

**SYLLABUS OF M. Sc., (PSYCHOLOGY) COURSE**



Department of Psychology  
**YOGI VEMANA UNIVERSITY**  
**Vemanapuram, Kadapa-516 005**

## **GENERAL PSYCHOLOGY**

### **Unit – I: Psychology as science**

Definition, nature, scope and aims of Psychology- The rise of experimental psychology,- The schools of psychology (Structuralism, Functionalism, Behaviorism, Psychoanalytic)-Methods of Psychology – Introspection method, observation method, Survey method, case study method, experimental method and Correlational method

### **Unit-II: Physiological basis of behaviour -**

The structure of neuron- Varieties of neuro transmitters- Central and Peripheral nervous system- Autonomic Nervous system. Structure and functions of brain- Limbic System- Endocrine glands – Effects of over and under secretion of glands.

### **Unit III :Sensation, Perception & Learning**

**Sensation & Perception:** Meaning of Sensation- Types of Sensation - Definition of Perception – Factors influencing Perception (Physiological and Psychological )- Perception and Illusion.

**Learning:** Definition and Nature - Learning theories, Pavlov, Thorndike, Skinner, Types of Learning – Conditioning , Habitual , Insight- Transfer of Training .

### **Unit – IV: Motivation and Emotion**

Motivation:- definition and Nature - Instinct , drive, needs, incentive, motive, Classification of motives- Theories of Motivation:- Instinct theories – Freud & Mc Dougal; Need hierarchy theory – Maslow,

Emotion: Nature, kinds of emotions- physiological basis of emotion. Theories of emotion: The James – Lange theory – The Cannon – Bard theory.

#### Reference:

- A. Baron – Robert . A(2005) Psychology. Printice hall of India Pvt. Ltd., New Delhi.
- B. Feldman, Robert. S(2004). Understanding Psychology, Tata Mcgraw Hill company Ltd., New Delhi.
- C. Ghorpade, M.B. – Essentials of Psychology, Publishing house, Bombay 1977
- D. Goleman. D. (1995) Emotional Intelligence, Bantam, New York.
- E. Singh. Y.Bharava .M (1990) Manual for Emotional Mturity Scale, Naional Psychological conformation., Agra.

**SOCIAL PSYCHOLOGY**

**Unit – I : Introduction to Social Psychology**

Definition, Historical origins; Relationship with other social sciences-(Sociology, Economics, Political Science and Anthropology); Research methods in Social Psychology (Field Research, survey research, Archival Research, Correlational Research, observational research).

**Unit – II: Social Perception and Social Cognition**

Person perception; Attribution: Understanding the causes of others behaviour, Kelly's theory; Bem's theory; Regulatory focus theory. Impression formation and impression management. Schemas; Mental frame works. Interpersonal attraction. Communication system in humanbeings Nonverbal communication; The language of expression

**Unit – III: Socialization**

Definition, Motive and behaviour, Agencies of socialization (Parents, Peergroup, school and media) Sexual motives, Sex role identity , Psychological Androgyny, Dependency, Moral development, Self-Esteem, Self concept.

**Unit – IV: Attitudes**

Nature and formation of Attitudes, Functions of Attitudes; Theories of attitudes; Reinforcement theory; Balance theory; Cognitive dissonance theory; Measurement of attitudes; Self measures; Likert, Thurston Osgood and Bogardus scales: Physiological measures.

References:-

1. Baron, R.A., & Byrne, D. Social Psychology Understanding human Interaction, Prentice- hall of India Pvt. Ltd, New Delhi, 1998.
2. Ray & Baumeister. Social Psychology. Cengage.
3. Lipp, R.A. Introduction to social psychology. Words worth publishing company, Balmont, California.
4. Lambert, Social Psychology: The theoretical approach.
5. Seidenberg, B., & Sandowsku, A. Social Psychology. An introduction. The free press, Macmillan publishing Co., Inc., 1976.

## **ABNORMAL PSYCHOLOGY**

### **Unit I: Meaning and definition of abnormality**

Definition and Criteria of abnormality-Historical background- Brief overview of classification- DSM IV and ICD – 10, Advantages and disadvantages of classification, Problem of Diagnosis.

