

CENTRAL UNIVERSITY OF HARYANA

Master of Arts in Psychology (comprehensive structure)

Core Course (CC)

(Exclusive for Psychology Students)

S.No.	Course code	Course title	L	T	P	Credit
1.	SAHS PSY 1 1 01 C 4004	Advanced General Psychology	4	0	0	4
2.	SAHS PSY 1 1 02 C 4004	Physiological Psychology	4	0	0	4
3.	SAHS PSY 1 1 03 C 4004	Research Methodology & Statistics	4	0	0	4
4.	SAHS PSY 1 1 04 C 00104	Practical-I (Tests, Experiments & Data Collection)	0	0	10	4
5.	SAHS PSY 1 2 05 C 4004	Cognitive Psychology	4	0	0	4
6.	SAHS PSY 1 2 06 C 4004	Advanced Research Methods	4	0	0	4
7.	SAHS PSY 1 2 07 C 4004	Advanced Statistics	4	0	0	4
8.	SAHS PSY 1 2 08 C 00104	Practical-II (Tests, Experiments & Data Collection)	0	0	10	4
9.	SAHS PSY 1 3 09 C 4004	Psychopathology-I	4	0	0	4
10.	SAHS PSY 1 3 10 C 4004	Psycho-Diagnostics	4	0	0	4
11.	SAHS PSY 1 3 11 C 00104	Practical-III (Inventories & Diagnosis)	0	0	10	4
12.	SAHS PSY 1 4 12 C 4004	Psychopathology-II	4	0	0	4
13.	SAHS PSY 1 4 13 C 4004	Psychotherapies	4	0	0	4
14.	SAHS PSY 1 4 14 C 4004	Indian Psychology	4	0	0	4
15.	SAHS PSY 1 4 15 C 001212	Dissertation	0	0	12	12

Generic Elective Course (GEC)

(offered to other departments)

S.No.	Course code	Course title	L	T	P	Credit
1.	SAHS PSY 1 1 01 GE 4004	Advanced General Psychology	4	0	0	4
2.	SAHS PSY 1 1 02 GE 4004	Historical Foundation of Psychology	4	0	0	4
3.	SAHS PSY 1 2 03 GE4004	Test & Scale Development	0	2	0	2
4.	SAHS PSY 1 3	Personality	4	0	0	4

	04 GE 4004					
5.	SAHS PSY 1 3 05 GE 4004	Stress & Health	4	0	0	4
6.	SAHS PSY 1 3 06 GE 4004	Psychological Testing	4	0	0	4

Discipline Centric Elective Courses (DCEC)
(offered to the students of Psychology and other departments)

S.No.	Course code	Course title	L	T	P	Credit
1.	SAHS PSY 1 2 01 DCEC 4004	Neuropsychology	4	0	0	4
2.	SAHS PSY 1 2 02 DCEC 4004	Health Psychology	4	0	0	4
3.	SAHS PSY 1 2 03 DCEC 4004	Cross Cultural Psychology	4	0	0	4
4.	SAHS PSY 1 2 04 DCEC 4004	Advanced Social Psychology	4	0	0	4
5.	SAHS PSY 1 3 05 DCEC 4004	Seminar Paper (compulsory)	0	2	0	2
6.	SAHS PSY 1 3 06 DCEC 4004	Counselling Processes	4	0	0	4
7.	SAHS PSY 1 3 07 DCEC 4004	Counselling Skills	4	0	0	4
8.	SAHS PSY 1 3 08 DCEC 4004	Guidance & Career Counselling	4	0	0	4
9.	SAHS PSY 1 3 09 DCEC 4004	Areas of Counselling	4	0	0	4
10.	SAHS PSY 1 3 10 DCEC 4004	Organizational Behaviour	4	0	0	4
11.	SAHS PSY 1 3 11 DCEC 4004	Organizational Development	4	0	0	4

Skill Enhancement Elective Course (SEEC)
(Exclusively for Psychology students)

S.No.	Course code	Course title	L	T	P	Credit
1.	SAHS PSY 1401 SEEC 0200	Communication Skills	0	2	0	2
2.	SAHS PSY 1402 SEEC 0200	Personality Development	0	2	0	2
3.	SAHS PSY 1403 SEEC 0200	Research Writing Skills	0	2	0	2
4.	SAHS PSY 1404 SEEC 0200	Essential Skills of a Psychologist	0	2	0	2

CENTRAL UNIVERSITY OF HARYANA

Master of Arts in Psychology (Semester-wise structure)

Under the supervision and direction of Honorable Vice-Chancellor and headship of Dr. Sarika Sharma, the syllabus of M.A. Psychology is discussed and finalized as per CBCS guidelines. The following members prepared the syllabus.

1. Dr. Jitendra Kumar K.
2. Mr. Pranav Kumar

Semester-I

S.No.	Course code	Course title	L	T	P	Credit
1.	SAHS PSY 1 1 01 C 4004	Advanced General Psychology	4	0	0	4
2.	SAHS PSY 1 1 02 C 4004	Physiological Psychology	4	0	0	4
3.	SAHS PSY 1 1 03 C 4004	Research Methodology & Statistics	4	0	0	4
4.	SAHS PSY 1 1 04 C 00104	Practical-I (Tests, Experiments & Data Collection)	0	0	10	4
5.		<i>To be taken from other department</i>	4	0	0	4

Semester-II

1.	SAHS PSY 1 2 05 C 4004	Cognitive Psychology	4	0	0	4
2.	SAHS PSY 1 2 06 C 4004	Advanced Research Methods	4	0	0	4
3.	SAHS PSY 1 2 07 C 4004	Advanced Statistics	4	0	0	4
4.	SAHS PSY 1 2 08 C 00104	Practical-II (Tests, Experiments & Data Collection)	0	0	10	4
5.	SAHS PSY 1 2 03 GE4004	Test & Scale Development (compulsory)	0	2	0	2
6.	SAHS PSY 1 2 DCEC -----	<i>Any one of the following four courses</i>	4	0	0	4
	SAHS PSY 1 2 01 DCEC 4004	Neuropsychology				
	SAHS PSY 1 2 02 DCEC 4004	Health Psychology				
	SAHS PSY 1 2 03 DCEC 4004	Cross Cultural Psychology				
	SAHS PSY 1 2 04 DCEC 4004	Advanced Social Psychology				

Semester-III

1.	SAHS PSY 1 3 09 C 4004	Psychopathology-I	4	0	0	4
2.	SAHS PSY 1 3 10 C 4004	Psycho-Diagnostics	4	0	0	4
3.	SAHS PSY 1 3 11 C 00104	Practical-III (Inventories & Diagnosis)	0	0	10	4
4.	SAHS PSY 1 3 05 DCEC 4004	Seminar Paper (compulsory)	0	2	0	2
5.		<i>To be taken from other department</i>	4	0	0	4
6.		<i>Any one of the following six courses</i>	4	0	0	4
	SAHS PSY 1 3 06 DCEC 4004	Counselling Processes				
	SAHS PSY 1 3 07 DCEC 4004	Counselling Skills				
	SAHS PSY 1 3 08 DCEC 4004	Guidance & Career Counselling				
	SAHS PSY 1 3 09 DCEC 4004	Areas of Counselling				
	SAHS PSY 1 3 10 DCEC 4004	Organizational Behaviour				
	SAHS PSY 1 3 11 DCEC 4004	Organizational Development				

Semester-IV

S.No.	Course code	Course title	L	T	D	Credit
1.	SAHS PSY 1 4 12 C 4004	Psychopathology-II	4	0	0	4
2.	SAHS PSY 1 4 13 C 4004	Psychotherapies	4	0	0	4
3.	SAHS PSY 1 4 14 C 4004	Indian Psychology	4	0	0	4
4.	SAHS PSY 1 4 15 C 001212	Dissertation	0	0	12	12
Skill Enhancement Elective Course (exclusively for Psychology students)						
5.	SAHS PSY 1401 SEEC 0200	Communication Skills	0	2	0	0
6.	SAHS PSY 1402 SEEC 0200	Personality Development	0	2	0	0
7.	SAHS PSY 1403 SEEC 0200	Research Writing Skills	0	2	0	0
8.	SAHS PSY 1404 SEEC 0200	Essential Skills of a Psychologist	0	2	0	0

List of Generic Elective Course (GEC) offered by the department to students of other departments

S.No.	Course code	Course title	L	T	P	Credit
<i>Offered in Semester I</i>						
1.	SAHS PSY 1 1 01 GE 4004	Advanced General Psychology	4	0	0	4
2.	SAHS PSY 1 1 02 GE 4004	Historical Foundation of Psychology	4	0	0	4
<i>Offered in Semester III</i>						
3.	SAHS PSY 1 3 04 GE 4004	Personality	4	0	0	4
4.	SAHS PSY 1 3 05 GE 4004	Stress & Health	4	0	0	4
5.	SAHS PSY 1 3 06 GE 4004	Psychological Testing	4	0	0	4

Dr. Jitendra Kumar K.

Mr. Pranav Kumar

Dr. Sarika Sharma (offg. HoD)

SEMSESTER-I

CORE COURSE-I
ADVANCED GENERAL PSYCHOLOGY
COURSE CODE-SAHS PSY 1101 C 4004

UNIT-I: Introduction

Basic concepts: Definition of Psychology. Schools of Psychology: Behaviorist, Gestalt, Psychoanalysis, Humanistic. Scientific methods in Psychology. Application of Psychology: Psychology in Industry, community, family, education, health, self-development, Human relations.

UNIT-II: Biological basis of behavior

Hereditary and environment, Experimental studies, Growth and maturation. Physiological basis of behavior: The brain and nervous system, sensory process. Some general characteristic of senses: Five senses. Perception: Organization, Perceptual process.

UNIT-III: Motivation and Emotion

Motivation: Physiological basis of motivation, Contemporary status of motivational concepts, Theories of motivation, Motivational factors in aggression. Emotion: Emotional expression, Theories of emotions.

UNIT-IV: Intelligence and Personality

Intelligence: Theories of intelligence, Measuring Intelligence, Kinds of intelligence tests. Ability: Formation of aptitude and attitude, Aptitude tests, Creativity and its tests. Personality: Definition of Personality, Theories of Personality, Assessment of Personality.

REFERENCES:

1. Baron. A. Robert (2002). Psychology (5th Edition), Pearson Education. New Delhi.
2. Clifford T. Morgan, Richard King, John R. Weis and John Schopler (1993). Introduction to Psychology (7th Edition). Tata McGraw Hill Book Co. New Delhi.
3. Ernest R. Hillgard, Richard C. Atkinson, Rita L. Atkinson (1975). Introduction to Psychology (6th Edition), Oxford IBH publishing Co. Pvt. Ltd. New Delhi.
4. Gazzaniga, M. Heatherton, T. Halpern, D. & Heine Steve (2012): Psychological Science. WW Norton & Company. Inc. New York.

