
| 2.2 Prescriptive approach | |
| 2.3 Negotiative approach | |
| 2.4 Consultative approach | |
| 2.5 Non-directive approach | |
| 3. Counselling skills | 25 Hrs. |
| 3.1 verbal communication | |
| 3.2 Non verbal communication | |
| 3.3 Do's and Don'ts of listening | |
| 3.4 listening and communication skills | |
| i. Empathy | |
| ii. Unconditional positive regard | |
| iii. Genuineness | |
| iv. Reflecting | |
| v. Mirroring | |
| vi. Paraphrasing | |
| 4. Counseling Relationship | 25 Hrs. |
| 4.1 Building therapeutic relationship | |
| 4.2 initial interview | |
| 4.3 transference | |
| 4.4 counter-transference | |
| 5. Counseling Process | 25 Hrs. |
| 5.1 First Phase | |
| i. Rapport | |
| ii. Therapeutic contract | |
| iii. Assessment | |
| 5.2 Middle phase | |
| i. Emotional work | |
| ii. Plunging into process | |
| iii. Timing | |
| 5.3 The final phase | |
| i. Planning for termination | |

- ii. Repeating old themes
- iii. Feeling reaction to termination

Books for reading:

1. Gladding, S.T. (2009), Counseling: A Comprehensive Profession, Pearson
2. Gibson, R.L. & Mitchell, M.H. (2006), Introduction to Counselling and Guidance, Printice Hall of India Private Ltd., New Delhi.
3. Ivey, A. E. & Ivey, M. B. (2007), Intentional Interviewing and Counselling, Thomason: Brooks /Cple.
4. John McLeod (2003), An Introduction to Counselling, Rawat Publication, Jaipur India.
5. Moursund, Janet (...) The Process of counseling and therapy III edition
6. Nelson R. & Jones (2008), Basic Counselling Skills: A Helper's Manual. Sage Publication, India private Ltd. New Delhi.
7. Patri, V.R. (2001), Counselling psychology, Authers Press, Indian Institute of counseling New Delhi.
8. Welfel, E. R. and Patterson L.E. (2005), The counseling Process: A Multitheoretical integrative Approach' CENGAGE Learning India private Ltd. New Delhi.

Paper II: Assessment in psychological counseling

Objectives:

- i) To introduce the students various types of assessment techniques in counseling.
- ii) To enable to students to assess the psychological problems of the clients for counseling.
- iii) Understand the testing, assessment and diagnosis in counseling

| | |
|--|----------------|
| 1. Assessment of psychiatric disorder | 20 Hrs. |
| 1.1 History taking | |
| 1.2 Mental status examination | |
| 1.3 Behavioural analysis | |
| 1.4 Cognitive assessment | |
| 2. Psychological tests | 25 Hrs. |
| 2.1 Intelligence tests | |
| 2.2 Aptitude tests | |
| 2.3 Achievement tests | |
| 2.4 Personality tests | |
| 2.5 Interest inventories | |
| 3. Other techniques of assessment | 25 Hrs. |
| 3.1 Observation | |
| 3.2 Rating scales- | |
| 3.3 structural interview | |
| 3.4 DSM-IV-TR | |
| 3.5 ICD-10 | |
| 4. Assessment of Childhood problems | 25 Hrs. |
| 4.1 Mentally Retarded | |
| 4.2 Learning Disabled | |
| 4.3 Emotional Disturbed | |
| 4.4 Children with Autism | |
| 4.5 Children with A.D.H.D. | |
| 4.6 Slow learners | |
| 5. Clinical assessment tools | 25 Hrs. |
| 5.1 Beck depression inventory | |
| 5.2 Derogatis Psychiatric Rating Scale | |
| 5.3 Inventory of Suicide Orientation-30 | |
| 5.4 Neuropsychological battery | |
| 5.5 Projective Techniques | |

Books for reading:

- Anastasi, A. T. & Urbina, Susana (1997) '*Psychological testing*', 7th edition Indian reprint 2002, Pearson Education Inc.
- Brander, B D. & Hayes, T. (2010), '*Introduction to counseling*' (Spl. Ed.) Toronto/ Pearson.
- Jphn McLeod, (2003), '*An Introduction to counseling*' (third Ed)Rawat Publication Jaipur India.
- Whiston, S.C. (1999), '*Principles and application of assessment in counseling*', Wadsworth, Belmont, Brooks

Paper III: Counselling Modules and fields of counseling

Objectives: After Completion of the course the counselor candidate would be able to:-

1. Understand basic concepts of various therapies
2. Apply various counseling therapies to Indian context.

Part I

- | | |
|---------------------------------------|----------------|
| 1. Psychoanalytic psychotherapy | 15 Hrs. |
| 1.1 Freudian | |
| 1.2 Neo-Freudian | |
| 2. Person-Centered therapy | 15 Hrs. |
| 3. Transactional analysis | 15 Hrs. |
| 4. Cognitive -Behaviour therapy | 15 Hrs. |
| 4.1 Progressive muscular relaxation | |
| 4.2 Mental Relaxation | |
| 4.3 Systematic desensitization | |
| 4.4 Assertiveness training | |
| 4.5 Rational Emotive behavior therapy | |
| 4.6 Beck's cognitive therapy | |

Part: II

- | | |
|--|----------------|
| 1. Marital and Family counseling | 15 Hrs. |
| 1.1 Marriage counseling | |
| 1.2 Marriage and couple counseling | |
| 1.3 Inter-spouse Relationship and Adjustment | |
| 1.4 Adjustment with Spouse, Sexual Adjustment, economical adjustment, in-law adjustment, adjustment with parenting | |
| 1.5 Process of Family Counselling | |
| 1.6 Family and Systemic therapy | |
| 2. Career counseling | 15 Hrs. |
| 2.1 Importance of career counseling | |
| 2.2 Career information | |
| 2.3 Career Development Theories | |
| 2.4 Trait and factor theory | |
| 2.5 Development theories | |
| 2.6 Social cognitive career theory | |
| 3. Counselling for specific problems. | 15 Hrs. |
| 3.1 HIV/AIDS counseling and pre test-post test counseling | |
| 3.2 Suicide and Deliberate self-harm | |
| 3.3 Alcohol problems | |
| 3.4 Anger control | |
| 3.5 Bereavement /Grief | |
| 3.6 Crisis intervention | |
| 4. Counseling for clinical problems | 15 Hrs. |
| 4.1 Anxiety and Panic | |
| 4.2 Stress related problems | |

- 4.3 Depression
- 4.4 Obsessive-Compulsive Disorder
- 4.5 Phobias
- 4.6 Psychosomatic disorders
- 4.7 Sexual dysfunction

Books for Reading:

1. Hoffman, *counseling Client with HIV Disease: Assessment, intervention and prevention.*
2. Kottler, J. A. & Shepard D. S. (2008), '*Counseling: theories and Practice*', Cengage Learning India Private Limited Patparganj New Delhi.
3. Malvika Kapur (2011), '*Counseling children with Psychological problems*', Dorling Kindersley (India) Pvt. Ltd. Pearson. Delhi.
4. Meichenbaum, D. (1977) '*Cognitive –Behaviour modification: an integrative approach*', New York ; Plenum Press.
5. Nichols, P. M. & Schwartz C. R. (2006), '*Family therapy –concept and methods*' 7th edition Allyn and Bacon, Boston, Pearson educational Inc Press, Inc
6. Rimm, D.C.&Master, J.C. (1987), '*Behaviour therapy: Techniques and Empirical findings*'. New York: Harcourt, Brace, Jovanich.
7. Stewart, I. (2000), '*Transactional analysis counseling in action*'. London: Sage.
8. Udupa, K. L. (1985) , '*Stress and its management by Yoga*' Delhi : Martilan Banarasa Das.
9. Verma, L. (1990) '*The management of children with emotional and behavioural difficulties*', London: Routledge.
10. Worden, J. (---) '*Grief Counseling and grief therapy*' Amazon co. UK