### **Unit II: Different Perspectives of abnormal behaviour**

Psychoanalytical Perspectives- Freud's Psychoanalytical theory- Jung's analytical theory- Adler's Individual psychology- Behavioristic perspective- Skinner's operant theory- Bandura social learning theory- Humanistic Existential perspective- Maslow need Hierarchy theory- Cognitive perspective – Beck and Ellis

### **Unit III: Nature of causation of Abnormalities**

Causes of Abnormal Behavior: Biological causes: Constitutional, neurophysiologic and Biochemical Psychological Causes: Pathogenic causes, Pathogenic Interpersonal relationships. Socio – culture causes: Social class, Social roles, and Cultural factors. Predisposing, Precipitating reinforcing, Feedback and circularity of Causes

### **Unit IV: Classification of Mental Disorders**

Psycho -Neurosis- Causes and Aetiology-Psychoses- Causes and Aetiology Anxiety disorders- Somatoform disorders: Functional disorders- Mood disorders, Personality disorders, psychosomatic disorders.

### **Readings:**

- a) Sarason I.G. and Sarason B.R. (2002) Abnormal Psychology, 11 Edition. PHI Ltd.,
- b) Sarason W. Gray & Marilyn R. Zide. Psychopathology : Competency based assessment model for social workers. Cenage.
- c) Comar J.R (1998) Abnormal Psychology.
- d) Seligman N.H. (2001) Abnormal Psychology
- e) Sultz D. (1976) Theories of Personality.

**PSYCHOLOGICAL MEASUREMENT-I**

**Unit-I Nature of Psychological Measurement**

Definition and Advantages of Measurement -History of Measurement -Scales of Measurement-The Nominal Scale-The ordinal scale-The interval scale-The ratio scale-Nature of Psychological Variable- Mental test tradition-Psycho Physical tradition

**Unit-II The Psycho- Physical Methods**

Method of Average Error-Constant and Variable Errors- Evaluation of the Method-The Methods of Minimal Changes-the Difference Limen -Evaluation-The Method of Constant Stimuli-Determining the Absolute Limen - Determining the Difference Limen -Evaluation

**Unit-III Psychological Scaling Methods**

Psychological Scaling methods-Principles of Scaling of Paired Comparisons- Method of Rank Order-Method of Successive Categorizes- Method, Evaluation advantages.

**Unit-IV Rating Scales**

Rating Scales-Types of rating scales-Problems in the constructions of Rating scales and uses; Errors and their control-some special features of rating scales- Evaluation of rating scales

References:

- a) Psychological Testing – 7<sup>th</sup> Edition- Anaesthesia. PHI
- b) F.S. Freeman: Psychological Testing, 3<sup>rd</sup> edition , Oxford and IBH publications, Co.Pvt. Ltd., New Delhi.
- c) J.P. Guilford: Psychometric methods, Tata- McGraw- Hill publishing Co. Ltd. New Delhi.
- d) Ramamurti, P.V. 2014. An Introduction to Psychological measurements. Delhi: PHI Learning Private Limited.

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## **COGNITIVE PSYCHOLOGY**

### **Unit – I : The Study of Cognition**

Definition of Cognitive Psychology- Historical origins of Cognitive Psychology: The Philosophical Background: Early Greek Philosopher – Descartes; Locke; British Associationism; Kant. Associationism in Psychology: Contributions of Ebbinghaus. The twentieth century Associationism. The Gestalt view, Bartlett's outlook.

### **Unit – II Attention and Memory**

Attention: Selective attention – Kinds of Attention- Barriers of Attention- Memory: Definition, Types of Memory- Working memory, Semantic memory, Picture memory and Verbal memory, Remote Memory, Procedural memory etc.Theories of forgetting.

### **Unit – III: Concept Formation and Problem Solving**

Concept formation- Process in concept formation – Analytical and non analytical strategies- Determinants of concept formation.Problem Solving: Functional fixedness, Organization and insight Syllogistic reasoning; Strategies for problem solving- Role of reasoning.

### **Unit – IV: Creativity and Intelligence**

Creativity; Creative process, creativity and functional fixity, Investment theory and creativity – Judging creativity' Intelligence: Definition and nature – Factors influencing intelligence: Spearman, Thurston and Guilford's Gardner's Theory of multiple intelligences – Stenberg's Triarchic theory – Measurement of Intelligence.