CORE COURSE-II
PHYSIOLOGICAL PSYCHOLOGY
COURSE CODE- SAHS PSY 1102 C 4004

UNIT-I: Introduction

The origins of biopsychology, Nature of biological psychology, Mind Brain relationship. Methods of study of research in biopsychology: anatomical methods, degeneration techniques, lesion techniques, chemical methods, stereotaxic surgery, micro-electrode studies, oscilloscope, polygraph. Scanning methods – EEG, MRI, PET, EMG. Ethical issues in research.

UNIT-II: Neurons and Neural Conduction

Structure of neurons, types, functions, neural conduction, communication between neurons, Synaptic conduction, Neurotransmitters

UNIT-III: The Structure and Functioning of the Nervous System

Basic features of nervous system, Meninges, Ventricular system, Cerebrospinal fluid, Blood brain barrier, Peripheral nervous system: Cranial Nerves, Spinal Nerves, Autonomous nervous system; Major structures and functions, spinal cord, Brain: Fore brain, Mid brain, Hind brain, Cerebral cortex, frontal, temporal, parietal and occipital lobes; prefrontal cortex.

UNIT-IV: Sensory and Motor Nervous Systems

Neural basis of vision – Anatomy of the Visual System, Analysis of visual information: Audition – Auditory nervous system, auditory coding.

The chemical senses; coding of smell and taste. Cutaneous senses. Proprioception. Labyrinthine senses. The neural aspects of muscle movement.

REFERENCES:

1. Blackmore, S. (2003). *Consciousness: An introduction*. Hodder & Stoughton. London.
2. Carlson, N.R. (1999). *Foundations of physiological psychology* (4th. Ed.). Allyn & Bacon. Boston.
3. Carlson, N.R. (2004). *Physiology of behaviour* (8th.ed.). Allyn & Bacon. Boston.
4. Kalat, J.W. (2004). *Biological psychology* (8th.ed.). Wadsworth/Thomson learning. Belmont.

5. Kandel, E.R. Schwartz, J.H. & Jessel, T.M. (2000). Principles of neural science (4th ed.). McGraw-Hill. New York.
6. Leukel, F. (1985). Introduction to physiological psychology (3rd. ed.). CPS Publishers. New Delhi.
7. Pinel, J.P.J. (2000). Biopsychology (4th. ed.). Allyn & Bacon. Boston.
8. Rosenweig, M.R., Leiman, A.L. & Breedlove, S.M. (1999). Biological psychology: An introduction to behavioral, cognitive, clinical neuroscience. (2nd Ed.). Sinauer Associates, Inc. USA.
9. Schneider M Alles (1990). An introduction to Physiological Psychology (3rd Edition). Random. USA.
10. Kolb, B. & Whishaw I. (2009): Fundamentals of Human Neuropsychology. Worth Publishers. New York.

CORE COURSE-III
RESEARCH METHOD AND STATISTICS
COURSE CODE- SAHS PSY 1103 C 4004

UNIT-I: Research Design

Meaning and needs for research design: concepts relating to research design, Different Research Designs. Research problem: Criteria for selecting the problem, defining the research problem, Variables and its types. Hypotheses: Types of Hypotheses, Testing of Hypotheses and their limitations. Sampling design: Steps in sampling design, Characteristics of good sampling design, Sampling techniques: Sample size and its determination, the approach based on Precision rate, Confidence level and on Bayesian statistics.

UNIT-II: Research Methods

Survey: Experimental, Exploratory. Case study: Cross sectional and longitudinal methods. Selection of Tools: Criteria for selection of tools, Different types of tools: Observation, interview, questionnaire, check list, inventories, rating scale, attitude scale. Ethical standards of psychological research: planning, conduction and reporting research. Scientific writing with reference to APA guidelines.

Unit-III: Descriptive Statistics and Correlation

Overview of measures of Central tendency, variability, curves and graphs Percentiles, percentile ranks and standard scores. Probability: Concept, definition, and approaches. Characteristics of normal distribution curve. Applications of normal distribution curve. Concept and meaning of correlation. Pearson's Product-Moment Correlation. Point – Biserial Correlation and Phi-coefficient. Partial Correlation.

Unit-IV: Inferential Statistics & Non-Parametric Statistics

Inferences: Standard error of mean. Significance of difference for means. Assumptions of Analysis of Variance, and One-way ANOVA- Independent. Two-way ANOVA – Independent. Difference between Parametric and Non-parametric statistics. Chi Square tests. Non-parametric tests for correlated data: Rank Difference Correlation, Sign Test, Wilcoxon Signed Rank test. **An introduction to SPSS software.**

REFERENCES:

1. Bhattacharya, D. K. (2003). Research Methodology. Excel Books. New Delhi.

2. Black, T.R. (1999). *Doing quantitative research in the social sciences: An integrated approach to research design, measurement and statistics*. Sage Pub. London.
3. Broota, K.D. (1989). *Experimental design in behavioural research*. Wiley Eastern. New Delhi.
4. Edwards, A.L. (1985). *Experimental designs in psychological research*. Harper & Row. New York.
5. Fergusson, G. A. (1976). *Statistical analysis in psychology and education*. McGraw-Hill. New York.
6. Foster, J.J. (2001). *Data analysis: Using SPSS for windows*. Sage Pub. London.
7. Glass, G. V. & Stanley, J. C. (1970). *Statistical methods in education and psychology*. Prentice-Hall. New York.
8. Goode, W.J. & Hatt, P.K. (1981). *Methods in social research*. McGraw-Hill. New Delhi.
9. Guilford J. P. and Fruchter B. (1985). *Fundamental Statistics in Psychology and Education (6th Ed.)* McGraw – Hill. New York.
10. Hair, J.F., Anderson, R. E., Tatham, R.L., & Black, W.C. (2003). *Multivariate data analysis (5th Ed.)*. Pearson Education, Inc. New Delhi.
11. Howell D.C. (1997). *Statistical Methods for Psychology (4th Ed.)*. Duxbury. Pacific Grove, CA.
12. Howitt, D. and Crammer, D. (2005). *Introduction to Research Methods in Psychology*. Pearson Education. New Delhi.
13. Kerlinger F.N. (1994). *Foundations of behavioral research (3rd Ed.)*. Holt, Rinehart and Winston. New York.
14. Kothari, C. R. (1985). *Research methodology: Methods and techniques*. Wiley Eastern Ltd. New Delhi.
15. Levin, J. & Fox, J. A. (2006). *Elementary statistics in social research*. Pearson Education. New Delhi.
16. Locke, L.F., Sliverman, S.J. & Spirduso, W.W. (2004). *Reading and understanding research (2nd Ed.)*. Thousand Oaks: Sage Publications. California.
17. Lomax, R. G. (1998). *Statistical concepts: A second course for education and behavioral sciences*. Lawrence Erlbaum Asso. Inc. New Jersey.
18. Mangal, S. K. (2006). *Statistics in psychology and education*. Prentice-Hall. New Delhi.
19. Mason E.J. and Bramble W.J. (1989). *Understanding and conducting research: Applications in education and behavioral sciences (2nd Ed.)*. McGraw-Hill. Boston, MA.
20. Minium E.W., King B. M., Bear G. (1995). *Statistical Reasoning in Psychology and Education*. John Wiley & Sons. New York.
21. Neuman W. Lawraence (2007) *Social Research Methods*, Pearson Education. New Delhi.
22. Nunnally, J.C., & Bernstein, I.H. (1994). *Psychometric theory (3rd Ed.)*. McGraw-Hill. New York.
23. Richards Lyn and Morcse Janice M. (2013) *Readme first for a user's guide to Qualitative methods. (3rd Ed.)*. Sage Publication. Thousand Oaks.
24. Rosnow, R.L. & Rosenthal, R. (1999). *Beginning behavioral research: A conceptual primer (3rd Ed.)*. Prentice-Hall. Upper Saddle River NJ
25. Singh A.K. (2006). (5th Ed.). *Tests, Measurement and Research Methods in Behavioural Sciences*. Bharati Bhavan. Patna.
26. Smith, R.A., & Davis, S.F. (1997). *The psychologist as detective: An introduction to conducting research in psychology*. Prentice-Hall. Upper Saddle River, New Jersey.
27. Tabachnick B.G. and Fidell L.J. (2001). *Using Multivariable statistics (4th Ed.)* Harper and Rowe. New York.
28. Zechmeister J.S., Zechmeister E.B. & Shaughnessy J.J. (2001). *Essentials of research methods in psychology*. McGraw-Hill. New York, NY.

CORE COURSE-IV

PRACTICAL- I: Test, Experiment and Data Collection

COURSE CODE – SAHS PSY 1104 C 00104

OBJECTIVES:

To acquaint the students with:

1. The administration of psychological tests, interpretation of scores and report writing.
2. The evaluation procedures and evaluation of psychological tests.
3. Certain skills of psychology on the basis of psychological test results.

Test & Experiments (Any Five)

1. Zeigarnik Effect
2. Effect of Anxiety on Performance
3. Emotion (test and experiment)
4. Goal Setting
5. Level of Aspiration- Steadiness Tester or Tower Building Blocks
6. Projective test: Verbal
7. Projective test: Pictorial
8. Interest inventory
9. Adjustment inventory 6. Attitude / Values
10. Intelligence tests: Verbal Test and Performance Test
11. Signal detectability.

Techniques of Data Collection (Any Five)

1. Planning of correlational study
2. Q sort methodology
3. Item Analysis
4. Survey
5. Interview
6. Factorial design
7. Content Analysis

8. 't' Testing
9. Multiple Comparison of means
10. Techniques of sampling

ELECTIVE COURSE

To be taken from other department

SEMESTER-II

CORE COURSE-I
COGNITIVE PSYCHOLOGY
COURSE CODE – SAHS PSY 1205 C 4004

UNIT-I: Perception

Principles of perceptual organization: figure and ground, Isomorphism, grouping, closure, proximity, similarity, contrast, pregnanz. Perceptual processes: Pattern, Recognition, depth perception, color, movement, illusions. Perceptual constancies: color, shape, size. Plasticity of perception: Innate or learned? Attention and reaction time. Extra sensory perception

UNIT-II: Learning

Work of Ebbinghaus, Pavlov, Hull, Tolman and Skinner. Verbal learning: Meaningfulness of material distribution of practice, whole vs. part method, active recitation and transfer of training

UNIT-III: Memory and Forgetting

Models of memory –structural and levels of processing models: Working memory Tulving’s Episodic, Autobiographical and procedural models: McClelland PDP approach. Memory Processes (Encoding, Retrieval and Organization): Sensory memory, Iconic and Echoic memories; STM, LTM, Flashback memories. Retroactive and Proactive Inhibition. Memory strategies and Metacognition. Mental Imagery and Cognitive Maps.