Revised

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|--|---|-----------------------------------|
| CORE COURSE- PCC-408 | | Credits: 04 |
| Course Title - COUNSELING PROCESS | | THIRD SEMESTER. |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| 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 | |
| I | Trends in Counseling Definition of Counseling: Guidance, Psychotherapy, Counseling The Personality and Background of the Counselor ,Negative Motivators for Becoming a Counselor, Personal Quality of an Effective Counselor, Maintaining Effectiveness as a Counselor. Professional Aspects of Counseling :Levels of Helping, Professional Helping Specialties, The Education of Professional counselor. | 15 |
| II | Building Counseling Relationships Factors that Influence the Counseling Process: Seriousness of the Presenting Problem, Structure, Initiative, The Physical Setting, Client Qualities, Counselor Qualities. Types of Initial Interviews :Client-Versus Counselor-Initiated Interviews, Information-Oriented First Interview, Relationship-Oriented First Interview ,Conducting the Initial Interview Empathy, Verbal and Nonverbal Behavior, Non helpful Interview | 15 |
| III | Working in a Counseling Relationship Counselor Skills in the Understanding and Action Phases Changing Perceptions, Leading Multi focused, Responding, Accurate Empathy, Self-Disclosure, Immediacy, Humor, Confrontation, Contracting, Rehearsal, Transference and Counter transference ,Transference, Counter transference, The Real Relationship | 15 |
| IV | Termination of Counseling Relationships Function of Termination ,Timing of Termination ,Issues of Termination ,Termination of Individual Sessions, Termination of a Counseling Relationship , Resistance to Termination , Client Resistance, Counselor Resistance ,Premature Termination ,Counselor-Initiated Termination ,Ending on a Positive Note ,Issues Related to Termination: Follow-Up and Referral ,Follow-Up Referral and Recycling | 15 |

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. Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology.* Bangalore: Prism books Pvt.Ltd
4. Gregory, R.J. (2005). *Psychological Testing* (4th ed.). Delhi: Pearson education Pte.Ltd.
5. Rao, S.N. (2006). *Couselling and guidance* (2nd ed). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.

6. Patterson, L.E., Welfel, E.R. (2000). *The counselling process* (5th ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson R. Jones (2000). *Introduction to counselling skills, text and activities*. London: Sage Publication.
8. Cohen, R.J., Swerdlik, M.E. (2005). *Psychological testing and assessment* (6th ed.). Delhi: Tata McGraw-Hill.
9. Dalai Lama, His Holiness the & Cutler, S.C. (1998). *The art of happiness: The handbook for living*. Sidney: Hodder

| CORE COURSE- PCC-410 | | Credits: 04 |
|---|---|-----------------------------------|
| Course Title - Counseling Specialties | | FOURTH SEMESTER. |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| Course Objective: To acquaint the students with:1. Psychotherapy as a form of treatment of mental illness,2. Different psychotherapies | | |
| Units | Course Content | Periods |
| I | Career Counseling over the Life Span The Importance of career counseling, Career counseling associations and credentials, The scope of career counseling and careers, Career information ,Career development theories and counseling ,Trait and factor theory, Development theories, Social cognitive career theory 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 |
| II | Marriage, Couple, and Family Counseling The changing forms of family life ,The beginnings of marriage, couple, and family counseling, Trends, family therapy pioneers and contemporary leaders , Associations, education and research Associations, education, research. Family life the family life cycle ,Marriage/family counseling versus individual/group counseling ,Overview of marriage, couple and family counseling ,Marriage and couple counseling, family counseling The process of marriage, couple, and family counseling, Precession planning, initial session, the middle phase marriage, couple and family counseling, Termination | 15 |
| III | Professional School Counseling The ASCA National model : School counselors at various levels Elementary school counseling and guidance :Emphases and roles activities Middle school counseling and guidance :Emphases and roles activities | 15 |
| IV | College Counseling and Students-Life Services The beginning of Students-Life Services and College Counseling The theoretical bases and professional preparation for working with college students , Theoretical bases, professional preparation. College Counseling, Emphases and roles, activities ,Students-Life professional, Emphases and roles, activities .Counseling and Students-Life Services with nontraditional students .Older students, part time – students, first-generation students, minority culture students, student athletes | 15 |

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. Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology*. Bangalore: Prism books Pvt.Ltd
4. Gregory, R.J. (2005). *Psychological Testing* (4th ed.). Delhi: Pearson education Pte.Ltd.

5. Rao, S.N. (2006). *Couselling and guidance* (2nd cd). New Delhi: Tata McGraw-Hill Publishing Co. Ltd.
6. Patterson, L.E., Welfel, E.R. (2000). *The counselling process* (5th ed.). Belmont: Wodsworth/Thomson Learning.
7. Nelson R. Jones (2000). *Introduction to counselling skills, text and activities*. London: Sage Publication.

| Elective course – PEC-A2 | | Credits-04 |
|--|---|----------------------------|
| Course Title – Psycho-diagnostics | | Third Semester |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| Course Objective : To acquaint students with various psychological tests for assessment and diagnostic purposes | | |
| Unit | Course Content | Periods |
| I | Testing – Concept – Purposes – Types – interest inventories and Aptitude Testing – Purposes– Techniques of measuring- Aptitude Scales | 10+2 |
| II | Clinical Scales for anxiety, depression and psychopathology | 10+2 |
| III | Objective Tests of Personality: MMPI, 16PF, EPQ, MCMI Projective techniques; Rorschach, TAT, CAT, DAPT, SCT, | 10+2 |
| IV | Neuropsychological batteries of AIMMS, NIMHANS, PGI. Psychological testing for learning disability. | 10+2 |
| V | Clinical Report Writing Clinical Report | 10+2 |

Books Recommended

- Groth-Marnat, G. (2003). *Handbook Of Psychological Assessment (4th ed.)*. New Jersey: John Wiley & Sons
- Anastasi, A., Urbina, S. (2004). *Psychological Testing (7th Ed.)*. India: Pearson Education Pvt. Ltd. (Indian Branch)
- Graham, J. R., Naglieri, J.A. (Eds.), (2003). *Handbook of Psychology; vol. 10 Assessment Psychology*. New Jersey: John Wiley
- Urbania, S. (2004). *Essentials of Psychological Testing*. New Jersey: John Wiley & Sons
- Freeman. *Theory and Practice of Psychological Testing*
- Korchin, S. J. (1976). *Modern Clinical Psychology: Principles of Intervention in the Clinic and Community*. New York: Basic Books.
- Weiner, B. (1983) : *Clinical Methods in Psychology*, N.Y. John - Wiley and sons
- Lezak, M.D. (1995) : *Neuropsychological Assessment* N. Y. Oxford University, Press.
- Manuals of the Psychological Tests mentioned in curriculum

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|---|---|-----------------------------------|
| Course Code – PEC-A5 | | Credits-04 |
| Course Title – Psychotherapies | | Fourth Semester |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| Course Objective : To acquaint the students with 1. Various Psychotherapies and its basic procedure.2. Effectiveness of specific psychotherapy in solution of particular problem.3. Different psychotherapeutic skills. | | |
| Unit | Course Content | Periods |
| I | INTRODUCTION TO PSYCHOTHERAPIES Nature and Definition of Psychotherapies Psychotherapeutic Basic Skills Psychoanalytic Therapies: Classical & Modern Transactional Analysis | 10+2 |
| II | BEHAVIOR THERAPY Basic assumptions & various forms of behavior therapies Systematic Desensitization & Flooding, Implosive Therapy, Aversive Therapy Bio-Feedback Technique Assertiveness Training | 10+2 |
| III | COGNITIVE THERAPY REBT, Mind-fullness & REBT Beck's Cognitive Therapy | 10+2 |
| IV | RHUMANISTIC AND EXISTENTIAL THERAPIES Roger's Client Centered Therapy Gestalt Therapy Logo Therapy & Reality Therapy | 10+2 |
| V | EASTERN THERAPIES Vipashyana & Zen Buddhisum, Yoga Therapy | 10+2 |

BOOKS FOR READING:

1. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4thEdn. Pearson Education: India.
2. Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA
3. Prochaska, J.O., & Norcross, J.C. (2007). Systems of psychotherapy: a transtheoretical analysis. 6th Edn. Thomson Brooks/Cole: Belmont, CA : USA.
4. Corsini, R.J. & Wedding, D. (Eds.) (1995). Current psychotherapies. Itasca, Ill.: F.E. Peacock.
5. Gelso, C. J. & Fretz, B.R. (1995). Counselling psychology Bangalore: Prism books.
6. Woolfe, R. & Dryden, W. (Eds.) (1996). Handbook of counseling psychology. New Delhi: Sage.
7. Stewart, I. (2000). Transactional analysis counseling in action. London: Sage.
8. Beck, A.T. (1976). Cognitive therapy and behavior disorders.
9. Rimm, D.C. & Masters, J.C. (1987). Behavior therapy: Techniques and empirical findings. New York: Harcourt, Brace, Jovanich.
10. Watts, A. W. (1973). Psychotherapy: East and West. London: Penguin books.
11. Rama,S. &Ballentine, R. &Ajaya, S.(1976). Yoga and psychotherapy. Hinsdale, PA: Himalayan International Inst.
12. Ajay, S.(1989). Psychotherapy: East and West. Hinsdale, Penn.: Himalayan International Inst.
13. Ellis, A. & Harper, A. (1975). A new guide to rational living. Englewood.
14. Cliffs, N.J.: Prentice-Hall.

15. Verma, L. (1990). The management of children with emotional and behavioral difficulties. London: Routledge.
16. Veereshwar, P. (2002). Indian systems of psychotherapy. Delhi: Kalpaz publications
18. Nelson R ., Jones (2009) Theory and Practice of Counselling and Therapy (4th Ed) Sage Publication.

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|--|--|-----------------------------------|
| Course Code – PEC-B2 | | Credits-04 |
| Course Title – Psychology of Exceptional Children | | Third Semester |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| Course Objective : | | |
| Unit | Course Content | Periods |
| I | Exceptional Children: Definition, Categorization, Impairment, Disability & Handicap (Meaning), Prevention | 18 |
| II | Children with Sensory and Motor Disabilities: Visual and Hearing Impairments, Degrees of Impairment, Developmental Characteristics; Educational and Vocational Implications: Orthopedically Handicapped | 20 |
| III | Children with Speech, Cognitive and learning Differences: Mental Retardation: Types, Causes, Objectives of Education Gifted Children: Characteristics, Identification, Educational Intervention. Speech Defectives: Types, Causes and Intervention. Learning Disorders: Reading Disorders, Writing Disorders & Arithmetic Disorders | 22 |

Readings:

- 1 Dennis and Dennis (1976) The Intellectually Gifted, Academic Press, Inc.
- 2 Kirk S. (1970) Educating the Exceptional Child, Oxford and J B H Publishing, Co.
3. Klykylo, W. M. and Jerald, K. (2005) Clinical Child Psychology. John Wiley and Sons.
4. Mash, E. J. (2002) Abnormal Child Psychology, Wadsworth Thomson Learning, Australia.
5. Rothstein, J. H. (1971) Mental Reardation, Readings and Resources, 2nd Edition, Holt, Rinehart & Winston, Ind.
6. Swanson, L. H. and Watson, B. L. (1982) Educational and Psychological Assessment of Exceptional Children, Theories, Strategies and Application, The C. V. Mosby Company, London.

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|---|---|-----------------------------------|
| Course Code – PEC-B5 | | Credits-04 |
| Course Title – Developmental Psychopathology | | Fourth Semester |
| Maximum Marks- 100 | | Internal – 50 External- 50 |
| Course Objective : | | |
| Unit | Course Content | Periods |
| I | Introduction: Developmental Psychopathology in India. Concept, classification & Assessment | 18 |
| II | Internalizing Disorders: Anxiety Disorders; Childhood depression conversion reaction; Obsessive compulsive behaviour (Causes & intervention) | 20 |
| III | Externalizing Disorders: Conduct disorders; Attention deficit hyperactivity disorders (Causes & Intervention) | 22 |

Readings:

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