#### References:

- A. Michael G. Wessel Cognitive Psychology Harper and Row Publishers, New York, 1982.
- B. Robert I. Solso. Cognitive Psychology, Sixth Edition , Pearson Education, Delhi 2004.

**APPLIED SOCIAL PSYCHOLOGY**

**Unit. I: Social Influence and Social Exchange**

Conformity, Asch's conformity studies; Explaining conformity; Compliance; why people comply; Obedience; Milgram's Studies. modeling; cooperation, competition, bargaining, conflict resolution.

**Unit. II: Prejudice and Discrimination**

Definition and Nature of Prejudice and Discrimination – Origin of Prejudice (Cognitive and Social) – Challenging Prejudice – Prejudice based on Gender – Forms of Discriminatory behavior

**Unit. III: Aggression,**

Definition and Nature-Theoretical perspectives on Aggression; The role of biological factors Drive theories and modern theories of aggression-Determinants of human aggression; social, personal and situational determinants- Prevention and Control of aggression.

**Unit. IV: Environment and Behavior**

Urban environment and social behavior, Effect of noise, Temperature, Weather, Light and Air pollution. Crowding-Long term effects of crowding. Theories of crowding.

References :-

1. Baron, R.A., & Byrne, D. Social Psychology: Understanding human Interaction, Prentice – hall of Indian Pvt. Ltd. Ew Delhi, 1988.
2. Lipp, R.A. Introduction to social psychology wordsworth publishing company , Balmont, California.
3. Lambeerth, social psychology: the theoretical approach.
4. Seidenberg, B., Sandowsku, A. social psychology. An Introduction. The Free Press, Macmillan publishing Co. Inc., 1976.

## CLINICAL PSYCHOLOGY

### **Unit I: Foundations of Clinical Psychology**

Definition and scope of Clinical Psychology - History of Clinical Psychology, Current status and Professional issues- Methods of Clinical Psychology.

### **Unit II: Models of Clinical psychology**

Models of Clinical psychology- five models of clinical psychology (Psycho-dynamic/ cognitive/behaviorist/ humanist/ gestalt-based and systematic

### **Unit III: Major clinical disorders**

Clinical child Psychology: Clinical issues, Behavioural Disorders, Emotional Disorder, Developmental and Learning Disorder – Clinical Neuro-psychology:- Symptômes and Syndromes; Delirium, Dementia, Amnesic syndrome, Neuro-psychological Delusional syndrome, Neuro-psychological syndrome, Neuro-psychological disorder with HIV – 1 infections.

### **Unit IV: Clinical Assessment and Psycho diagnostics**

Signs and symptoms of Mental disorders; Intellectual Assessment; Personality Assessment; Neuropsychological Assessment; Clinical interviewing and testing. Psycho-diagnostics- intake/ an amnesia - developing hypotheses - selecting criteria and materials (tests, questionnaires, observations etc.)

#### Readings:

- Diagnostic and Statistical Manual disorders: 4<sup>th</sup> edition (2000) Washington, D.C.: American Psychometric Association.
- A. Hecker, J.E. & Thrope, G.L. (2005) Introduction to clinical Psychology: Science, Practice and Ethics, Delhi; Pearson Edn.
- B. Kendall, P.C. & Norton – Ford, J.D. (1982) Clinical Psychology Scientific and Professional Dimension: Chichester. John Wiley.
- C. Nietzel M.T., Bernstein, D.A., & Milich R. (1998) Introduction to clinical Psychology 5<sup>th</sup> edition, Trentice Hall, New Jersey.
- D. Prabhu G.G. (1983) Then Now India Journal of Clinical Psychology.
- E. The ICD -10 classification of Mental and Behavioural disorders. Clinical Descriptions and diagnostic guidelines (1992) W.H.O. Geneva.



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## **PSYCHOLOGICAL MEASUREMENT-II**

- Unit-I** Psychological Testing-History of Psychological testing-Characteristics of a Psychological Test-Uses of Psychological test.
- Unit-II** Test Construction-Item Content-Development of norms- Types of norms-percentile-Age norms-Grade Norms-Interpretation of Norms-Profile-Test administration-Test Selection-Role of Rapport.
- Unit-III** Psychological Testing -Reliability- types of Reliability-validity-Types of validity-Importance of item Analysis-Item difficulty- Item Validity-Item Discrimination.
- Unit-IV** Classification of Psychological Tests - Intelligence-Aptitude Tests-Tests of Interest -Personality Tests- Projective Techniques(TAT, Rorschach etc.)