UNIT-IV: Thinking and Language

Concept formation, Problem-solving approaches: means-end heuristics and analogy approach and other approaches, judgment and decision-making, reasoning and Creativity. Language structure, Language development and Bilingualism.

REFERENCES:

1. Best, J. B. (1999). Cognitive Psychology. Wadsworth Publishing Co. USA.
2. Burne, L.E., Dominowski, R.L. & Loftus, E.E. (1979). Cognitive processes. Prentice-Hall. New Jersey.
3. Cohen G. (1983). Psychology of cognition (2nd Ed.). Academic Press London.
4. Corens, S., Ward, L.M., & Enns, J. (1994). Sensation and perception. Harcourt Brace & Co. New York.

5. Flavell, J.H. (1985). *Cognitive development* (2nd Ed.). Prentice Hall. New Jersey.
6. Galloti, K. M. (2004). *Cognitive psychology in and out of the laboratory*. Thomson Wadsworth. USA.
7. Gavin, H. (1998). *The essence of cognitive psychology*. Prentice-Hall. London
8. Guenther R. K. (1998). *Human Cognition*. Prentice-Hall. New Jersey.
9. Jahnke, J. C. & Nowaczyk, R. H. (1998). *Cognition*. Prentice Hall. Upper Saddle NJ.
10. Kaplan, S. & Kaplan, R. (1982). *Cognition and environment*. Praeger Publishers. New York.
11. Kellogg, R.T. (2007). *Fundamentals of Cognitive Psychology*. Sage Publications. New Delhi.
12. Matlin, M. (1994). *Cognition*. Harcourt Brace Pub. Bangalore.
13. Messer, D. & Miller, S. (1999). *Exploring developmental psychology*. Arnold. London
14. Reed S. K. (1998). *Cognition: Theory and application* (3rd Ed.). Brooks/Cole Pub. Company California.
15. Reed, S.K. (1988). *Cognition: Theory and applications* (3rd Ed.). Brooks/Cole Pub. Co. California.
16. Solso, R. L. (2004). *Cognitive Psychology* (6th Ed.). Pearson Education. New Delhi.
17. Sternberg, R.J. (2007). *Cognitive Psychology*. Australia: Thomson Wadsworth.
18. Wade, C. and Tavris, C. (2007). *Psychology*. Pearson Education. New Delhi.

CORE COURSE-II
ADVANCED RESEARCH METHODS
COURSE CODE- SAHS PSY 1206 C 4004

UNIT-I: Experimental Designs

Experimental designs: Definition, principles and functions. Between-group designs: Randomized group designs, Block designs, randomized block designs with more than two groups, within group design. Conceptual distinction among between group designs, repeated measures designs, nested design and mixed designs.

UNIT-II: Quasi-Experimental Designs and Scaling

Characteristics and types of quasi-experimental designs: Single-group designs, pre test and post test designs. Non-equivalent control group designs, discontinuity promotion designs, time series designs, cohort designs. Scaling: Purpose, psychophysical scaling, Psychological scaling: Thurstone-type scales (i.e. differential), and Likert-type scales (i.e. Summated)

UNIT-III: Qualitative Research

Defining qualitative research; Different qualitative research: Grounded theory, Narrative approach, Ethnography, Action research and Discourse analysis. Designing samples, Theoretical sampling, contrasting qualitative with quantitative approach in research process. Issues of Credibility and trustworthiness.

UNIT-IV: Analysis and Collection of Qualitative Data

What is qualitative data? Various methods of collecting qualitative data: participant observation, interviewing, focus groups, life history and oral history, documents, diaries, photographs, films and videos, conversation, texts and case studies. Different traditions of qualitative data analysis: thematic analysis, Narrative analysis, Discourse analysis, Content analysis.

REFERENCES:

1. Bhattacharya, D. K. (2003). Research Methodology. Excel Books. New Delhi.
2. Broota, K.D. (1989). Experimental design in behavioural research. Wiley Eastern. New Delhi.
3. Edwards, A.L. (1969). Techniques of attitude scale construction. Vakil, Feffer & Simons, Appleton Century Clofts, Inc. New York.

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8. Howitt, D. and Crammer, D. (2005). *Introduction to Research Methods in Psychology*. Pearson Education. New Delhi.
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12. Mason E.J. and Bramble W.J. (1989). *Understanding and conducting research: Applications in education and behavioral sciences (2nd Ed.)*. McGraw-Hill. Boston, MA.
13. Neuman W. Lawraence (2007) *Social Research Methods*, Pearson Education. New Delhi.
14. Nunnally, J.C., & Bernstein, I.H. (1994). *Psychometric theory (3rd Ed.)*. McGraw-Hill. New York.
15. Ranjit Kumar (2006). *Research methodology: A step-by-step guide for beginners*. Pearson Education. New Delhi.
16. Richards Lyn and Morcese Janice M. (2013) *Readme first for a user's guide to Qualitative methods. (3rd Ed.)*. Sage Publication. Thousand Oaks.
17. Robinson, P.W. (1976). *Fundamentals of experimental psychology*. Prentice-Hall, Englewood Cliffs, New Jersey.
18. Rosnow, R.L. & Rosenthal, R. (1999). *Beginning behavioral research: A conceptual primer (3rd Ed.)*. Prentice-Hall. Upper Saddle River NJ
19. Shaughnessy J.J. and Zechmeister E.B. (1997). *Research Methods in Psychology (4th Ed.)*. McGraw-Hill. New York, NY.
20. Singh A.K. (2006). (5th Ed.). *Tests, Measurement and Research Methods in Behavioural Sciences*. Bharati Bhavan. Patna.
21. Smith, R.A., & Davis, S.F. (1997). *The psychologist as detective: An introduction to conducting research in psychology*. Prentice-Hall. Upper Saddle River, New Jersey.
22. Tabachnick B.G. and Fidell L.J. (2001). *Using Multivariable statistics (4th Ed.)* Harper and Rowe. New York.
23. Zechmeister J.S., Zechmeister E.B. & Shaughnessy J.J. (2001). *Essentials of research methods in psychology*. McGraw-Hill. New York, NY.

CORE COURSE-III
ADVANCED STATISTICS
COURSE CODE – SAHS PSY 1207 C 4004

UNIT-I: Between Group Designs

Single factor designing. Randomized Block Design: Blocking, randomized complete block design (single & n subjects in each cell)

UNIT-II: Factorial Design

Types: two factor, three factor and Nested Design. Post hoc comparisons: Newman Kuels test, Tukey test, Duncan Test, Latin Square designs

UNIT-III: Within-Group Design and Mixed Designs

Single and two factors repeated measures designs; trend analysis (Linear, Quadratic and Cubic); Two or three factor mixed designs and repeated measures on one factor.

UNIT-IV: Correlation and Regression

Multiple r coefficients, Assumptions of regression, Linear regression (OLS), Path analysis, Nonparametric correlations: Kendall's tau; Spearman's rho; other measures, Multiple regression, logistic regression. Advanced SPSS and R software.

REFERENCES:

1. Anastasi, A. & Urbina, S (1997). Psychological testing. Pearson Education Asia. New Delhi.
2. Aron, A. & Aron, E.N. (1994). Statistics for psychology. Prentice Hall. New Jersey.
3. Cohen, R.J., & Swerdlik, M.E. (2005). Psychological testing and assessment: An introduction to tests and measurement (6th Ed.). McGraw-Hill. New York.
4. Coolican, H. (2004). Research methods and Statistics in Psychology. Hoddes Arnold. London.
5. Garrett, H. E (2005). Statistics in psychology and Education. Paragon international Publishers. New Delhi.
6. Gravetter, F.J., & Wallnau, L.B. (2002). Essentials of statistics for the behavioral sciences (4th ed.). Wadsworth/Thomson Learning. Pacific Grove, CA.

7. Gregory, R. J (2004). Psychological testing. History, principles and applications. Pearson Education Asia. New Delhi.
8. Heiman, G.W. (2001). Understanding research methods and statistics: An integrated introduction for psychology (2nd Ed.). Houghton Mifflin Company. Boston
9. Kaplan, R.N., & Saccuzzo, D (2001). Psychological Testing, Principles, Applications and issues. Wiley. New York.
10. Kerlinger, N. (1996). Foundations of behavioural research. Prentice Hall. New Delhi.
11. King, B.M., & Minium, E.M. (2003). Statistical reasoning in psychology and education (4th Ed.). John Wiley & Sons, Inc. New Jersey.
12. Leong, F.T., & Austin, (1996). The psychology research handbook: A guide for graduate students and research assistants. Sage Publications. New Delhi.
13. Levin, J., & Fox, J.A. (2006). Elementary statistics in social research (10th ed.). Pearson Education. New Delhi
14. McCall, R.B. (2001). Fundamental statistics for behavioral sciences (8th ed.). Wadsworth/Thomson Learning. Belmont, CA
15. Miles, J. (2001). Research methods and statistics. Crucial Publishers. Exeter
16. Murphy, K.R., & Davidshofer, C.O. (2001). Psychological testing: Principles and applications (5th ed.). Prentice Hall. New Jersey
17. Schweigert, W.A. (1997). Research methods psychology: A handbook. Sage Publications. New Delhi.
18. Singh, A.K. (1997). Test, measurements and research methods in behavioural sciences. Bharathi Bhavan Publishers and Distributors. Patna

CORE COURSE-IV

PRACTICAL-II: Test, Experiment and Data Collection

COURSE CODE- SAHS PSY 1208 C 00104

Test & Experiments (Any Five)

1. Signal Detection - ROC
2. Perceptual Defense
3. Stroop Effect in Visual Perception
4. Effect of feedback on Illusion
5. Time perception
6. Learning by Insight (Bolt Head Maze)
7. Interference: Retroactive / Proactive
8. Paired Associate Learning
9. Serial Learning
10. Verbal Conditioning
11. Transfer of training in maze learning (Finger Maze with two Subjects)
12. MEMORY: Forgetting, Mnemonic, Imagery
13. Formal reasoning.
14. Problem solving.

Techniques of Data Collection (Any Five)

1. Scaling Techniques
2. In depth Interview
3. Focus group discussion
4. Narrative Analysis
5. Case study
6. Thematic Analysis
7. Participant Observation
8. Randomized block design
9. Repeated measure design
10. MANOVA
11. Regression Analysis
12. Factorial Design

GENERIC ELECTIVE COURSE
TEST AND SCALE DEVELOPMENT
COURSE CODE- SAHS PSY 1203 GE4004

UNIT-I: Construction of Test & Scale

Meaning of Test & Scale in Psychology, Classification of Test, Scaling techniques, Rating Scales, Attitude Scales. Item Writing & Item analysis.