1. Anaesthesia. Psychological Testing – 7<sup>th</sup> Edition- PHI
2. F.S. Freeman: Psychological Testing, 3<sup>rd</sup> edition , Oxford and IBH publications, Co.Pvt. Ltd., New Delhi.
3. J.P. Guilford: Psychometric methods, Tata- McGraw- Hill publishing Co. Ltd. New Delhi.
4. Ramamurti, P.V. 2014. An Introduction to Psychological measurements. Delhi: PHI Learning Private Limited.

2514OE -Open Elective (for students of other departments)

### **PERSONALITY DEVELOPMENT**

- Unit-I:** Definition of Personality –Nature of Personality - Determinants of Personality (Heredity/ Environment/ Situations)- Role of Emotions on Personality Development.
- Unit-II:** Concept of self, self and Ideal self, Self confidence- Self acceptance and self growth - Motivation – sources of motivation – Performance appraisal – Types and application
- Unit-III:** Definition and Nature of Leadership – Leadership styles-skills – Communication-Intra personal communication and body language- Inter personal communication and relationships- Communication skills .
- Unit-IV:** Conflict: Meaning and Nature- levels of conflict; interpersonal and intra personal; Conflict Management; Concept of stress, causes and management

References:

- Guilford J.P. .Personality. Mc Graw Hill Book company Inc 1959.
- Hariharan et al., . Soft skills. MJP Publishers: Chennai, 2010.
- Hurlock E.B . Personality Development. Tata Mc Graw Hill Publishing company New Delhi – 1976.
- Janis, Irving and others . Personality Dynamics, Development and Assessment. New York. 1969

## **PERSONALITY-I**

### **Unit – I: Definition and Nature**

Definitions of Personality- Nature of Personality-Characteristics of Personality - Role of Endocrine system-Pituitary-Thyroid-Parathyroid-Adrenal-Gonads- Importance of Socialization.

### **Unit – II: Determinants of Personality(Physical/Intellectual/Emotional)**

Physical Determinants(Body build attractiveness and physical changes etc., )  
Intellectual( Intellectual development/ intellectual capacities etc.) Emotions and personality.

### **Unit – III: Determinants of Personality (Social/ Educational/Family)**

Social determinants (Social experiences /social deprivation / social acceptance etc.,)  
Sex determinants (Effects of sexuality/ interest in sexuality/ attitudes etc.);  
Educational determinants (attitude towards education/ readiness for school/ academic success etc., )

### **Unit – IV: Assessment of Personality**

Observation,Situational Performance Tests, Interview,Questionnaire Method-  
Personality Inventory, Rating Scales- Case History.

### **References:**

- a. Guilford J.P. "Personality" Mc Graw Hill Book company Inc 1959.
- b. Hurlock E.B "Personality Development" Tata Mc Graw Hill Publishing company New Delhi – 1976.
- c. Janis, Irving and others "Personality Dynamcs, Development and assessment New York 1969 "
- d. Lazarus R.S. "Personality" prentice – hall INC Second edition 1971.
- e. Stranger R. Psychology of Personality McGraw Hill Book company 1974, Fourth edition.

## **DEVELOPMENTAL PSYCHOLOGY-I**

### **Unit-I: Foundations of Developmental Psychology**

Concept of growth-Development and Maturation-Principles of Development-Role of Heredity and Environment-Prenatal Development.

### **Unit-II: Infancy and Babyhood**

Characteristics of Infancy- Developmental Tasks- Physical and Cognitive Development , Socio- emotional Development- Hazards of infancy- Characteristics of early childhood – Developmental Tasks – Speech development - Emotional behavior- Developments in socialization - Hazards in babyhood.

### **Unit-III: Childhood**

Characteristics of Early childhood- Developmental tasks –Physical development- skills – Emotional behavior -Moral development in early childhood- Personality development- Hazards of early childhood- Characteristics of Late Childhood – Developmental Tasks – Physiological Habits – Skills – Emotions Socialization – Play understanding – Sex-role Tying – Family Relationships – Personality – Hazards and Happiness in late Childhood.

### **Unit- IV: Puberty**

Characteristics of Puberty – Criteria - Causes - Growth Spurt – Body changes at Puberty – Effects of Puberty changes and psychological consequences – Sources of Concern – Hazard and unhappiness at Puberty.

### **REFERENCES:**

1. Hurlock. E.B (1980) Development Psychology: A Life Span Approach (Fifth Ed) New Delhi: Tata Mc Graw Hill Pub. co. Ltd.
2. Santrock, J.W (1997) Life – Span Development (sixth Ed) Chicago: Brown Mark.

## **COUNSELLING PSYCHOLOGY-I**

### **Unit I : Introduction to Counseling**

Concept and Definition of Counselling – Counselling as helping profession and related fields – Guidance , Psychotherapy, Clinical Psychology and Social work - Factors contributing to the emergence of Counselling- History of counselling movement- Present status of Counselling in India

### **Unit II : Goals , Characteristics and Types**

Goals and expectations of Counselling – Roles and functions of counselor - The characteristics of an effective counselor- counselor skills- Characteristics of a Counselee – Developmental determinants, tools of counseling – Types of Counselling – Individual / Group counselling.

### **Unit III: Counseling process and Counselling Techniques**

Phases of Counseling-Client- Counselee Relationship- Counseling setup (Influence of external conditions) Individual skills-Group Counseling-Dealing with Specific situations.

### **Unit IV: Legal and Ethical Considerations in Counselling**

Conflicting responsibility – Confidentiality- Competence and representation and ethics in research – legal considerations- the legal recognition of counselors – Privileged communications – Expert Testimony and liability for negligence or malpractice.

#### Reference:

- Bhatnagar, A & Gupta, N .(1999). **Guidance and Counselling. A Theoretical perspective.** Vikas Publishing House: New Delhi.
- Gibson, R.L & Mitchell, M.H. (2006). **Introduction to Counselling and Guidance.** Prentice Hall of India Ltd., : New Delhi.
- Nelson, Richard Jones. (2011). **Theories and Practice of counseling Therapy.** 5<sup>th</sup> Edition. Sage Publications: New Delhi.
- Richard nelson jones (2008) **Basic counseling skill's a Helpers manual.** 2nd edition. New Delhi:Sage Publications India limited.
- S. Naryana Rao (1997) **Counselling and Guidance.** Tata Mc. Graw-Hill.

## **HEALTH PSYCHOLOGY**

### **Unit I :Introduction to Health Psychology**

Definition - Scope- Health psychology as a new field -- Health Psychology and other fields- Emergence of Health Psychology- Research methods in Health psychology - Correlational studies - Cross sectional and longitudinal studies - Experimental designs.

### **Unit II: Models of Health and Health Behaviour**

Illness and Personality -Allport, Roger, Maslow; Bio-Psychosocial perspectives- Eastern Approaches: Concept of Sthitha Prajna (Bhagvadgeeta), Concept of Anasakti. Health Behavior and Primary preventions-Changing health habits - Behavioral approaches. Transtheoretical model, and Social engineering - Health enhancing behaviors.

### **Unit III: Health Promotion and Disease Prevention**

Behavioral Risk factors (Food and eating/ alcohol and drinking/ unsafe sexual behavior, Tobacco and smoking /sedentary life style). Development of Health habits - Approaches to Health Promotion - Behavioral change approach, Self-empowerment approach, Collective action approach.

### **Unit. IV: Health Services**

Concept of Health Service - Perceiving and Interpreting systems - Uses and misuses of health services - The Patient-Practitioner relationship - Medical advices - Psychological problems of hospitalized patients. Role of Government and NGOs

### **References:**

- Hans Selye (Ed.) (1980). **Selyes Guide to Stress Research**. Van Nostrand Reinhold Company: NY.
- Baron, R.A ., and Byrne, D. (1999).**Social psychology**. Prentice Hall of India Private Ltd.
- Taylor, S.E. (2006). **Health Psychology**. 6<sup>th</sup> edition: Tata McGraw Hill, New Delhi.
- Jame Ogden. (2010).**Health Psychology**. 6<sup>th</sup> Edition. Tata McGraw Hills.