UNIT-II: Standardization of test and scale

Reliability- Meaning, Test-Retest reliability, Internal Consistency reliability, Alternate forms Reliability & factors influencing reliability.

Validity- Meaning & Types of validity

Norms- Meaning, percentile norms, standard score norms- Z score and 't' score

REFERENCES:

1. Broota, K.D. (1989). Experimental design in behavioural research. Wiley Eastern. New Delhi.
2. Singh A.K. (2006). (5th Ed.). Tests, Measurement and Research Methods in Behavioural Sciences. Bharati Bhavan. Patna.
3. Kothari, C. R. (1985). Research methodology: Methods and techniques. Wiley Eastern Ltd. New Delhi.

Any ONE of the following courses.

DISCIPLINE CENTRIC ELECTIVE COURSE-I

NEUROPSYCHOLOGY

COURSE CODE – SAHS PSY 1201 DCEC 4004

Unit-I: Hemispheric Asymmetry of Function

Structural asymmetry of cerebral hemispheres, functional asymmetry of cerebral hemispheres, Unilateral lesion studies, Sensory and cognitive disorders, disorders of perception, expression and experience of emotion, movement disorders: studies on Hemispherectomy and commissurotomy. Therapeutic interventions: Relaxation techniques, supportive psychotherapies, etc.

Unit-II: Lobular Syndrome

Frontal lobe syndrome, Disturbance of attention and memory processes, Disturbance of emotional behavior, Disturbance of hearing and vestibular functions, disturbance of speech, Disturbance of emotion and consciousness, parietal and occipital lobe syndrome, Disturbance of visual perception and memory, Disturbance of reading and writing.

Unit-III: Higher Mental Functions

Topography of the Brain: the cerebral cortex and its lobular organization. The cerebral hemispheres and their internal structure, Neurochemical and vascular system in Brain, Elements of behavioral neurology. Neurophysiology of perception, learning and memory. Neurophysiology of emotion and motivation. Neural mechanism of wakefulness, sleep and dream, ARAS and arousal.

Unit-IV: Method of investigation

Neurological, radiological and electrical investigation. Neuropsychological assessment (halstead Reitan, Luria-Nebraska Neuropsychological Batteries). Case study: Common disorders, cerebral trauma, and intracranial tumors. Cerebrovascular disorders, degenerative disorders.

REFERENCES:

1. Boller, F & Graftman, J (1988). Handbook of Neuropsychology. Elsevier. New York
2. Hielman, K.M & Valestein, E. (1993). Clinical Neuropsychology. Oxford University Press. New York.
3. Kolb B & Whitshaw, I.Q. (1990). Fundamental of human neuropsychology. Freeman; W.H. New York.
4. Whitaker, H.A (1998). Neuropsychological studies of Nonfocal brain damage. Springer-Verlag. New York.

DISCIPLINE CENTRIC ELECTIVE COURSE-II

HEALTH PSYCHOLOGY

COURSE CODE - SAHS PSY 1202 DCEC 4004

UNIT-I: The Mind-Body Relationship

Scope of Health Psychology: A historical review. Concept of Psychological health in India. The development of changed outlook in nature of health and illness. Methodological Developments. Emergence of Behavioral Medicine.

UNIT-II: Stress

Stressors: Environmental, social, Psychosocial, Developmental and extreme stressors. Mediating variables: Physiological, Psychological responses. Stress and illness. Control and Learned Helplessness. Control and Stress.

UNIT-III: Psychophysiological Disorders

Asthma, Headaches, Neurodermititis, Peptic Ulcer, Insomnia. Cardio-vascular Disorders, Coronary Heart disease, Hypertension.

UNIT-IV: Stress related disorders

Immune System defective disorders: Cancer, Aids. Appetitive Behaviors: Obesity, Alcoholism, Smoking. Behavioral explanations. Other stress related disorders: Diabetes, Arthritis. Sexual dysfunctions, Infertility, Speech disorders.

UNIT-V: Pain and Pain Management Techniques

Physiology of Pain. Gate – control theory. Psychological influences on pain perception. Specific pain treatment methods. Medical Settings and Patient Behavior: Compliance with medical treatments. Hospitalization. Coping with chronic illness. Complementary Health-Care systems in India.

REFERENCES:

1. Bakhtaveer, M.S., Rajyadaksha, M.S. (1999). New Biology and Genetic Diseases. Oxford: Oxford University Press.
2. Davidson, P.O. & Davidson, S.M. (1980). Behavioral Medicine: Changing Health Lifestyles. New York. Brunner/Mazel.

3. Dimatteo, M. R. & Martin, L.R. (2007). *Health Psychology*. New Delhi, Pearson Education Inc., & Dorling Kindersley Publishing, Inc.
4. Gatchel, R.J., Baun, A. & Krantz, D.S. (1989). *An Introduction to Health Psychology*. Singapore: McGraw Hill.
5. Goleman, D. & Gurin, j. (1993). *Mind-Body Medicine*. New York: Consumer Reports Books.
6. Pomerlau, O.V. & Brady, J.P. *Behavioral Medicine Theory and Practice*. Baltimore: Williams & Wilkin's Company.

DISCIPLINE CENTRIC ELECTIVE COURSE-III
CROSS- CULTURAL PSYCHOLOGY
COURSE CODE – SAHS PSY 1203 DCEC 4004

UNIT-I: Culture and behavior

Nature of culture: Cultural relativity and universality of human behavior. Mechanism of cultural transmission. Processes of enculturation and acculturation. Acculturation strategies.

UNIT-II: Methodology of cross-cultural psychology

Comparability and equivalence. Universals, emics and etics. Sampling and measurement issues. Back translation, decentering and subsystem validation.

UNIT-III: Culture and cognition

Theoretical positions, contemporary issues, cultural influences on perception, cognition, learning, memory, problem solving, reasoning and creativity. Everyday cognition.

UNIT-IV: Culture and emotion

Basic emotions, dimensional and componential models, subjective experiences, appraisal, physiological reaction and emotional expressions.

REFERENCES:

1. Berry, J.W, Poortinga, Y.H., Segall, M. H., & Dasen, P. R. (2002). Cross- cultural psychology: Research and application. New York: Cambridge University Press.
2. Berry, J.W. et al. (Eds). (1997). Handbook of cross-cultural psychology (2nd Ed) (Vol 1-3). Boston: Allyn & Bacon.
3. Brislin, R. (Ed.) (1990). Applied cross-cultural psychology. Newbury Park: Sage.
4. Matsumoto, D. (2001). The handbook of culture and psychology. New York: Cambridge University Press.

5. Segall, M. H., Dasen, P. R., Berry, J. W., & Poortinga, Y.H. (1999). Human behaviour in global perspective. Boston: Allyn & Bacon.
6. Triandis H.C. et al. (Eds.) (1980). Handbook of cross-cultural psychology, (Vol.1-6). Boston: Allyn & Bacon.

DISCIPLINE CENTRIC ELECTIVE COURSE-IV

ADVANCED SOCIAL PSYCHOLOGY

COURSE CODE- SAHS PSY 1204 DCEC 4004

UNIT-I: Introduction

Basic concept of social psychology: individual, society and culture. Social Psychology in the new millennium. Research Methods in Social Psychology: Systematic, Correlation and Experimental Methods.

UNIT-II: Social Cognition

Social Perception: Nonverbal Communications. Attribution: Understanding the causes of others behavior, Theories of Attribution: Kelley's model, Impression Formation and Management. Social Cognition: Social Information, Heuristics and Automated Processing, Sources of Error. Groups: Types and formation, Theories of Group Formation, Co-ordination, Group Decision making, Group Think.

UNIT-III: Relationships

Interpersonal attraction: Factors determining Attraction, Sociometry. Social Motives & types. Social Influences: Conformity, Compliance, Obedience. Prosocial Behavior: Why do we help others, Situational Factors, Individual characteristics, Empathy, Altruism. Attitude: Components, Formation, influence on Behavior, Changing the Attitudes, Persuasion, Cognitive Dissonance.

UNIT-IV: Prejudice and Discrimination

Prejudice, Discrimination in Action. Aggression: Theories of Aggression, Types of Aggression, Determinants of Aggression, Environmental causes, prevention and control of Aggression. Environmental Influences: The urban environment and social behavior. Environmental Stress: Temperature and weather as environmental stressors. Personal space: Territorial behavior, Territorial dominance, architectural designs, Crowding.

REFERENCES:

1. Baron and Byrne (1988). *Social Psychology*. Tata McGraw Hill. New Delhi
2. David G Myers (1988). *Social Psychology*. Tata McGraw Hill. New Delhi.
3. Kuppusamy. B. (1965). *An introduction to Social psychology*. Asia Publishing House. Bombay.

SEMESTER-III

CORE COURSE-I
PSYCHOPATHOLOGY-I
COURSE CODE- SAHS PSY 1309 C 4004

UNIT-I: Introduction to Mental Disorder and Paradigms of Psychopathology

Definition and Criteria of mental disorder, Mental Disorder Classification Systems before DSM, DSM system and its brief history, DSM-5 and ICD-11 based classification of mental disorders (main categories). Various Paradigms in Psychopathology: Biological, Psychoanalytical, Behavioristic, Cognitive, Humanistic-existential, Diathesis- Stress Model.

UNIT-II: Neurodevelopmental Disorders, Schizophrenia Spectrum & Other Psychotic Disorders

Intellectual Disability: Definition, types, causes and treatment. Communication Disorders: Autism, Hyperactivity, Learning and Motor Disorders. Schizophrenia: Definition, phases, symptoms, etiology and treatments. Schizophrenia Spectrum Psychotic Disorders: Brief Psychotic Disorder, Schizotypal, Schizophreniform Disorder, Schizoaffective Disorder, Delusional Disorder.