3514OE -Open Elective (for students of other departments)

### **CAREER GUIDANCE**

**Unit I:** Definition of Guidance – Principles of Guidance Need and scope of guidance- Areas of guidance-educational , vocational ,personal, Social, Moral and Health- Agencies of Guidance(International/ national/ State /Local)

**Unit II:** Types of Guidance-Individual Guidance-Group Guidance-Guidance for Special need Groups (Mentally Challenged and Slow Learners)

**Unit III:** Guidance and counseling - Definition and goals of counseling- characteristics of a good Counselor- Stages and functions of Counseling.

**Unit IV:** Career Guidance and Goals-Career planning-Career Development-Career Management-Factors Influencing career and life (Personality, Interest, and Aptitude)

**References:-**

- Shertzer.N., and Stone S.C. (1971) Fundamentals of counseling. Houghton and Mifin company: New York.
- Narayana Rao.S. (1975). Principals of Guidance and Counselling

## **PERSONALITY-II**

### **Unit I: Nature of Personality theories**

Personality theory and history of Psychology- What is a Personality theory – Personality theories and other psychological theories – Comparison.

### **Unit – III: Theories of Personality - Type and Trait**

Type Theories (Hippocrats/Kretschmer's classification /Sheldon's classification) and Trait Theories - Allport / Cattell/ Guilford /Eysenck's classification.

### **Unit – III: Theories of Personality**

Freud's Psycho Analytical Theory Structure and dynamics- Psycho-sexual development – Jung's theory –Adler theory-Erikson's theory.

### **Unit – IV: Assessment of Personality**

Projective Techniques-Word association test- Sentence completion test – Rorschach Ink blot test- TAT(Thematic Apperception Test)-CAT(Children Apperception Test )- Psycho-drama- Socio- drama –Draw a Man Test-Doll play.

### **References:**

- a. Guilford J.P. "Personality" Mc Graw Hill Book company Inc 1959.
- b. Hurlock E.B "Personality Development" Tata Mc Graw Hill  
a. Publishing company New Delhi – 1976.
- c. Janis, Irving and others "Personality Dynamics, Development and  
a. assessment New York 1969 "
- d. Lazarus R.S. "Personality" prentice – hall INC Second edition 1971.
- e. Stranger R. Psychology of Personality McGraw Hill Book company 1974, Fourth edition.



## **DEVELOPMENTAL PSYCHOLOGY-II**

### **Unit-I: Adolescence**

Adolescence – Characteristics of Adolescence – Developmental Tasks – Emotionality – Social Interests and Morality changes during adolescence – Sex Interests – Sex behaviour and Approved Sex Roles – Family Relationships- Personality changes and Hazards of Adolescence-Happiness in adolescence.

### **Unit-II: Adulthood**

Early Adulthood: Personal and Social Adjustments: Characteristics of early Adulthood – Developmental Tasks - changes in Interests – Social Mobility – Sex-role adjustment. Personal and Social Hazards of Early Adulthood- Early Adulthood: Vocational and Family Adjustments: Vocational, Marital, Parenthood, Single hood and Hazards of Adjustments.

### **Unit –III: Middle Age**

Characteristics and Developmental Tasks – Personal and social Adjustment – Adjustments to Physical Changes - Assessment of Adjustments to Physical Changes - Vocational and Family adjustments-Single hood, Loss of a spouse, Approaching Retirement and Old Age – Vocational and Marital Hazards of Middle Age.

### **Unit- IV: Old age**

Characteristics and Developmental Tasks -Adjustment to Physical Changes – Changes in Motor Abilities – Changes in Mental abilities- Hazards to Personal and Social Adjustments in old age- Adjustment to retirement- Adjustment to singlehood in old age.

### **REFERENCES:**

- Hurlock. E.B (1980) Development Psychology: A Life Span Approach (Fifth Ed) New Delhi: Tata Mc Graw Hill Pub. Co. Ltd.
- Santrock. J.W (1997) Life – Span Development (sixth Ed) Chicago: Brown Mark.