UNIT-III: Depression, Anxiety, Obsessive-Compulsive, Trauma and Stress Related Disorders

Depression: Definition, types- Disruptive Dysregulation Disorder, Major Depression, Dysthymia, Premenstrual Dysphoric Disorder. Symptoms, causes of and treatments for Depression. Bipolar Disorder: Types-bipolar I & bipolar II, Cyclothymic Disorder. Symptoms, causes and treatments. Anxiety Related Disorder: Separation Anxiety Disorder, Selective Mutism, Phobia, Panic Disorder, Generalized Anxiety Disorder. Obsessive-Compulsive Related Disorders: Obsessive-Compulsive Disorder (OCD), Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, Excoriation Disorder. Trauma & Stress Related Disorder: Reactive Attachment Disorder, Disinhibited Social Engagement Disorder, Posttraumatic Stress Disorder, Acute Stress Disorder. Adjustment Disorders

UNIT-IV: Dissociative Disorders, Somatic Symptom Related Disorders, Eating, Elimination and Sleep-Wake Disorders

Dissociative Disorder: Definition & types- Dissociative Identity Disorder, Dissociative Amnesia, Dissociative Fugue, Depersonalization. Somatic Symptom Related Disorders: Types, Somatic Symptom Disorder, Illness Anxiety Disorder, Conversion Disorder, Factitious Disorder. Eating

Disorder: Pica, Rumination, Avoidant food Intake Disorder, Bulimia. Elimination Disorder: Types- Enuresis, Encopresis. Sleep-wake Disorders: Somnia types: Insomnia, Hypersomnia, Narcolepsy, Breathing related disorder. Parasomnic: Types- Non REM sleep arousal disorder, Sleep-waking, Sleep Terror, Nightmare, REM sleep behavior disorder, Restless legs syndrome.

REFERENCES:

1. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). *Abnormal Psychology: current perspectives*. 9th Ed. Tata McGraw-Hill: New Delhi, India.
2. American Psychiatric Association. (2013) *Diagnostic and Statistical Manual of Mental Disorders, DSM-5* (5th Ed). American Psychiatric Publishing. Washington DC.
3. Barlow, D.H. & Durand, V.M. (2005). *Abnormal psychology: An Integrative Approach* (4th ed.). Wadsworth/Thompsons. Belmont CA.
4. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) *Abnormal Psychology* (15th Ed.) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi.
5. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Ed. Pearson Education. New Delhi, India.
6. Comer, R. J. (2007). *Abnormal Psychology* (6th ed.) Worth Publishers. New York.
7. Davison, G.C., Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). Wiley. New York.
8. First, M.B. & Tasman, A. (2004). *DSM-IV-TR mental disorders: Diagnosis, etiology, and treatment*. Wiley. New York.
9. Nolen Hoeksema, S. (2004). *Abnormal Psychology* 3rd Ed. McGraw Hill: New York, USA.
10. Oltmanns T. F., Emery R. E. (1995). *Abnormal Psychology*. Prentice Hall. Englewood Cliffs, NJ.
11. Puri, B.K., Laking, P.J. & Treasaden, I.H. (1996). *Textbook of psychiatry*. Churchill Livingsto. New York.
12. Sarason, I.G, & Sarason, R.B. (2002). *Abnormal psychology: The problem of maladaptive behavior* (10th ed.). Pearson Education. Delhi.
13. Sue, D., Sue D. W. & Sue S. (2006). *Abnormal Behavior*. (8th Ed.). Houghton Mifflin Company. Boston, USA.
14. World Health Organization (1992). *The ICD-10 Classification of mental and behavioral disorders: Clinical description and diagnostic guidelines*. Oxford University Press. Delhi.

CORE COURSE- II
PSYCHODIAGNOSTICS
COURSE CODE- SAHS PSY 1310 C 4004

UNIT-I: Psycho-diagnostic Procedure-I

Structured clinical interview for DSM (SCID-I & II edit.)- Definition & types- Patient and Non Patient version, Clinical trial (SCID-CT), Clinician version (SCID-CV). DSM-5 Self-Rated levels-1, Cross-Cutting symptom Measure: Adult form, Parent/Guardian-Rated. DSM-5 levels-1 Cross-Cutting symptom Measure: Child form. DSM-5 Clinician-Rated Dimensions of Psychosis Symptom Severity. WHO Disability Assessment Schedule

UNIT-II: Psycho-diagnostic Procedure-II

Personality Inventories: MMPI-2, EPQ-R. Depression & Mania Measure: Becks Depressive Inventory, Hamilton Depression Scale, Altman Self-Rating Mania Scale. Anxiety & Anger Measures: Taylor's Manifest Anxiety Scale, Spielberger Anger Inventory & Trait Anxiety Inventory. Intelligence Tests: Wechsler's Intelligence Scale for Children, Wechsler's Adult Intelligence Scale

UNIT-III: Psycho-diagnostic Procedure-III

Neuropsychological Test: Bender Visual Motor Gestalt Test, Luria- Nebraska Neuropsychological Battery, Halstead-Reitan Neuropsychological Battery. Projective Techniques: Rorschach Ink-Blot Test, Murray TAT, Children Apperception Test. Diagnostic Test for Special Populations: Infant Development Measures: Bayley Scales of Infant and Toddler Development, Gesell Developmental Schedules. Intellectual Disability Assessment Techniques: Draw a Man/ Draw a Person Test, Wechsler's Preschool and Primary Scale of Intelligence, Raven's Colored Progressive Matrices Test, Seguin Form Board, Social Maturity Scale

UNIT-IV: Cognitive Assessment & Clinical Report

Writing Clinical Report. Mental State Assessment. Dementia & Cognitive Impairment Assessment Techniques. Family Conflict Assessment Technique: DAS, Family Conflict Scale

REFERENCES:

1. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). *Abnormal Psychology: current perspectives*. 9th Ed. Tata McGraw-Hill. New Delhi, India.
2. Anastasi, A., & Urbina, S. (2005). *Psychological Testing*. 7th ed. Pearson Education: New Delhi, India.
3. Barlow, D.H. & Durand, V.M. (2005). *Abnormal psychology: An Integrative Approach* (4th ed.). Wadsworth/Thompsons. Belmont CA.
4. Brannon, L. & Feist, J. (2007). *Introduction to health psychology*. Thomson Wadsworth. Singapore.
5. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) *Abnormal Psychology* (15th Ed.) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
6. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). *Abnormal Psychology*, 13th Ed. Pearson Education. New Delhi. India.
7. Davison, G.C., Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). Wiley. New York.
8. Kaplan, H. I., Sadock, B. J., & Grebb, J. A. (1994). *Kaplan and Sadock's synopsis of psychiatry: Behavioral sciences, clinical psychiatry* (7th ed.) B. I. Waverly Pvt. Ltd. New Delhi.
9. Kapur, M. (1995). *Mental health of Indian children*. Sage. New Delhi.
10. Kellerman, H. & Burry, A. (1981). *Handbook of diagnostic testing: Personality analysis and report writing*. Grune & Stratton. New York.
11. Lezak, M.D. (1995). *Neuropsychological assessment*. Oxford University Press. New York.
12. Nolen- Hoeksema, S. (2004). *Abnormal Psychology* 3 Ed. McGraw Hill. New York, USA.
13. Rychlak, F. (1973). *Introduction to personality and psychopathology*. Houghton Mifflin. New York.
14. Sarason, I. G. and Sarason, B. R. (2005). *Abnormal Psychology*. Dorling Kindersley. New Delhi.
15. Sundberg, N.D., Winebarger, A.A.& Taplin, J.R. (2002). *Clinical psychology: Evolving theory, practice and research*. Prentice-Hall. New Jersey.
16. Taylor, S. (2006). *Health psychology*, 6th Ed. Tata McGraw-Hill. New Delhi.
17. Wolman, B.B. (ed.) (1975). *Handbook of clinical psychology*. McGraw-Hill New York.

CORE COURSE –III
PRACTICAL-III (Inventories & Diagnosis)
COURSE CODE- SAHS PSY 1311 C 00104

Inventories (Any Five)

1. MMPI-2
2. EPQ-R
3. Becks Depressive Inventory
4. Hamilton Depression Scale
5. Altman Self-Rating Mania Scale
6. Taylor's Manifest Anxiety Scale
7. Spielberger Anger Inventory
8. Wechsler's Intelligence Scale for Children
9. Wechsler's Adult Intelligence Scale
10. Trait Anxiety Inventory

Diagnosis (Any Five)

1. Bender Visual Motor Gestalt Test
2. Luria- Nebraska Neuropsychological Battery
3. Halstead-Reitan Neuropsychological Battery
4. Rorschach Ink-Blot Test
5. Murray TAT
6. Children Apperception Test
7. Draw a Man/ Draw a Person Test
8. Wechsler's Preschool and Primary Scale of Intelligence
9. Raven's Colored Progressive Matrices Test
10. Seguin Form Board

Any ONE of the following courses:

DISCIPLINE CENTRIC ELECTIVE COURSE-I

COUNSELLING PROCESSES

COURSE CODE- SAHS PSY 1306 DCEC 4004

UNIT-I: Nature and Goals of Counselling

Definition and Goals of Counselling. Training, Job Setting and Activities of Counsellor. Stages of the Counselling process, Written Communication and Counselling: Aims and objectives of record keeping, File composition

UNIT-II: Building the Relationship and In-Depth Exploration

Communication and Building the Counselling Relationship, The Core Conditions of Counselling, Counsellor's Actions that Impede Communication. In Depth Exploration: Goals and methods, Advanced empathy, Immediacy, Confrontation, Interpretation, Role playing.

UNIT-III: Commitment to Action and Termination

The Process of Goal Setting, Design and Implication of Action Plans, Termination, Ethical Principles of Counselling.

UNIT-IV: Psychological Assessment and Diagnosis in Counselling

Components of Effective Assessment, Inter-disciplinary Implications and Guidelines for Human Assessment. Non-standardized Techniques for Human Assessment: Observations, Rating Scales, Anecdotal Reports, Autobiography, Questionnaire, Structural interview and Intake interviews. Standardized Techniques for Human Assessment: Intelligence Test, Aptitude Test, Interest Test, Achievement Test, Personality Test, Diagnostic Test

REFERENCES:

1. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th ed.). Tata McGraw-Hill. Delhi.
2. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Hodder. Sidney
3. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd ed.). Sage Publication. London.
4. Gelso, C.J., Fretz, B.R. (1995) Counselling psychology. Prism books Pvt. Ltd. Bangalore.
5. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th ed.). Pearson education Pte. Ltd. Delhi.
6. Gladding S.T (2009). Counselling (6th Ed). Pearson Education. New Delhi.
7. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
8. Gregory, R.J. (2005). Psychological Testing (4 ed.). Pearson education Pvt. Ltd. Delhi.
9. Nelson R. Jones (2000). Introduction to Counselling skills, text and activities. Sage Publication. London.
10. Patterson, L.E., Welfel, E.R. (2000). The Counselling Process (5th ed).: Wodsworth/Thomson Learning. Belmounte.
11. Rao, S.N. (2006). Couselling and guidance. 2nd Ed. Tata McGraw-Hill Publishing Co. Ltd. New Delhi.

DISCIPLINE CENTRIC ELECTIVE COURSE-II

COUNSELLING SKILLS

COURSE CODE- SAHS PSY 1307 DCEC 4004

UNIT-I: Introduction to Counselling Skills

Helpers and Counselling Skills, Creating Your Mind (mind skills) Understanding your mind: What is Mind? Levels of mind. Empowering your mind: Creating self talk, Creating visual images, Creating rules, Creating perceptions, Creating Explanations, Creating Expectations. Creating Your Communication and Feelings: Verbal Communication, Vocal Communication, and Bodily Communication. The Client Therapist Relationship.