## **COUNSELLING PSYCHOLOGY-II**

### **Unit. I : Theoretical Perspective - Psycho-Analytical Theory**

Psycho-analytic theory – Introduction- Structure of Personality- Conscious and Unconscious – Psychosexual stages- Eros and Thanatos - Defense Mechanisms. therapeutic goals – therapeutic techniques - Free association, resistance, transference, interpretation of dreams.

### **Unit II: Behavioral Theory**

Classical Conditioning- Operant Conditioning –Social learning approach– Cognitive Behavior therapy - Therapeutic Process -Therapeutic techniques -Systematic desensitization-Aversive reinforcement-Extinction.

### **Unit III: Other Theories of Counseling**

Cognitive behavioral theory-Rational Emotive Theory-Humanistic Theories-Roger's Client centered Theory

### **Unit IV: Special Areas of Counseling**

Counseling for various groups -Children, Adolescents, Youth, Adulthood-Middle age and aged. Family and Marital counseling/ counseling for special concern groups like counseling the physically and socially handicapped - Counseling the elderly – Counseling the women - Counseling the drug addicts.

### **REFERENCES:**

- Hall C.S. & Lindzey. G. (1998). *Theories of Personality*. 3rd Ed. NY: J. Wiley & Sons
- Elizabeth B. Hurlock. (1976). *Personality Development*. Tata Mc. Graw Hill.
- Deurzen, E.V., & Martin , (2011). *Skills Essential counseling Psychotherapy*. Sage Publications: New Delhi.
- Nelson, Richard Jones. (2011). *Theories and Practice of counseling Therapy*. 5<sup>th</sup> Edition. Sage Publications: New Delhi.

## **REHABILITATION PSYCHOLOGY**

### **UNIT-I: Introduction**

Rehabilitation Psychology: Definition, historical perspective, scope and methods- Functions of Rehabilitation Psychology - Role of rehabilitation psychologist - Recent trends in rehabilitation psychology.

### **UNIT – II : Disability and Rehabilitation**

Definition of disability- Types of disability - Psychological Approach to Rehabilitation: Assessment, diagnosis, treatment and certification. Understanding psychological needs of caregivers and working with families of persons with disabilities.

### **UNIT - III: Psychological Interventions**

Management of problems of the disabled- Role of psychological interventions- Psycho-analytic /Cognitive Behaviour /Rational-emotive therapy; Augmentative (psycho-drama/role play/yoga and meditation)- Behaviour therapies (relaxation techniques/ systematic desensitization / bio-feedback).

### **UNIT – IV: Organization as Services**

Work settings of rehabilitation psychologists Designing training programmes for rehabilitation psychologists Training need analysis, implementation of training programmes designs- Role of Government and NGO's .

### **References:**

- Alexis Waitman & Suzanne Conboy-Hill, 1992. Psychotherapy and mental handicap. Sage Publications, New Delhi.
- Franks and Wilson. Annual review of behavior therapy theory and practices.Vol5. 1997.
- Rosenberg, M.S., Wilson, R. Maheady, L. (2004). Educating children with behavior disorder. London: Sage Publications.
- Golden C.J., 1984. Current Topics in Rehabilitation Psychology: Grune & Straton, London. •
- Nirbhay N.Singh, 1998. Comprehensive Clinical Psychology: Application in Diverse Populations, Volume 9, Elsevier Science, Pergamon.
- Zigler, E, Gates, D.B (1999). Personality development in individuals with Mental Retardation, New York: Cambridge University Press.

**Scheme of Practicals**  
**M.Sc., Psychology course**

<b>Scheme of Practicals</b>			
<b>M.Sc., Psychology course</b>			
<b>Code</b>	<b>Semester-I</b>		<b>Max. Marks</b>
15141P	Practical –I	Communication and Soft skills	100
15141 P	Practical -II	Experimental Psychology-I	100
<b>Semester-II</b>			
15142P	Practical-I:	Basic Computer skills +Statistics	100
15142P	Practical- II	Experimental Psychology-II	100
<b>Semester-III</b>			
15143P	Practical-I:	Psychological Assessment-I	
15143P	Practical- II	Computer Assisted Psychological Testing+ SPSS	100
<b>Semester-IV</b>			
15144P	Practical-I:	Psychological Assessment-II	100
15144P	Practical- II	Project work	