UNIT-II: Counselling Skills

Listening Skills: Active listening, showing that you are listening, paraphrasing Skills, reflecting-feeling skills, listening mistakes. Questioning Skills: Types of questions, areas of questions, information. Challenging Skills: Feedback skills, disclosing skills. Monitoring Skills: Referral skills, identifying unhelpful thinking.

UNIT-III: Counselling Therapies

Psychoanalytic Theory: Freud's Psychoanalysis - The Instincts, Levels of Mind, Structure of Personality, Anxiety, Psychosexual Development Process of therapy and Therapeutic Interventions. Jung's Analytical therapy - Basic concepts, Structure of Psyche, Dynamics of Psyche. Psychological Types, Process of therapy & Therapeutic Interventions. Person-centered Theory: Carl Rogers. Transactional Analysis: Eric Berne. Logo Therapy: Victor Frankl. Multimodal Therapy: Arnold Lazarus.

UNIT-IV: Behaviour and Cognitive Therapies

Bandura's Social Cognitive Therapy. Reality Therapy: William Glasser.

Rational Emotive Behavioural Therapy: Albert Ellis. Cognitive Therapy: Aron Beck.

REFERENCES:

1. Capuzzi, D., & Gross, D.R. (2008). *Counseling and Psychotherapy: theories and interventions* 4th Ed. Pearson Education: New Delhi, India.
2. Cohen, R.J., Swerdlik, M.E. (2005). *Psychological testing and assessment* (6th ed.). Tata McGraw-Hill. Delhi.
3. Corey, G. (2008). *Theory and practice of group counseling*. Thomson Brooks/Cole: Belmont CA.
4. Dalai Lama, His Holiness the & Cutler, S.C. (1998). *The art of happiness: The handbook for living*. Hodder. Sidney
5. Feltham, C. & Horton, I.E. (ed) (2006). *The Sage handbook of Counselling and Psychotherapy* (2nd ed.). Sage Publication. London.
6. Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology*. Prism books Pvt. Ltd. Bangalore.
7. Gibson, R.L., Mitchell, M.H. (2005). *Introduction to counselling and guidance* (6th ed.). Pearson education Pte. Ltd. Delhi.
8. Gladding S.T (2009). *Counselling* (6th Ed). Pearson Education. New Delhi.
9. Gladding S.T. (2014) *Counselling: A Comprehensive Profession* (7th Ed) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
10. Gregory, R.J. (2005). *Psychological Testing* (4 ed.). Pearson education Pvt. Ltd. Delhi.
11. Nelson R. Jones (2000). *Introduction to Counselling skills, text and activities*. Sage Publication. London.
12. Nelson R., Jones (2009) *Theory and Practice of Counselling and Therapy* (4th Ed). Sage Publication. New Delhi.
13. Patterson, L.E., Welfel, E.R. (2000). *The Counselling Process* (5th ed.): Wodsworth/Thomson Learning. Belmounte.
14. Rao, S.N. (2006). *Couselling and guidance*. 2nd Ed. Tata McGraw-Hill Publishing Co. Ltd. New Delhi.

DISCIPLINE CENTRIC ELECTIVE COURSE-III
GUIDANCE AND CAREER COUNSELLING
COURSE CODE- SAHS PSY 1308 DCEC 4004

UNIT-I: Career Counseling: Nature, Present Trends and Future Direction

Stages in Career Counselling: Self-discovery, understanding the nature of work, career alternatives. Career Counselling and the Development of Human Potential. Present Trends in Career Counselling. Future Direction in Career Counselling

UNIT-II: Theories of Career Development

Holland's Theory of Vocational Personality and Work Environment. Super's Development-Self Concept Approach. Bandura's Social Learning Approach. Implications of Career Theories for Counsellors

UNIT-III: Career Counseling: Life Span Approach

Career counselling at school setting. Career counselling at higher education level. Individual Counselling. Group Counselling.

UNIT-IV: Counselling for Planning and Decision-Making

Definition and Career Interest in Career Planning. The changing nature of work. Career planning and decision making in school. Career counselling in non-school settings.

REFERENCES

1. Arulmani, G, Arulmani, S. (2004). Career Counselling: A handbook. Tata McGraw-Hill Publishing Co. Ltd. New Delhi.
2. Berk, L.E. (2003). Child development (6 ed.). Prentice Hall of India. Delhi.
3. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4th Ed. Pearson Education. New Delhi, India.
4. Chaturvedi R. (2007) Career Guidance and Counselling. Crescent Publishing Corporation. New Delhi.

5. Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA
6. Ferthan, C., Horton, I. (ed.) (2006). The sage handbook of counseling and psychotherapy (2nd ed.). Sage publications. London.
7. Gelso, C.J., Fretz, B.R. (1995). Counselling psychology. Prism Books Pvt. Ltd. Bangalore.
8. Gibson, R.L., Mitchell, M.H. (2003). Introduction to Counselling and Guidance (6th ed.). Pearson Education. Delhi.
9. Gladding S.T. (2014) Counselling: A Comprehensive Profession. (7th Ed) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
10. Hecker, J.E., Thorpe, G.L. (2005). Introduction to clinical psychology: Science, practice & ethics. Pearson Education. Delhi.
11. Kapur Malvika (2011). Counselling Children with Psychological Problems (1st) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
12. Kinara A.K (2008) Guidance and Counselling. Person Education. New Delhi.
13. Kottler J.A and Shepard D.S (2008) Counselling theory and Practices. Cehgage learning India Pvt. Ltd. New Delhi.
14. Mash. E.J., Wolfe, D.A. (1999). Abnormal Child Psychology.: Brooks/Cole. Wadsworth. Belmont.
15. Papalia D.E., Olds, S.W., Feldman, R.D. (2004). Human development (9th ed.). Tata McGraw-Hill. Delhi.
16. Patterson, L.E., Welfel, E.R. (2000). The counselling process (5th Ed). Wodsworth/Thomson Learning. Belmont.
17. Rao, S.N. (2006). Couselling and guidance (2nd Ed). Tata McGraw-Hill Publishing Co. Ltd. New Delhi.

DISCIPLINE CENTRIC ELECTIVE COURSE-IV

AREAS OF COUNSELLING

COURSE CODE- SAHS PSY 1309 DCEC 4004

UNIT-I: Helping Troubled Children and Adolescents

Emotionally Disturbed Children: characteristics, assessment, measures and treatment. ADHD: diagnosis, types, causes, treatment. Learning Disabilities: meaning and definitions, characteristics, causes, identification and educational provisions. Slow Learners: definitions, types, causes, identification and diagnosis, treatment. Mentally Retarded: definition and characteristics, identification, classification, causes and treatment.

UNIT-II: Family Counselling

Premarital Counselling: Nature, Important factors in selecting a mate, Counselling methods and Principles. Marital Counselling: Factors Related to Good Marital Adjustment. Family Counselling and Couple Counselling: Nature, Basic concepts, Principles and techniques. Counselling for women.

UNIT-III: Counselling for Specific Problems

HIV/AIDS: Orientation, Pre-test and post-test counseling. P.T.S.D.: Effects of Trauma and intervention. Anger control: nature and symptoms, anger and its associated problems and treatment. Handling suicides: Nature, Definition and type, sociological and psychological Explanation. Suicide Potentiality and presentation. Counselling for psychosomatic problems.

UNIT-IV: Special Areas of Counselling

Counselling at Work Place: Nature and Skills. Occupational Stress and Counselling: Meaning and Types, Causes- Extra-organizational Stressors, Organizational stressors, Group Stressors, Individual Stressors; Coping strategies for occupational stress. Geriatric Counselling: Pre- retirement and retirement counseling. Old age adjustment strategies. Sports Anxiety: Definition, Anxiety and Personality, Effect of anxiety on performance, types of Sports anxiety, Coping Strategies.

REFERENCES:

1. Cohen, R.J., Swerdlik, M.E. (2005). Psychological testing and assessment (6th ed.). Tata McGraw-Hill. Delhi.
2. Dalai Lama, His Holiness the & Cutler, S.C. (1998). The art of happiness: The handbook for living. Hodder. Sidney.
3. Deshpande C.G. (1999) Suicide and Attempted Suicide. Uma Publications. Pune.
4. Feltham, C., & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd Ed.). Sage Publication. London.
5. Gelso, C. J., Fretz, B.R. (1995). Counselling psychology. Prism books Pvt. Ltd. Bangalore.
6. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6th ed.). Pearson education Pte. Ltd. Delhi.
7. Gladding S.T. (2014) Counselling: A Comprehensive Profession (7th Ed.) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India
8. Gregory, R.J. (2005). Psychological Testing (4 ed.). Pearson education Pte. Ltd. Delhi.
9. Kapur Malvika (2011). Counselling Children with Psychological Problems (1st) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
10. Kumar U. and Mandal M.K. (2010). Suicidal Behaviour: Assessment of People- at- Risk. Sage Publication. New Delhi.
11. Luthans, F. (2013) Organizational behaviour: An Evidence-based Approach (12th Ed.). McGraw-Hill Edu. (India) Pvt. Ltd. New Delhi.
12. Mangal S.K (2007) Educating Exceptional Children: An Introduction to Special Education. Prentice –Hall of India Pvt. Ltd. New Delhi.
13. Nelson R. Jones (2000). Introduction to counselling skills: Text and activities. Sage Publication. London.
14. Patterson, L.E., Welfel E.R. (2000). The counselling process (5 ed.). Wodsworth/Thomson Learning. Belmont
15. Rao, S.N. (2006). Couselling and guidance (2nd Ed). Tata McGraw-Hill Publishing Co. Ltd. New Delhi.
16. Robbins, S.P.; Judge, T.A.; & Sanghi, A. (2009). Organizational behaviour. Pearson Prentice Hall. New Delhi.
17. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century. (India Edition 8th). Thomson Wadsworth USA.

DISCIPLINE CENTRIC ELECTIVE COURSE-V
ORGANIZATIONAL BEHAVIOUR
COURSE CODE- SAHS PSY 1310 DCEC 4004

UNIT-I: Fundamentals of Organizational Behaviour

Nature of Organizational Behaviour, Models of OB: Autocratic, Custodial, Supportive, Collegial, System. Trends & Challenges of OB: Globalization, Diversity, and Ethics. Culture: Dimensions according to Hofstede, Tromenaar, Pareek (OCTAPACE). Organizational Culture: characteristics, purpose, types, creating and transmitting organizational culture. Organization Structure and Design: Classical and Contemporary Designs (Matrix, Vertical, Horizontal, Network).

UNIT-II: Motivation in Organization

Motivating by Meeting Needs and Managerial Applications: Maslow, Alderfer, Herzberg, and McClelland. Motivating by Setting Goals: Goal setting theory and setting effective performance goals. Motivating by Being Fair: Distributive justice, Equity theory, procedural justice, interactional justice, and organizational justice. Motivating by Altering Expectations and by Structuring Jobs: VIE model,

Porter & Lawler model, Quality of Work Life model, job enrichment and job enlargement, Hackman & Oldham's job characteristics model.

UNIT-III: Leadership and Empowerment

Behavioral Approach to Leadership Style. Contingency Approach to Leadership: Fiedler's contingency model; Hersey & Blanchard's situational leadership model; path goal model; and Vroom's decision-making model. Emerging Approaches to Leadership: Transactional leadership, transformational leadership; substitutes and enhancers for leadership; and self & super leadership. Empowerment and Participation: Meaning, process, and programs.

UNIT-IV: Communication, Conflict and Stress

Organizational Communication: Meaning, functions, directions types (formal-informal, electronic) and techniques for improving communication skills. Conflict: Nature, Levels, Sources, Effects; Strategies for conflict resolution; Work-family conflict. Work stress: Sources, consequences, managing stress (individual and organizational approaches). Employees Counselling.

REFERENCES:

1. Greenberg, J. and Baron R.A. (2005) Behaviour in Organizations. Pearson Education. New Delhi.
2. Hersey, P. & Blanchard, K.H. (1982). Management of organizational behaviour utilizing human resources (4th ed.). Prentice-Hall. New Delhi.
3. Ivancevich, J.M. Konsopaske R. & Matteson M.T. (2005) Organizational behaviour and management. Tata McGraw-Hill. New Delhi.
4. Luthans, F. (2013) Organizational Behaviour: An Evidence-based Approach (12thEd.) McGraw-Hill Edu. (India) Pvt. Ltd. New Delhi.
5. Muchinsky, P. (2001). Psychology Applied to work. (6th Ed.). Wadsworth. New Delhi.
6. Mullins, L.J. (2007). Management and organizational behavior 7 ed. Pearson Edu. New Delhi.
7. Newstrom, J.W. (2007) Organizational behaviour: Human behaviour at work. Tata McGraw-Hill. New Delhi.
8. Pareek, U. and Rao, T.V. (2003). Designing and managing human resource system. Oxford & IBH. New Delhi.
9. Rao, V.S.P. and Narayana, P.S. (1995). Organizational theory and behaviour (2nd ed.). Konark Pub. Pvt. Ltd. New Delhi.
10. Robbins, S. (2001). Organization behaviour. (9th ed.). Prentice Hall of India. New Delhi.
11. Robbins, S.P., Judge T.A., & Sanghi, A. (2009) Organizational Behaviour Pearson Prentice Hall. New Delhi.
12. Sinha, J.B.P. (2008). Culture & Organization Behaviour. Sage. New Delhi.

DISCIPLINE CENTRIC ELECTIVE COURSE-VI
ORGANIZATIONAL DEVELOPMENT
COURSE CODE- SAHS PSY 1311 DCEC 4004

UNIT-I: Foundations Of Organizational Development

Meaning and Nature of OD, Values, assumption and beliefs in OD, Systems theory of OD. Approaches to OD: Laboratory training stem, survey research & feedback stem; action research stem; Socio- technical and socio-clinical stem. Organizational Change: Meaning, forces for change, Resistance to change, overcoming resistance to change. Theories for Planned Change: Lewin's three-step model, Kotter's eight- step plan, Burke-litwin Model, Porras & Robertson, and Normative-Re-educative Strategy.

UNIT-II: Process of OD Intervention

OD Diagnosis: Diagnosis of the system and process. Six-Box model. Programme management component: phases, a model for change management, Parallel learning structures. OD Interventions: Nature, guidelines, classifications. OD Interventions for Indian organization.

UNIT-III: TYPES OF OD INTERVENTIONS -I

Team Intervention: characteristics of effective team, formal team building meeting, formal group diagnostic meeting, process consultation method, Gestalt approach. Techniques and Exercises used in Team Building, Role-focused OD intervention. Third-Party Peace-making Intervention, Walton's approach, principled negotiations, two person conflict management organizational mirroring and partnering. Structural Interventions: self-managed teams MBO, Quality Circles, total quality management, re-engineering.

Unit-IV: Types of OD Interventions -II

Comprehensive OD Interventions I: search conference, future search conference, confrontation meeting, strategic management activities. Comprehensive OD Intervention: real time strategic change, stream analysis survey feedback method, appreciative inquiry. Grid Organizational Development, Schein's cultural analysis. Training Techniques for OD: Behaviour modeling, Life and career planning, Coaching & Mentoring, Instrumented training.

REFERENCES:

1. Cascio, W.F. (2006). *Managing human resources: Productivity, quality of work life, profits* 7th ed. Tata Mc-Graw-Hill. New Delhi.
2. Dessler, G. (2008). *Human resource management*, 10th ed. Dorling Kindersley India Pvt. Ltd. New Delhi.
3. French, W.L. & Bell, C.H. (1999). *Organizational development: Behavioral science interventions for organization improvement*. 6th ed. Prentice-Hall. New Delhi.
4. French, W.L.; Bell, C.H.; & Zawacki, R.A. (2006) *Organizational development and transformation: Managing effective Change*. Tata Mc-Graw Hill. Delhi.
5. Greenberge, J. & Baron, R.A. (2005). *Behaviour in organizations*. Pearson Education. New Delhi.
6. Ivancevich, J.M., Konopaske, R. & Matteson, M.T. (2005). *Organizational behaviour and management*. Tata Mc-Graw Hill. Delhi.
7. McShane, S.L. & Von Glinow, M.A. (2000). *Organizational Behaviour: Emerging realities for the workplace revolution*. Tata McGraw- Hill. New Delhi.
8. Pareek, U. and Rao, T.V. (2003). *Designing and managing human resource systems*. Oxford & IBH. New Delhi.
9. Ramanarayan, S., Rao T.V. & Singh K. (1988) *Organizational Development: interventions and Strategies* (2007 reprint) Response Book (a division of Sage Publication) New Delhi.
10. Robbins, S.P.; Judge, T.A.; & Sanghi, A. (2009). *Organizational behaviour*. Pearson Prentice Hall. New Delhi.
11. Schultz, D. and Schultz, S. E. (2006). *Psychology and work today*. 8th ed. Pearson Edu. New Delhi.

SEMESTER –IV

CORE COURSE-I
PSYCHOPATHOLOGY-II
COURSE CODE- SAHS PSY 1412 C 4004

UNIT-I: Sexual Disorders and Disruptive, Conduct & Impulse-Control Disorders

Sexual Cycle and Sexual Dysfunctions, Gender Dysphoria, Paraphilic Disorders, Disruptive, Conduct and Impulse-Control Disorders

UNIT-II: Substance-Related & Neurocognitive Disorder

Alcohol Related Disorder, Cannabis-Related and Hallucinogen-Related Disorders. Opioid, Sedative & Stimulant-Related Disorders. Neurocognitive Disorders: Delirium and Dementia-Alzheimer Disease, Lewi-Body Disease, Vascular Disease, Traumatic Brain Injury, Parkinson's disease and Huntington's Disease

UNIT-III: Personality Disorders

Definition and Characteristics of Personality Disorders, Cluster-A Personality Disorder, Cluster-B Personality Disorder, Cluster-C Personality Disorder

UNIT-IV: Mental Disorders

Attenuated Psychosis Syndrome, Persistent Complex Bereavement Disorders, Caffeine Disorder. Depressive Episodes with Hypomania. Internet Gaming Disorder, Social media disorder, Suicidal Behavior Disorder & Non-suicidal Self injury Disorder. Suicide- Types, causes and treatment

REFERENCES:

1. Alloy, L.B., Riskind, J.H., & Manos, M.J. (2005). Abnormal Psychology: current perspectives. 9th Ed. Tata McGraw-Hill: New Delhi, India.
2. American Psychiatric Association. (2013) Diagnostic and Statistical Manual of Mental Disorders, DSM-5 (5th Ed). American Psychiatric Publishing. Washington DC.
3. Barlow, D.H. & Durand, V.M. (2005). Abnormal psychology: An Integrative Approach (4th ed.). Wadsworth/Thompsons. Belmont CA.

4. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi.
5. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Ed. Pearson Education. New Delhi, India.
6. Comer, R. J. (2007). Abnormal Psychology (6th ed.) Worth Publishers. New York.
7. Davison, G.C., Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th ed.). Wiley. New York.
8. First, M.B. & Tasman, A. (2004). DSM-IV-TR mental disorders: Diagnosis, etiology, and treatment. Wiley. New York.
9. Nolen Hoeksema, S. (2004). Abnormal Psychology 3rd Ed. McGraw Hill: New York, USA.
10. Oltmanns T. F., Emery R. E. (1995). Abnormal Psychology. Prentice Hall. Englewood Cliffs, NJ.
11. Puri, B.K., Laking, P.J. & Treasaden, I.H. (1996). Textbook of psychiatry. Churchill Livingsto. New York.
12. Sarason, I.G, & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th ed.). Pearson Education. Delhi.
13. Sue, D., Sue D. W. & Sue S. (2006). Abnormal Behavior. (8th Ed.). Houghton Mifflin Company. Boston, USA.
14. World Health Organization (1992). The ICD-10 Classification of mental and behavioral disorders: Clinical description and diagnostic guidelines. Oxford University Press. Delhi.

CORE COURSE-II
PSYCHOTHERAPIES
COURSE CODE- SAHS PSY 1413 C 4004

UNIT-I: Introduction to Psychotherapies

Nature and Definition of Psychotherapies, Psychotherapeutic Basic Skills, Psychoanalytic Therapies: Classical & Modern, Transactional Analysis

UNIT-II: Behavior Therapies

Basic assumptions & various forms of behavior therapies, Systematic Desensitization & Flooding, Implosive Therapy, Aversive Therapy. Biofeedback Technique, Assertiveness Training

UNIT III: Cognitive, Humanistic and Existential Therapies

Cognitive Therapies: REBT, Mindfulness & REBT Beck's Cognitive Therapy. Roger's Client Centered Therapy. Gestalt Therapy. Logo Therapy & Reality Therapy

UNIT IV: Multimodal and Eastern Therapies

Lazarus Multimodal Therapy. Eastern Therapies: Vipassana & Zen Buddhism, Islam & Sufism, and Yoga Therapy. Narrative, Play, Music and Dance Therapies. Family Therapy

REFERENCES:

1. Ajay, S. (1989). Psychotherapy: East and West. Himalayan International Inst. Hinsdale, Penn.
2. Beck, A.T. (1976). Cognitive therapy and behavior disorders. International Universities Press. New York
3. Brown, C & August-Scott, T (2007). Narrative Therapy. Sage Publications. New Delhi.
4. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley Pvt. Ltd. of Pearson Education. New Delhi, India.
5. Capuzzi, D., & Gross, D.R. (2008). Counseling and Psychotherapy: theories and interventions 4thEdn. Pearson Education: India.
6. Corey, G. (2008). Theory and practice of group counseling. Thomson Brooks/Cole: Belmont CA
7. Corsini, R.J. & Wedding, D. (Ed) (1995). Current psychotherapies. F.E. Peacock. Itasca III.

8. Ellis, A. & Harper, A. (1975). *A new guide to rational living*. Prentice-Hall. Englewood Cliffs, N.J.
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10. Nelson R. Jones (2009). *Theory and Practice of Counselling and Therapy* (4th Ed). Sage Publication. New Dehli.
11. Prochaska, J.O., & Norcross, J.C. (2007). *Systems of psychotherapy: a trans theoretical analysis*. 6th Ed. Thomson Brooks/Cole: Belmont, CA: USA
12. Rama, S. & Ballentine, R. & Ajaya, S. (1976). *Yoga and Psychotherapy*:. Himalayan International Inst. Hinsdale, PA.
13. Rimm, D.C. & Masters, J.C. (1987). *Behavior Therapy: Techniques and empirical findings*. Harcourt, Brace, Jovanich. New York.
14. Stewart, I. (2000). *Transactional analysis counseling in action*. Sage. London.
15. Veereshwar, P. (2002). *Indian Systems of Psychotherapy*. Kalpaz Publications. Delhi.
16. Verma, L. (1990). *The management of children with emotional and behavioral difficulties*. Routledge. London.
17. Watts, A. W. (1973). *Psychotherapy: East and West*. Penguin books. London.
18. Woolfe, R. & Dryden, W. (Ed.) (1996). *Handbook of counseling psychology*. Sage. New Delhi.

CORE COURSE-III
INDIAN PSYCHOLOGY
COURSE CODE- SAHS PSY 1414 C 4004

UNIT-I: Introduction to Indian Psychology

Assumptive bases of Indian Psychology. Scope and substance of Indian Psychology, Methods of study, Psychological thoughts in Ancient India. Indian thoughts and traditions. Indian Psyche, Indian psychology a myth or reality, origins of sruti and smriti, content of Vedas, systems and schools of Indian Psychology, asu, prana, and manas, Atman and Jiva, models in Indian thought.

UNIT-II: Yoga Psychology

Theories and applications. Patanjali yoga sutras and sidhis: Basic concepts. Yoga psychology and Samkhya Metaphysics

UNIT-III: Transpersonal Psychology in Bhagavat Gita

Identity and existence, self knowledge, conflict and wisdom, Ksetra, Ksetrajna and Ego, Karma and Sanyasa, work, renunciation and yoga, work as meditation, three definitions of yoga (i. sthitha prajna and freedom, ii. Work and freedom, iii. Yoga and happiness).

UNIT-IV: Psychology in the Advaita Vedanta

Concept of manas, ahamkara, buddhi and citta, person and personality, self realization. Consciousness.

REFERENCES:

1. Kuppuswamy, B. (1985). Elements of Ancient Indian Psychology. Vikas Publishing House Pvt. Ltd. New Delhi.
2. Rao, K.R., Paranjpe, A.C. & Dalal, A.K. (2008). Handbook of Indian Psychology. Cambridge University Press India Pvt. Ltd. New Delhi.
3. Tart C. T. (1992). Transpersonal psychologies. (2nd Ed.). Harper Collins. New York.
4. Vyas R. N. (1984). From Consciousness to Super Consciousness: Fundamentals of Indian Philosophical Psychology. Cosmo Publications. New Delhi.

**CORE COURSE-IV
DISSERTATION
COURSE CODE- SAHS PSY 1 4 15 C 001212**

SKILL ENHANCEMENT ELECTIVE COURSE-I
COMMUNICATION SKILLS
COURSE CODE- SAHS PSY 1401 SEEC 0200

Unit-I: Basics of Communication & Presentation Strategies

Definition and Process of Communication: Kinesics, Paralinguistic, Proxemics, Chronemics

Defining the Purpose of Presentation: How to Make an Effective Presentation:

- i) Analysing audience and locale
- ii) Organizing content and preparing an outline

Unit-II: Effective Communication Skills

Listening Ability: Hearing and Listening, Types of Listening, Barriers to Effective Listening, Traits of a Good Listener.

Reading Fluency: Introduction, Reading Strategies, Techniques of reading, Developing Reading Comprehension.

Writing: Mastering the Final Skill- Paragraph writing, Business Letters, official letters, official notes writing, Report Writing, Completion of a Given Story. E-mail etiquettes

References:

1. Vibrant English (2013). Orient BlackSwan, Hyderabad.
2. Lesikar R V, Flatley M E ,Rentz K and Pandey (2009): Business Communication: Making Connections in a Digital World. Tata Mcgrow Hill, New Delhi.
3. Kumar S and Lata P (2011): Communication Skills. Oxford University Press, New Delhi
4. Leech, Geoffrey and Jan Svartvik (2009): A Communicative Grammar of English. Pearson, New Delhi.

SKILL ENHANCEMENT ELECTIVE COURSE -II PERSONALITY DEVELOPMENT

COURSE CODE- SAHS PSY 1402 SEEC 0200

Unit-I: Concepts of Holistic Personality Development.

Self-management skills; Societal Norms and their ill-effects on Holistic Personality; Steps of developing holistic personality; Management of personality through homeostatic mechanism for promotion of personality; Role of Heredity, Environment and self-responsibility in personality development.

Art of Switching off and switching on of genes for developing holistic personality; Commitment to Application of knowledge existing; Time Management and Holistic Personality – Daily schedule, to do lists, daily journal; Basic habits' excellence for holistic personality development. Role of Physical Activity in developing components of holistic personality. Types of Physical Activity: Lifestyle activities and Exercise; Role of Physical Activity in Holistic Personality Development.

Unit-II: Psychological Personality.

Meaning, definition and important of psychological personality. Components of psychological personality: MESS i.e. Mental Personality, Emotional Personality, Spiritual and Social Personality. Characteristics of Mental Personality. Types of Mental Personality – ABCD types of personality & OCEAN. Understanding Stress, Mind-Body interaction; mental health & P.A.; Stress management Description of Relaxation Techniques. Types of Emotional Personality and emotional learning points. Self-image, self-concept, Self-efficacy, Self-confident and role of self-responsibility for PA and its impact on emotional personality. Meaning, Definition & Importance of Social personality. Components of Social Personality. Meaning, Definition and Importance of Spiritual Personality.

REFERENCES:

1. Bernard, N. (2001). Turn off the Fat Genes. Harmony Books, USA.
2. Cohen, R. J. & M.E. Swerdlik (2002). Psychological Testing and Assessment. McGraw Hill, USA.
3. Covey, S. (2004). The 8th Habit. Franklin Covey Press, USA.
4. Edlin, G. & E. Golantry (2004). Health & Wellness. Jones and Bartlett Publishers, USA.
5. Hales, D. (2005). An Invitation to Health. Thomson Wadsworth, USA.
6. Jackson, A.W., J.R. Morrow, D.W. Hill and R.K. Dishman (2004). Physical Activity for Health & Fitness. Human Kinetics, USA.
7. Kansal, D.K (2011). Holistic Personality Development. Sports & Spiritual Science Publication, New Delhi (2 Press).
8. Peeke, P. (2006). The National Body Challenge. Hay House, Inc., USA.
9. Robbins, G., D. Powers and S. Burgers (2008). A Wellness Way of Life. McGraw Hill, USA.
10. Tortora, G.J. and S.R. Grabowski (2003). Principles of Anatomy & Physiology. John-Wiley & Sons, USA.
11. Vivekananda, S. (2007). Personality Development. Advaita Ashrama Publications, Kolkata, India.
12. Weinsberg R.S. and D. Gould (2003). Foundations of Sports & Exercise Psychology. Human Kinetics, USA.

SKILL ENHANCEMENT ELECTIVE COURSE –III

RESEARCH WRITING SKILLS

COURSE CODE- SAHS PSY 1403 SEEC 0200

Unit-I: Contextualization, Reviewing literature and preparing outline

Establishing your constraints, organizing your writing, Preparing outlines, Standard formats for scientific papers, research projects and theses Style guides

Content: Creating a literature review, Preparing other sections of a research report (abstract, introduction, materials and methods, results and discussion, conclusions) including and summarizing research data

Unit-II: Scientific Style and Referencing

Style and grammar: Scientific writing style, First-person vs. Third-person; Passive vs. active voice, avoiding excessive wording, Grammar, Avoiding misuse of words when to use footnotes,

Reference citations: How to use references - Within the text - How to make lists of references

References:

1. Robert A. Day and Barbara Gastel (2006): How to Write and Publish a Scientific Paper. **6th Edition**. Greenwood Publishing Group, USA.
2. Alley, M. (2003): The Craft of Scientific Presentations: Critical steps to succeed and critical errors to avoid. Springer, New York.
3. Swales, John M., & Feak, Christine B. (2012): Academic writing for graduate students: Essential tasks and skills (3rd Ed.). Ann Arbor, the University of Michigan Press. (ISBN: 978-0-472-03475-8)
4. McMillan, V. (1988): Writing papers in the biological sciences. Bedford Books, NY.

5. Strunk, W., and E. B. White (1979): The elements of style, 3rd edition. MacMillian, Publishing Co.

SKILL ENHANCEMENT ELECTIVE COURSE -IV ESSENTIAL SKILLS OF A PSYCHOLOGIST

COURSE CODE- SAHS PSY 1404 SEEC 0200

Unit-I: Basic and Employability Skills

Basic Skills: Basic literacy skills, Basic oral communication skills, Numeracy skills, ICT skills.

Employability Skills: Ability to meet deadlines, Attention to detail, Problem solving skills, Advanced oral communication skills (e.g. presentations) , Creative and innovative thinking skills, Decision making skills, Advanced written communication skills (e.g. formal reports and letters), Business acumen

Unit-II: Social and Personal Skills

Social Skills: Team working and co-operation skills, Etiquette and good manners, Self-confidence, Appropriate dress and appearance, Networking skills, Influencing and negotiating skills, Leadership skills, foreign language skills

Personal Skills: Honesty and integrity, Reliability, Hardworking and having a good work ethic, Positive 'can do' attitude, Punctuality, Willingness to take on responsibility, Adaptability and flexibility, Ability to work independently

References: