

**Department of Psychology
University of Lucknow
Lucknow**

**B.A. Regular (Psychology)
2014-15 Onwards**

B.A. I		Maximum Marks	
1. Basic Psychological Processes		35	
2. Statistics and Psychophysics	35		
3. Practical			30
Total		100	

B.A. II		Maximum Marks	
1. Human Development	35		
2. Social Psychology		35	
3. Practical			30
Total		100	

B.A. III		Maximum Marks	
1. Psychological Assessment		35	
2. Psychopathology			35
3. Personality		35	
4. Practical			45
Total		150	

B.A.- I

Paper I: Basic Psychological Processes

UNIT I

- **Introduction:** Nature and scope of Psychology, Methods: Experimental, Observation, Questionnaire and Interview.
- **Biological Bases of Behavior:** Genes, Glands and Hormones.
- **Nervous System:** Peripheral Nervous system: Parasympathetic and Sympathetic, Central Nervous System.

UNIT II

- **Sensory Processes:** Structure and Functions of Visual, Auditory and Tactual Senses.
- **Attention Processes:** Selective and Sustained Attention, Vigilance, Perceptual Defence, Determinants of Attention.
- **Cognitive and Perceptual Processes:** Perception, Determinants of Perceptual Organization, Perception of Space and Size, Perceptual Constancies of Shape & Size; Bottom-Up and Top Down Approach.

UNIT III

- **Learning: Classical and Operant Conditioning:** Basic Processes: Generalization, Discrimination, Extinction, Spontaneous Recovery, Reinforcement Schedules. Observational Learning. Verbal learning: Materials, Methods of Verbal Learning: Free Recall, Serial Learning and Paired Associate Learning.
- **Memory:** Encoding, Storage and Retrieval Processes, Basic Models: Atkinson and Shiffrin, Short-Term and Long-Term Memory. Forgetting: Decay, Interference, Selective Forgetting.
- **Motivation:** Motivation Related Concepts (Need, Drive, and Incentive), Motivational Cycle: Classification of Motives. Maslow Hierarchy of Needs.

UNIT IV

- **Thinking:** Process, Elements (Visual Images, Cognitive Map, and Concepts) Types: Inductive and Deductive Reasoning; Creative Thinking.
- **Intelligence: Concepts determinants.** Theories of Intelligence: Spearman, Thurstone, Guilford;
- **Emotions:** Physiological changes: Theories of Emotion: James-Lange, Cannon –Bard and Schachter - Singer.

• Books Recommended

- Baron, R.A. (1995). Psychology: The essential science. New York: Allyn& Bacon.
- Bernstein,D.A; Roy,E.J;Snul,T.K;Wicknes,D.C. (1991). Psychology, Houghton Mifflin Co.
- Hilgard,E.R and Atkinson,R. (1976). Introduction to Psychology, Harcourt Bracor and World Inc.
- Lefton, L.A. (1985). Psychology. Boston: Allyn& Bacon.
- Morgan, C.T (1961). An Introduction to Psychology,Tata McGraw and Hill.

- Morgan, C.T., King, R.A. Weisz, J.R., Schopler, J (2001). Introduction to Psychology, Tata McGraw and Hill.
- McGuigan. (1990), Experimental Psychology (Indian edition), Prentice Hall of India Pvt. Ltd.
- Singh, A.K. (2000). UchchatarSamanyaManovigyan New Delhi; MotilalBanarsidas.
- Snodgrass, J.A. Berger, G.L and Maydon, M. (1985) Human Experimental Psychology, Oxford University Press
- Spear, P.D; Peniod, S.O. & Bakes. T.B. (1998) Psychology Perspectives on Behavior. John Wiley and Sons.
- Zimbardo, P.G. & Weber, A.L. (1997) Psychology . New York: Harper Collins College Publishers.

Paper II: Statistics and Psychophysics

UNIT I

- **Introduction to Statistics and Measurement:** Descriptive and Inferential Statistics; Parametric Methods. Psychological Measurement, Levels of Measurement: Nominal, Ordinal, Interval and Ratio. Discrete and Continuous Variables.
- **Frequency Distribution:** Graphical Representation of Data: Histogram, Bar - Diagram, Frequency Polygon and Smoothing the Frequency Polygon.
- **Measures of Central Tendency:** Mean and Combined Mean, Median and Mode.
- **Measures of Variability:** Range, Quartile Deviation, Average Deviation, Standard Deviation.

UNIT II

- **Normal Distribution:** Concept of Probability, Characteristics and Applications of Normal Probability Curve, Skewness and Kurtosis.
- **Correlation:** The Concept of Linear Correlation. Pearson's Product Moment Correlation (r) Spearman's Rank Order Correlation (Rho). Significance of Correlation.
- **Inference and Prediction:** Standard Error of Mean, Significance of Difference between Means in Independent and Correlated Samples, Type I and Type II Errors, Null Hypothesis.

UNIT III

- **Introduction to Psycho-Physics:** Problems of Psychophysics. Physical versus Psychological Continuum
- Stimulus Limen, Difference Limen: Weber's Law, Fechner's Law
- Method of Limits, Method of Constant Stimuli

UNIT IV

- Method of Average Error,
- Rank Order Method
- Paired Comparisons

Books Recommended

- Garret, H C (1981) Statistics in Psychology and Education, Longmans, Green & Co., New York
- Garret, H C (2003) ManovigyanaurShikshameinSankhyaki, MotilalBanarasi Das, New Delhi.
- Guilford, J.P. (1984) Psychometric Methods, Tata□McGraw Hill.
- Snodgrass, J. G. (1985) Human Experimental Psychology, Oxford University Press.

Topics for Practical Examination

UG students would be required to design and conduct Experiments / Tests on topics as shown below:

1. Response Mechanism
2. Learning
3. Motivation
4. Forgetting
5. Verbal Learning
6. Method of Average Error
7. Method of Minimal Changes/Constant Stimuli
8. Method of Rank Order/ Pair Comparison

Note: The topics listed above are only indicative.

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	Total	100	

B.A. II		Maximum Marks	
1.	Human Development	35	
2.	Social Psychology	35	
3.	Practical		30
	Total	100	

B.A. III		Maximum Marks	
1.	Psychological Assessment	35	
2.	Psychopathology		35
3.	Personality	35	
4.	Practical		45
	Total	150	

B.A. II
Paper I: Human Development

UNIT I

- **Introduction:** Concept; Principles, Growth and Development, Milestones (Maturation & Learning), Determinants: Biological, Social, Cultural and Ecological.
- **Developmental Perspective:** Freud and Erikson.
- **Method:** Longitudinal, Cross-Sectional, Sequential, Cohort, Biographical, Case Study and Observational Method.

UNIT II

- **Physical Development:** (Infancy, Childhood & Adolescence).
- **Motor Development:** (Infancy and Childhood)
- **Cognitive Development:** Concept and Approaches: Piaget, Vygotsky , Concept Formation, Acquisition of Time and Space.
- **Language Development:** Stages and Determinants

UNIT III

- **Emotional Development:** Primary Emotions: Development From Infancy To Adulthood; Concepts Of Emotional and Spiritual Intelligence.
- **Social Development:** Stages; Factors Affecting Social Development, Concept of Social Intelligence.
- **Moral Development:** Kohlberg's Theory, Social Learning Theories, Spiritual Intelligence.

UNIT IV

- **Adolescent And Youth Problems and Concerns**
- **Developmental Concerns during Adulthood:** Marriage, Family and Work: Roles and Relationships, Mid Life Crisis.
- **Aging and Old Age:** Problems of Physical Health, Cognitive Deterioration: Dementia, Alzheimer Disease. Problems Related to Retirement, Bereavement and Loneliness.

Books Recommended

- Berk, L.E (2003). Child Development, Boston: AllynAnd Bacon.
- Hurlock,E.B.(1978) Child Development Mcgraw Hill Company, New Delhi.
- Hurlock, E.B (1981).Developmental Psychology, Mcgraw Hill, Eighth Eds.
- Mishra, P.C. (2006). AajKaVikasatmakManovigyaan. SahityaPrakashan, Agra.
- Shaffer,D.R.(1985).Developmental Psychology. Fourth Ed. Brooks and Cole Publications.
- Shamrock,J.W.(1999). Livesspandevlopment. Mcgraw Hill. New York
- Singh, R.N.(2000). AdhunikVikasatmakManovigyaan, MotilalBanarsidas Publication, Vasranasi.
- Tilker,H.A.(1975) Devlopmental Psychology Today. Random House International, New York.

Paper II: Social Psychology

UNIT I

- **Introduction:** Nature and Scope; Social Psychology and Other Social Sciences. Methods: Experimental and Sociometry.
- **Approaches:** Correlational and Cross- Cultural.
- **Perceiving Others:** Forming Impressions: Role of Non Verbal Cues, Central Traits and Primacy and Recency Effects. Models of Information Integration.
- **Attribution:** Concept and Theories (Jones and Davis and Kelly).

UNIT II

- **Prosocial Behaviour:** Determinants, Altruism and Helping: Concept and Behaviour, Bystander Effects, Theoretical Perspective: Exchange and Normative.
- **Interpersonal Attraction:** Nature, Determinants and Theories: (Similarity, Complementarity and Exchange).
- **Attitudes:** Nature and Components, Formation and Change of Attitudes, Measurement Of Attitudes (Thurstone, Likert, Guttman and Bogardus).

UNIT III

- **Group Dynamics:** Structure, Function and Types, Group Cohesiveness. Norms and Decision Making; Social Facilitation, Social Loafing and De Individuation.
- **Social Influence:** Conformity, Obedience and Compliance.
- **Leadership:** Concept and Functions, Approaches (Traits, Situational, Interactional and Contingency). Types (Authoritarian and Democratic).

UNIT IV

- **Interpersonal Communication:** Verbal and Non Verbal Communication; Barriers To Communication, Communication Skills, Listening and Empathy Building.
- **Social Biases:** Stereotypes and Prejudices: Nature and Acquisition, Reducing Prejudices and Stereotypes.
- **Aggression:** Determinants: Personal and Social Perspectives: Biological, Trait, Situational and Social Learning.

Books Recommended

- ✓ Alcock, J.E., Carment, D.W., Sadana, S.W., Collins, J.E. and Green, J.W. (1997). A Textbook of Social Psychology. Scarborough, Ontario: Prentice Hall/Allyn and Bacon
- ✓ Baron, R.A. and Byron, D (1998). Social Psychology. New Delhi: Prentice Hall
- ✓ Feldman, R.S.(1985). Social Psychology: Theories, Research and Applications. New York: McGraw hill
- ✓ Krech,DCrutchfield,R.S and Ballachcy,E.L. (1983). Individual in Society. McGraw Hill, International book Company.
- ✓ Myers, D. G. (1994), Exploring Social Psychology. New York: McGraw Hill
- ✓ Secord, P.F. and Backman, C.W. (1974). Social Psychology, McGraw Hill Ltd.
- ✓ Singh, R.N. (2001). SamajikManovgyaan. MotilalBanarsi das, Varanasi.

Topics for Practical Examination

UG students would be required to design and conduct Experiments / Tests on topics as shown below:

1. Social Facilitation
2. Social Perception
3. Sociometry
4. Attitude
5. Stereotype/Prejudice
6. Friendship
7. Moral Judgment
8. Intelligence
9. Emotional Expressiveness
10. Youth Problems

Note: The topics listed above are only indicative.

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B.A. III		Maximum Marks	
1. Psychological Assessment	35		
2. Psychopathology		35	
3. Personality		35	
4. Practical			45
Total		150	

B.A III

Paper I: Psychological Assessment

UNIT I

- **Assessment:** Concept, Need and Types.
- **Errors in Measurement:** Examiner Variables, Testee Variables, Situational Variables in Psychological Assessment.
- **Psychological Tests:** Concept, Characteristics of a Test and Types: Individual versus Group Tests, Verbal versus Performance Tests, Speed versus Power Tests and Culture Biased versus Culture Fair Tests.

Unit II

- **Test Construction:** Item Writing and Pre- Testing, Item Analysis and Test Administration.
- **Standardization of Test:** Norms Development, Reliability, Validity and Predictability.
- **Psychological Scaling:** Rating Scales, Numerical, Graphic, Checklist and Forced Choice.

UNIT III

- **Assessment of Mental Ability:** Stanford - Binet Test, Bhatia Battery and Progressive Matrices.
- **Assessment of Special Abilities:** Differential Aptitude Test (DAT), Minnesota Test of Clerical Aptitude and Art Judgment Test.
- **Assessment Of Achievement:** Standardized Achievement Tests and Batteries and Teacher - Made Classroom Tests.

UNIT IV

- **Assessment of Personality:** Projective Tests: TAT, Rorschach Inkblot Test, Sentence Completion Test and Word Association Test.
- **Assessment of Personality:** Psychometric Tests: MMPI, EPPS, MPI And NEO Personality Inventory.
- **Assessment of Interests And Values:** Strong Vocational Interest Blank (SVIB) and Allport - Vernon's Study of Values.

Books Recommended:

- ✓ Anastasi, A. & Urbina, S. (1999). Psychological testing (7th International ed.), Macmillan Co.
- ✓ Anastasi, A. (1997). Psychological Testing, New York, Macmillan Co.
- ✓ Singh, A.K. (2000). Test, Measurements and Research Methods. Patna: Bharati Bhawan (P&D)
- ✓ Srivastava, D. N. (2003). Manovigyanik Nirdharan. Agra: Vinod Pustak Mandir.
- ✓ Kaplan, R. N. & Saccuzzo D.P. (2001). Psychological Testing. Principles, Applications and Issues (5th ed.) USA: Wadsworth Thomson Learning
- ✓ Festinger, L and Katz, D (1976). Research Methods in Behavioral sciences, Amerind Publication Co Pvt.

Paper II: Psychopathology

UNIT I

- **Introduction to Psychopathology:** The Concept of Abnormality; Classification of Mental Disorders (ICD X And DSM IV), Similarities and Differences.
- **Models of Psychopathology:** Psychodynamic, Behavioral, Cognitive, Humanistic-Existential Models, Biological and Socio- Cultural Models.
- **Causes of Abnormality:** Biological, Psychological and Social.

UNIT II

- **Stress:** Concept (Stress As a Stimulus, As Response and Interactonistic Approach), Types (Distress, Eustress, Hypo and Hyper) Sources (Frustration, Conflict and Pressure).
- **Coping With Stress:** Task Oriented and Ego Defense Mechanisms.
- **Stress Disorders:** Post Traumatic Stress Disorder; Acute Stress Reaction Disorder and Psycho-Physiological Disorders.

UNIT III

- **Anxiety Disorders:** Generalized Anxiety Disorders, Phobias, Panic Disorders and Obsessive Compulsive Disorders.
- **Somatoform or Dissociative Disorders:** Somatoform Disorders, Conversion Disorders, Hypochondriasis and Dissociative Disorders (Amnesia, Fugue and Multiple Personality Disorder).
- **Mental Retardation:** Levels: Mild, Moderate, Severe and Profound, Types: Down Syndrome, Cretinism, Hydrocephaly, Microcephaly and Macrocephaly.

UNIT IV

- **Psychotic Disorders:** Psychotic Syndrome, Schizophrenia and Paranoia.
- **Mood Disorders:** Major Depressive Disorders, Bipolar Disorders, Cyclothemia, Dysthemia and SAD (Seasonal Affective Disorder).
- **Personality Disorders: Types:** (Cluster A, B and C) Paranoid, Schizoid, Borderline and Antisocial.

Books Recommended

- ✓ Bhatnagar, P. (1990) Abnormal Psychology: The Inside Story, A self Assessment Quiz, Bharat Publications, Lucknow
- ✓ Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- ✓ Carson, R.C.; Butcher, J.N. & Mineka, S. (2010). Abnormal Psychology & Modern life. Pearson Education, Inc. and Dorling Kindersley Publishing Inc.
- ✓ Lamm, A. (1997). Introduction to Psychopathology. New York: Sage.
- ✓ Sarason, G.I. and Sarason, R.V.(2007). Abnormal psychology. The Problem of maladaptive behavior, 11th edition, Prentice Hall Publishing Inc.

Paper III: Personality

UNIT- I

- **Introduction:** Nature: Popular and Scientific Views, Elements of Personality And Personality In Historical Perspective.
- **Biological Determinants of Personality:** Genetic and Constitutional.
- **Social Determinants of Personality:** Molding Techniques, Family Determinants and Socio- Cultural Factors, Person- Environment Interaction.

UNIT- II

- **Self Concept:** Nature, Components, Kinds of Self- Concepts, Phenomenological and Relational Perspectives.
- **Development of Self- Concept:** Hierarchy and Patterns of Development, Self- Schema.
- **Self Concept and Adjustment:** Stability vs. Discrepancies in Self- Concepts and Adjustment, Positive Self Esteem.

UNIT-III

- **Trait Theories:** Allport, Cattell and The Big Five Factor Theories.
- **Type Theories:** Jung and Eysenck.
- **Need Theory:** Murray.

UNIT-IV

- **Psychoanalytic theories:** Classical Freudian Perspective, Object- relation Perspective.
- **Neo-psycho Analytic theories:** Adler and Sullivan.
- **Field Theory:** Kurt Lewin.

Books Recommended

- ✓ Hall, C.S. and Lindzey, C.T. (1985), Theories of Personality, 3rd Edition. Wile Eastern Ltd.
- ✓ Hjella, L.A. and Ziegler, D.J. (1976).Personality Theories ,McGraw Hill
- ✓ Hurlock, E.S. (1976). Personality Development, Tata McGraw Hill
- ✓ Mischel, W. (1976).Introduction to Personality. Holt Rinehart and Winston.
- ✓ Pervin, L.A.(1984). Personality- Theory and Research, 4th Edition. John Willey and Sons.

Topics for Practical Examination

UG students would be required to design and conduct Experiments / Tests on topics as shown below:

1. Personality
2. Self Concept
3. Item Writing and Reliability

4. Projective Techniques
 5. Anxiety
 6. Case Study
 7. Adjustment
 8. Interest
 9. Progressive Matrices
- Note: The topics listed above are only indicative.

PAPER I: Positive Psychology – Human Strength and Virtues

UNIT I: Overview of Positive Psychology

- ❖ **Positive Psychology:** A very short history with a very long past; Indian Perspective.
- ❖ **Atlas of Strength and virtues:** Gallup's Clifton strength finder themes; Development assets; VIA Classification of character strength and virtues.
- ❖ **Approaches to virtues:** Philosophical; Religious; Humanistic.
- ❖ **Positive Outcomes:** Dimension of well-being; Flourishing.

UNIT II: Positive Emotional States and Processes

- ❖ **Principles of Pleasure:** Positive affect; Positive emotions.
- ❖ **Subjective Well-Being and Happiness:** Components and determinants of subjective well-being; increasing Happiness in Life.
- ❖ **Complete Mental Health:** Emotional, Social and Psychological Well-Being.
- ❖ **Flow:** Flow state, Auto- telic Personality; Longitudinal Flow research and its benefits.

UNIT III: Positive Cognitive States- Self-Efficacy, Optimism and Hope.

- ❖ **Self-Efficacy:** Concept; Beliefs; Measures and Outcome.
- ❖ **Learned Optimism:** Concepts, measurement and outcome.
- ❖ **Hope:** Concept; Trait Vs State hope; Neurobiology; measurement and outcome.

- ❖ **Towards a balanced time perspective:** Present Orientation and future orientation; balancing perspective on time.

UNIT IV: Positive Cognitive States – Wisdom, Courage, Mindfulness and Spirituality

- ❖ **Wisdom:** Theories of Wisdom; Becoming and Being wise.
- ❖ **Courage:** Theory of courage; measurement; Finding Wisdom and Courage in daily life.
- ❖ **Mindfulness:** Concept; Nature; Practice of Mindfulness.
- ❖ **Spirituality:** Indian and Western View; Spirituality and Well-Being.

Books Recommended

- Snyder, C.R. and Lopez. S.J. (2007). Positive Psychology. Sage Publications.
- Peterson, C. (2007). A Primer in Positive Psychology. Oxford University Press.
- Csikszentmihalyi, M. (1991); Flow: The Psychology of Optimal Experience. Harper Perennial edition.
- Snyder C.R. Shane J Lopez. (2002). Handbook of Positive Psychology, Oxford University Press.
- Lopez, S. J. And C.R. Snyder, (2003). Positive Psychology assessment, A handbook of models and measure. Washington, D C: American Psychological Association.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strengths. New York: Brunner-Routledge.
- Linley, P. A. & Joseph, S. (Eds.). (2004). Positive Psychology in Practice. Hoboken, NJ: Wiley

- Wells, I.E. (Eds). (2010). Psychological Wellbeing, Nova Science Publishers, New York.
- Lopez, S.J. (Eds) (2009). The Encyclopaedia of Positive Psychology, Blackwell Publishing Ltd.
- Franklin, S.S. (2010) The Psychology of Happiness: A good Human Life. Cambridge University Press
- Baylis, N. (2009). The Rough guide to happiness. Rough Guides Ltd. Lendon.

PAPER II (A): Clinical Psychology – Diagnosis and Assessment

UNIT I: Introduction

- ❖ Clinical Psychology as one of the Mental Health Professions
- ❖ Developments in Clinical Psychology
- ❖ Characteristics of Clinical Psychology
- ❖ Goals of Diagnosis: Reliability & validity of diagnosis; differential diagnosis; criticisms

UNIT II: Intellectual Assessment

- ❖ Wechsler Scales
- ❖ Stanford – Binet Intelligence Scale, 4th and 5th Edition
- ❖ Kaufman Scales
- ❖ Interpretation of intelligence test scores

UNIT III: Personality Assessment

- ❖ Types of Projective Tests
- ❖ Rorschach Ink Blot Test
- ❖ Approaches to objective personality scales
- ❖ The Minnesota Multiphasic Personality Inventory

UNIT IV: Other Forms of Assessment

- ❖ Interview
- ❖ Case Study
- ❖ Mental Status Examination
- ❖ Neuropsychological Assessment

Books Recommended

- Bankart, P. C. (1997). A History of Western & Eastern Psychotherapies, Brooks/ Cole Publishing Company
- Bohart, A. C. & Todd, J. (1988). Foundations of Clinical and Counseling Psychology; Harper Collins Publishers
- Monte, C.F. (1977). Beneath the Mask: An Introduction to theories of personality, Praeger Publishers, New York
- Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
- Newmark, C. S. (1985). Major Psychological Assessment Instruments
- Nietzel, M. T. Bernstein, D. A. and Milch, R. (1994). Introduction to Clinical Psychology, Prentice-Hall Inc.
- Phares, J. E. (1988). Clinical Psychology : Concepts, Methods & Profession, The Dorsey Press

PAPER III (B): Industrial Psychology

UNIT I

- ❖ Nature and scope of Industrial Psychology, Time Motion Studies, Hawthorne Studies.
- ❖ **Efficiency:** Measurement and Determinants.

UNIT- II

- ❖ **Fatigue and Monotony:** Causes and mitigation, Fatigue and Production curve, Rest pauses and fatigue, Fatigue and accidents, Accident and Safety; Causes and Prevention, Accident proneness.

UNIT III

- ❖ **Work environment:** Illumination, Atmospheric conditions (Temperature, Humidity And Ventilation), Noise, Music and Work Schedules.

UNIT IV

- ❖ **Job design and Human Engineering:** Approaches to job design, Problem of Human Engineering, Man-Machine Systems, Equipment Control and Equipment Display.

Books Recommended:

- Arnold, J. Robertson, I.T and Cooper, C.L. (1996): Work Psychology : Understanding Human Behavior in the Work Place: MacMillan India Ltd
- Blum. M.L and Naylor, J.C (1984- Revised Edition). Industrial Psychology Its Theoretical and Social Foundation: New York: Harper & Row

- Cooper, C.L and Locke, E.A. (2000). Industrial and Organizational Psychology: Linking Theories with Practice: UK Blackwell Publishers Inc
- Dunnette, M.D and Hough, L.M (1998). Handbook of Industrial and Organizational Psychology, Vol. I and II, Delhi: Jaico Publishing House
- McCormick, E.J. and Ilgen, D. R. (1984).Industrial Psychology. Prentice Hall of India Pvt. Ltd. New Delhi

PAPER IV (A): Counseling Psychology: Process and Skills

UNIT I

- ❖ **Orientation:** Counseling as a Profession, Approaches (Eclectic and Integrated) and Ethical Issues.

UNIT II

- ❖ **Process and Skills:** Process of Counseling, Goals and Necessary conditions, Counseling Skills (Listening, Relationships, Empathy, Non Verbal Communication).

UNIT III

- ❖ **Psychoanalytic Approach to Counseling:** Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference.
- ❖ **Existential Approach to Counseling.**

UNIT IV

- ❖ **Behaviouristic Approach to Counseling:** Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).

Books Recommended

- Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications
- Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd

PAPER V: Practical

A: Experience Paper/ Field Training (100 Marks)

B: Tests and Experiments (100 Marks)

Semester I

2016-17 onwards

Paper-I : Cognitive Psychology: Attention, Perception and Memory

UNIT- I Cognitive Psychology: Emergence & Scope

- Cognitive Psychology: Emergence of Cognitive Psychology and current status,
- Scope of Cognitive Psychology, Cognitive Experimental Psychology, Cognitive Science and Cognitive Neuropsychology.
- Human Information Processing: Connectionism, Parallel Distributed Processing, Pattern Recognition.
- Cognitive Phenomenon: Cognitive style, cognitive consistency, cognitive mapping.

UNIT –II Attention and Perception

- Theories of Attention : Filter theories, Capacity theories, Feature Integration, Automaticity theories
- Perception Approaches: Bottom up (Feature analysis, template matching and prototypes), Top down approach.
- Depth perception and constancy
- Functions of Attention: Selective attention, divided attention, Signal detection theory and Extra Sensory Perception.

UNIT- III Memory: Types & Models

- Memory: Structure
- Models: Atkinson- Shiffrin Model, Levels of processing approach, Tulving's Model, PDP.
- Reconstructive nature of memory: Autobiographical and Eye witness memory
- Sensory Memory and Short term memory, Working memory

UNIT- IV Imagery & Forgetting

- Long term memory, Episodic and semantic memory
- Imagery: Dual Coding Hypothesis, Kosslyn's Theory
- Meta cognition and Meta memory.
- Forgetting and theories of forgetting

Books Recommended:

- Anderson , J.R. (1985). *Cognitive Psychology and Its Implications* . New York, Freeman
- Best,J.B.(1995). *Cognitive Psychology* (Fourth Edition). West Publishing Company.
- Eysenck, M. and Keane,M. (1990) *Cognitive Psychology: A student's Handbook*. Psychology Press.
- Galotti, K.M. (2001). *Cognitive Psychology In and Out of the Laboratory* (Fifth Edition). Sage Publication.

- Matlin, M.W. (1995). *Cognition* (Third Edition). A Prism India Edition.
- Payne, D.C. and

Semester I

Paper II: Motivation and Emotion: Nature, Classification and Measurement

UNIT I: Nature and Functions

- Nature, awareness and levels of motivation and emotion. The Developmental Interactionist Model.
- Functions of motivational-emotional systems, The Readout Hypothesis.
- The arousal and measurement of needs
- Motivation as a substance and energy

UNIT II: Biological motives

- Hunger: Biological Mechanism of Hunger, Satiety, Healthy vs. unhealthy eating, unhealthy eating, emotional eating
- Thirst: Biological mechanism, Satiety
- Sex: Biological mechanism, activating effects of sex hormone, Sensual Arousal.
- Sleep: Nature and functions, Mechanism of biological rhythms, Sleep deprivation and disorders, sleep and EEG activity.

UNIT III: Social Motives

- Competence and Achievement: Effectance motivation and competence, Achievement: nature and correlates, Hull and McClelland's Perspective.
- Affiliation and approval; Nature and correlates, approval as an evaluatively dependent behaviour.
- Anger and Aggression: Nature, correlates, Behavioural manifestation, theories of aggression,
- Application of Motivation: Creating the need for thriving, anger, youth violence, People handling skills.

UNIT IV: Emotional concomitant with extreme motivational states

- Anxiety and Fear: Anxiety- phenomenon and theories, Fear- phenomenon and triggers of fear.
- Pain: Biological mechanism, Experience, description and management of pain, theories of pain
- Stress: Concept, Physiological mechanisms and relation with immune system, control and coping with stress.
- Frustration: nature, Theories- Brown- Farber theory, Amsel theory, reaction to frustration.

Books Recommended:

- Beck, R.C. (2005). Motivation: Theories and principles, Fourth Edition. Pearson
- Buck, R. (1988). Human Motivation and Emotion. John Wiley and sons.
- Coffey, C.N. and Appley, M.H. (1963). Motivation Theory and Research. John Wiley and sons
- Franken, R.E. (2002). Human Motivation, Fifth Edition. Wadsworth: Thomson Learning
- Houston, J.P. (1985). Motivation. Macmillan Publishers.
- Wagner, H. (1999). The Human Psychobiology of Human Motivation, First Edition. Routledge.
- Young, P.T.(1961) : Motivation and Emotion

Semester I

PAPER III- Personality Growth: Theoretical Perspectives

Unit I: Personality: Concept, Approaches and measurement

- Brief history of personality theories : theatre, self presentation and religion.
- History of personality : modern theories of personality , Nomothetic -idiographic approach
- Cultural context of personality: Inductive and Deductive approach, internal consistency,
- Measuring personality : bias, varieties of personality measures (self report test , Q-sort , behavioural observation , interviews, expressive behaviours , projective test , bio graphics and life style)

Unit II: Growth Models of Healthy Personality

- Allport's Mature Person: Concept and Characteristics
- Roger's fully functional person: Concept and Characteristics
- Maslow's self actualized person: Concept and Characteristics
- Frankl's Man in Search of Meaning : Concept and Characteristics

Unit III: Eastern Perspective

- BhagwatGeeta's Sthitpragya Person
- Karma Yogi: Concept and Characteristics
- The awakened enlightened man- Buddha
- Worldly wise way of living: Teachings of Kabir, Rahim, Ramcharitmanas

Unit IV: The Healthy way of Being: Indian Perspective

- Balancing out the Vata, Pitta and Kapha: Ayurvedic view
- Balancing out the Satva, Rajas, Tamas: Triguna View
- Dharmas at different stages of life: ashram vyavastha
- Evolving of self from Gross to Subtle: Panchkoshas

Books Recommended

- Arkoff, A.A. (1985). *Psychology and Personal Growth* (4th Ed.). Allyn & Bacon Inc.
- Burger, J.M. (1986). *Personality: Theories and Research*. Wordsworth Pub. Co.
- Fadima, J. & Fager, R (1976). *Personality and Personal Growth*. New York: Harger and Row Publishers.
- Friedman, H.S. and Schustack, M.W. (2006). *Personality: Classical Theories and Modern Research*. Pearson.
- Hjelle, L.A. and Ziegler, D.J. (1976). *Personality Theories*. McGraw Hill and Co.

- Kundu, C. (1977). *Personality Development: A critique of Indian Studies*. Vishal Publications
- Paranjpe, A. (1989). *Theoretical Psychology*.
- Swami Gambharin, (2014). *Bhagwad Gita: with the commentary of Shankracharya*. Yoga Publications Trust.
- Sri Sankaracarya (2009). *Vivekacudamani*. Translated by Swami Madhavananda. Published by swamiBodhasaranandaAdhyaksha, AdvaitaAshrama.

Semester I

Paper IV: Research Methods: Process, Strategies & Sampling Issues of Research

UNIT I: Research: An Introduction

- Scientific Approach to Knowledge, Scientific Methods: Nature and goals
- Types of Scientific Methods: Positivism and anti-positivism; Hypothetico deductive and Inductive research
- Types of Research: Basic vs. applied, quantitative vs. qualitative research, action research
- Principles of a good research

UNIT II: The Research Process

- Stages of conducting a research, report writing
- Problem: Definition, sources, types, difference between objective and problem
- Hypothesis: Definition, sources, types, do's and don'ts of hypothesis formulation
- Concepts, Constructs and Variables: Operational definition, difference between construct and variable, types and control of extraneous variables

Unit III: Behavioural Research: Strategies

- Strategies: Laboratory experiments, field experiments, field study, survey
- Experimental Research: Causality and its criteria, threats to internal and external validity
- Non Experimental Research: Correlational research, Survey research, Archival research
- Hermeneutics Research: Concepts, strengths and weaknesses

UNIT IV: Sampling and Ethical Issues

- Sampling Issues: Representativeness and adequacy
- Sampling Strategies: Probability and non probability sampling
- Sampling Errors: Concepts, sources and measurements
- Demand characteristics and ethical issues in research

Books Recommended:

- Aronson, E and Ellsworth D.C, Carlsmith, J.M., Gonzales, M.I. (1990) Methods of Research in Social Psychology. McGraw Hill International Edition.
- Breakwell, G.M., Hammond, S and Schow, C.F. (Edited) (1995). Research Methods in Psychology. Sage Publications
- Ebbes, D.G., Kantowitz, B.M., Roediger, H.L. (1989). Research Methods in Psychology. West Publishing Company.
- Greenberg, J. and Fogler, R. (1998). Controversial Issues in Social Research Methods. New York: Springer-Verlag.

- Katz,D. and Festinger, L. (1953). Research Methods in Behavioural Sciences. Holt, Rinehart and Winston Inc.
- Kerlinger ,F.N. (1964). Foundations of Behavioural research. Holt, Rinehart and Winston Inc.
- Mohsin, S.M. (1984). Research Methods in Behavioural Sciences.
- Schaugneasley , J.T. &Zechmeister , B.(1990)- Research Methods in psychology, McGraw Hill Publishing Company , New Delhi
- Sommer, B. &Sommer, R(1997)- A Practical Guide to Behavioural Research , Oxford University Press.
- Weiner, B.J., Brown, D.R., Michels, K.M. (1991). Statistical Principles in Experimental Design. McGraw Hill, Inc. New York, Toronto.

Semester I

Paper V: Practicals

(A) Tests and Experiments	100 Marks
(B) Data Collection : Quantitative Methods	100 Marks

Semester II

2016-17 onwards

Paper I- Cognitive Psychology: Language, Problem Solving and Decision Making

UNIT- I Knowledge Representations & Concepts

- Knowledge Representation: Organizing knowledge, knowledge types
- Concepts and Categories: Types and functions of concepts
- Concept Theories
- Integrative Models of Representation, ACT

UNIT- II Language Comprehension & Production

- Language: Structure of language
- Language Comprehension Theories, speech perception, speech errors
- Language Production: Speaking, writing and bilingualism
- Development of Reading ability, Multilingualism

UNIT- III Problem Solving

- Problem Solving: Structure of problems (well defined and ill-defined problems)
- Problem solving approaches (Gestalt, Newel & Simons Information Processing theory)
- Algorithms, heuristics, means-end analysis, analogy
- Factors influencing Problem Solving

UNIT- IV Thinking , Reasoning & Decision Making

- Types of Thinking: Convergent and divergent thinking
- Reasoning and Types (Syllogistic, conditional, deductive and inductive)
- Decision Making: Types of Decisions (Representative and probability heuristic), factors operating in decision making)
- Creativity: Approaches, human and artificial intelligence

Books Recommended:

- Best, J.B. (1995). *Cognitive Psychology* (Fourth Edition). West Publishing Company.
- Eysenck, M. V and Keane, M (1990). *Cognitive Psychology: A Student's Handbook*. Psychology Press.
- Galotti, K.M. (2001). *Cognitive Psychology In and Out of the Laboratory* (Fifth Edition). Sage Publication.
- Matlin, M.W. (1995). *Cognition*. (Third Edition). A Prism India Edition.
- Sternberg, R.J. (1994) (Ed.). *Handbook of Perception and Cognition* (Vol. 12). New York: Academic Press.
- Sternberg, R.J. (1996). *Cognitive Psychology*. Holt Rinehart and Winston Inc.

Semester II

Paper II: Motivation and Emotion: Physiology, Theories and Management

UNIT I: Homeostasis and adaptation

- The Peripheral Nervous system- the somatic Nervous System, synaptic transmission in the autonomic nervous system
- The Endocrine systems : The neuropeptides, endorphins, and the anxiety peptides
- The Brain stem: Hind brain & Midbrain, Reticular formation, Mechanism of emotional expression, facial expression.
- The hypothalamus and limbic system: MacLean's conceptualization of limbic system, Kluver-Bucy Syndrome, septal circuit and stimulation, the hippocampus and its interactive functions.

UNIT II: Theories of motivation and emotion

- Hull's drive theory: Concept of machine metaphor; drive, secondary drive ,Integration of drive and habit, Incentives ; Empirical support for the drive theory
- Attributional theory: causal antecedents, dimensions and schemata, discounting, Actor-observer perspective ; The hedonic bias, motivational dynamics of perceived arousability, causal belief and learned helplessness;
- Discrete and Dimensional Emotion Theories: Nature and evidence for discrete emotion; Dimensional emotion theory: Dimensional analysis
- Cognitive theories of emotion: The necessity of cognition, cognitive arousal theory, Excitation- transfer theory.

UNIT III: Emotions and their management

- Pessimism and depression, Physiology and management: learning the art of positive thinking.
- Guilt and shame: physiology and management, managing excessive guilt and shame, health consequences.
- Happiness: physiology and management, motivation for thrill seeking.
- Optimism and hope: physiology and management, ABCDE model, how to become optimistic.

UNIT IV: Growth motivation and self regulation

- Predictability, control, mastery, inducing people to accept challenges.
- Self regulation, Self determined choices and goals, need for challenging goals.
- Managing emotions, mood swings, self doubts, developing good thinking habits.
- Self Regulation and self Esteem, self knowledge, self regulatory functions, becoming a process oriented person.

Books Recommended:

- Beck, R.C. (2005). *Motivation: Theories and principles* (Fourth Edition). Pearson.
- Coffey, C.N. and Appley, M.H. (1963). *Motivation Theory and Research*. John Wiley and sons.
- Franken, R.E. (2002). *Human Motivation* (Fifth Edition). Wadsworth: Thomson Learning.
- Houston, J.P. (1985). *Motivation*. Macmillan Publishers.
- Wagner, H. (1999). *The Human Psychobiology of Human Motivation*, (First Edition). Routledge.
- Weiner, B (1992). *Human Motivation: Metaphors, Theories and Research*. Sage Publications.

Semester II

PAPER III- Personality: Approaches and Assessment

Unit I: Yoga and the Hindu tradition

- Yogic view of Personality: energy and chakras , relationship of chakras with Gunas
- AsthangYog: Eight Components, Schools of Yog- Karma yog, Gyanyog, Bhakti yog, Hatha yog, Raj Yog, KundaliniYog
- Enlightens of Yog: Physical techniques, Yoga technique (Pranayam, Nadishodhna, Tranquilizing Pranayam , Meditation and its types)
- Benefits of Yogic life style ,Self Realization with yoga

Unit II: Buddhism and Transpersonal

- History: Three Characteristics of Existence, Four noble truths, Enlightenment, Arhat and Bodhisattva
- Dynamics : Psychological growth , Obstacle to growth
- Structure : Body , Social Relationship , Will , Emotion , Intellect , Self, Teacher, Evaluation
- Transpersonal self: Wilber's Model

Unit III: Sufism and the Islamic tradition

- Islam: Four stages of Sufi practice , paths of Sufism , the self (nafs) , Annihilation and return
- Dynamics : Psychological Growth , Stages Of Personal Development , Obstacles To Growth
- Structure : Body , Social Relationship , Will ,Emotions , Intellect , Self , Teacher
- Recent Development: Influence of Sufism

Unit IV: Personality Assessment

- Thematic Apperception Test,
- MBTI: Maudsley Brick Type Indicator
- Assessment of SRT: Satva, Rajas, Tamas
- Assessment of Asakti and Anasakti

Books Recommended:

- Arkoff, A.A. (1985). *Psychology and Personal Growth*.
- Burger, J.M. (1986). *Personality: Theories and Research*. Wordsworth Pub. Co.
- Frager, R. And Fadiman, J (2007). *Personality and Personal Growth*. Pearson.
- Hjelte, L.A. and Ziegler, D.J. (1976). *Personality Theories*. McGraw Hill and Co.
- Kundu, C. (1977). *Personality Development: A critique of Indian Studies*. Vishal Publications.
- Swami Gambharin, (2014). *Bhagwad Gita: with the commentary of Shankracharya*. Yoga Publication Trust.
- Swami Saraswati, N. (2009). *Prana and Pranayama*. Yoga Publications Trust.
- Swami Vivekananda (1980). *Meditation and its Methods*. Edited by Swami Chetanananda, Published by swami BodhasaranandaAdhyaksha, AdvaitaAshrama
- Vivekananda, R. (2005). *Practical Yoga Psychology*. Yoga Publications Trust.

Semester II

Paper IV- Research Designs: Quantitative & Qualitative

UNIT I: Research Designs

- Research Design: Concepts and criteria of a good research design
- Experimental designs: Factor, level, treatment, main and interaction effect; Difference in between and within group design; Problems in creating equivalent groups in between group design
- Quasi Experimental Designs: Non equivalent control group design, Time series design, Cohort design
- Simple Case Design: ABA design, Interaction design, Multi baseline design, design with changing criteria

UNIT II: An Analysis of Variance

- Assumptions of Analysis of Variance
- Randomized group design and analysis, randomized block design and analysis
- Two way Analysis of Variance
- Single factor Analysis of Variance for repeated measures

UNIT III: Post Hoc Tests

- Multiple Comparison Tests: Difference Between Apriori and Post Hoc Tests, Duncan Test, Newman Keul's Test
- Methods Of Correlation: Bi-serial, Point Bi-serial, Phi coefficient, Tetra choric and Partial Correlation
- Chi Square and Distribution free tests
- Simple Linear Regression and Prediction

UNIT IV: Qualitative Research Designs

- Background to Qualitative Methods in Psychology, reliability and validity of qualitative methods
- General Principles of Qualitative Research Design, research questions, choosing the right method
- Approaches to Data Collection in Qualitative Research, data transcription in interview and observation
- Types of Qualitative Researches: Focus Group, interpretative phenomenological analysis, thematic analysis, diary, narrative analysis, theory lead analysis (grounded theory)

Books Recommended:

- Breakwell, G. M., Hammond, S. & Fife-Shaw, E. (Eds.) (1995). *Research Methods in Psychology*. Sage Publication Ltd.
- Broota, K.D. (2003). *Experimental Designs in Behavioral Research*. New Age International.
- Edwards, A.L. (1953). *Experimental Designs in Psychological Research*. Rinehart and Co.Inc., New York.
- Garret, Henry. E. & Woodworth, R.S. *Statistics in Psychology and Educationn*. Vakils, Feffer& Simons Ltd.
- Giles, David C. (2002) *Advanced Research Methods in Psychology*. Routledge Publication.
- Haslam, S. Alexander & McGarty, C. (2003) *Research Methods and Statistics in Psychology*. Sage Publication.
- Kerlinger, F.N.(1973). *Foundations of Behavioural Research* (2nd edition). Holt, Rinehart and Winston.
- Schaugneasey , J.T. & Zechmeister , B.(1990). *Research Methods in psychology*. McGraw Hill Publishing Company, New Delhi.
- Sommer, B. & Sommer, R. (1997). *A Practical Guide to Behavioural Research* . Oxford University Press.
- Willig, C. (1964). *Introducing Qualitative Research in Psychology: Adventures in theory and methods*. Open University Press.

Semester II

Paper V: Practicals

(A) **Tests and Experiments**

100 Marks

(B) **Data Collection** : Quantitative Methods

100 Marks

Semester III 2016-17 onwards

Paper- I: Positive Psychology: Human Strengths and Virtues

UNIT I: Overview of Positive Psychology

- Positive Psychology: Its emergence, Assumptions and Goals.
- Strength and Cultural Context: Culturally Free and Culturally embedded Positive Psychology
- Classification and Measures of Human Strengths: VIA classification and virtues.
- Indian Approaches to Strengths and Virtues: Vedic views, Buddhism and *Kabir*

UNIT II: Prosocial Behavior

- Forgiveness (*Kshama*): Definition, Cultivation exercises, measurement, benefits, Buddhist view on forgiveness.
- Empathy and Compassion (*Paranubhutiawam Sahridayata*): Definition, empathy – egotism hypothesis; Indian role models of empathy and compassion (*sudama, Karna & Mother Teresa*)
- Gratitude (*Kritagyata*): Concept, Cultivation exercises in Positive Psychology
- Nonviolence (*Ahimsa*): *Chinmayanand and Gandhi*

UNIT III: Positive Cognitive States

- Self Efficacy (*Atmprabhavotpadakta*): Concept, measurement, Vivekanand's view on self efficacy.
- Hope and Resilience (*Ummeedawam Smmothansheelta*): Concept, Childhood antecedents, measurements.
- Wisdom and Courage (*Pragyaawam Sahas*): Difference between intelligence and wisdom, Theories of wisdom and courage, measurement, Indian insights from Buddhism, *Geeta* and *Kabir*.
- Positive Thinking (*Sakaratomak Chintan*): Learned Optimism, measurement and Health related outcomes of Positive Cognitive States

UNIT IV: Positive Emotional State

- The Broaden and Build Theory of Positive Emotions
- Wellbeing and Happiness: Eudamonic and Hedonistic View, Psychological and Subjective Wellbeing, Technique of Savouring.
- Flow: Flow State, Autotelic Personality. Concept and Mindfulness in Buddhism.
- Indian Concepts of Wellbeing and Happiness as given in *Geeta* and *Ramcharitmanas*

Books Recommended:

- Baumgardener, S.R. and Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- Peterson, C. (2006). *A Premier in Positive Psychology*. Oxford New York
- Deurzen, E.V. (2009). *Psychotherapy and Quest for Happiness*. Sage.
- Snyder, C.R. Lopez, S.J. (2007). *Positive Psychology*. Sage Publications.
- Yadava, Hooda and Sharma (2012): *Bio psychosocial Issues in Positive Health*. Global Vision.
- Lynn, S.J., O'Donohue, W.T., and Lilienfeld, S.C. (2015). *Health, Happiness and Well Being*. Sage.

Semester III

Paper II (A) Clinical Psychology: Diagnosis and assessment

UNIT I : Clinical Psychology as a mental health profession

- Development of clinical psychology , Characteristics of clinical Psychology
- Models of clinical Psychology, Psychoanalysis, interpersonal, humanism, Behavioural, cognitive and biological model – Key assumptions and role.
- Diagnostic classification : DSM, ICD, Differential Diagnosis
- Goals of diagnosis, criticism of diagnosis

UNIT II : Psychological assessment

- Goals of assessment , Interview , stages and types of Interview ,Case history , Diagnostic crisis , MSE, Interviewing the children
- Observation and communication skills
- Rapport building
- Ethical issues

UNIT III: Intellectual and neuropsychological assessment

- Intelligence assessment; Stanford Binet Scale, Wechsler Scales, types of scores from intellectual Distribution and assessment
- Interpretation of IQ Scores
- Need for neuropsychological assessment: Understanding of brain behaviour , Brain mapping
- Neuropsychological Test Batteries: Luria Nebraska, NIMHANS Battery, Bender Visual motor Gestalt Test

UNIT IV: Personality Assessment

- Rorschach Ink Blot Test
- MMPI
- NEO-FIVE
- Draw A Person Test

Books Recommended:

- Bohart , A.C. & Todd , J. (1988). *Foundations of clinical and Counselling Psychology*. Harper Collins Publishers.
- Garfield,S.L. & Bergin, A.E.(1986). *Handbook of Psychotherapy and Behaviour Change*. John Wiley & Sons: United States of America.
- Hecker, J.E. & Thorpe G.L. (2005). *Introduction to Clinical Psychology*. Pearson Education Inc.
- Newmark, C.S. (1985). *Major Psychological Assessment Instruments*. Allyn and Bacon, Inc.
- Nietzel, M.T. Bernstein, D.A. and Milch, R.(1994). *Introduction to Clinical Psychology*. Prentice- Hall Inc.
- Phares, J.E. (1988). *Clinical Psychology: Concepts, Methods &Profession* , The Dorsey Press.
- Shaffer, G.W. (1952).*Fundamental Concepts in Clinical Psychology*. McGraw Hill Company, Inc. New York.

Semester III

PAPER III (B): Industrial Psychology

UNIT- I Overview of Industrial Psychology

- Nature and scope of Industrial Psychology
- Time Motion Studies: Contribution of Taylor, Gilbreth and Munsterberg
- Hawthorne Studies: Criticism and Implications
- Efficiency: Measurement and Determinants

UNIT- II Work effort and Safety Behaviour

- Fatigue and Monotony: Causes and mitigation
- Fatigue and Production curve: Morning and Afternoon Production Curve
- Rest pauses and fatigue, Fatigue and accidents
- Accident and Safety: Causes and Prevention, Accident Proneness: Concepts and Approaches

UNIT- III Physical and Social work Environment

- Work environment: Illumination and Work Schedules
- Atmospheric Conditions: Temperature, Humidity, Ventilation
- Music and Work Performance, Noise and Work Performance
- Social Environment: Relationship at Work

UNIT- IV Human Engineering and Work Methods

- Job design and Human Engineering: Approaches to job design
- Problem of Human Engineering
- Man- Machine Systems: Development and System Research
- Equipment Control and Equipment Display.

Books Recommended:

- Arnold, J. Robertson, I.T and Cooper, C.L. (1996). *Work Psychology: Understanding Human Behaviour in the Work Place*. MacMillan India Ltd.
- Blum. M.L and Naylor, J.C (1984- Revised Edition). *Industrial Psychology: Its Theoretical and Social Foundation*. New York: Harper & Row.
- Cooper, C.L and Locke, E.A. (2000). *Industrial and Organizational Psychology: Linking Theories with Practice*. UK Blackwell Publishers Inc.
- Dunnette, M.D and Hough, L.M (1998). *Handbook of Industrial and Organizational Psychology*. Vol. I and II, Delhi: Jaico Publishing House.
- McCormick, E.J. and Ilgen, D. R. (1984). *Industrial Psychology*. Prentice Hall of India Pvt. Ltd. New Delhi.

Semester III

Paper IV A - Counselling Psychology: Process and Skills

Unit I: Counselling as a mental health profession

- Counselling and psychotherapy: differences, the roles of a counsellor
- Development of Counselling Psychology as a profession
- Characteristics of Effective Counsellors
- Necessary conditions of Counselling according to Rogers- acceptance, empathy and genuineness etc.

Unit II: Process of Counselling

- Goals of Counselling, Types of Goals, Commonality of goals
- Stages of the Counselling Process, Helping Relationship, Therapeutic Climate, Characteristics of an effective Counselling Relationship
- Client Conceptualization: Four Front approach, GAPF Scale
- Core conditions of helping relationship: Empathy, Unconditional Positive Regard and Congruence

Unit III: Counselling Skills

- Generic Skills, Macro and Micro Skills, Outside-Inside Skills
- Mind Skills: creating self talk, facilitating disclosure, creating rules, creating perceptions
- Communication and action skills: listening skills, questioning skills, offering challenges and feedback skills
- Understanding the internal frame of reference, attention, monitoring thinking

Unit IV: From Intake to Behaviour Change

- Opening the session, breaking the resistance, normalizing the abnormal
- Improving client's perceptions, training clients in relaxation, facilitating problem solving, negotiating homework
- Mental Health & Ethical issues
- 1983 Mental Health Act, 2001 Mental Health Act, 2005 Mental Capacity Act, Confidentiality, Fidelity, Autonomy of the Client, Client Protection

Books Recommended:

- Feltham, Colin & Horton, Ian (Eds.). *The Sage Handbook of Counselling and Psychotherapy* (2nded.). Sage Publications.
- Gelso, C.J. and Pretz, B.R.(1995). *Counselling Psychology*. Bangalore, India: Prism Books Pvt. Ltd.
- George, Ricky L. & Christiani, Therese S.(1986). *Counselling: Theory and Practice* (2nded.). New Jersey: Prentice –Hall Inc.
- Patterson, C.H. (1986). *Theories of Counselling and Psychotherapy* (4thed.). New York: Harper & Row, Publishers, Inc.
- Welfel, Elizabeth R. & Patterson, Lewis E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach* (6thed.). Thomson: Brooks/Cole.

Semester III

Paper V: Practicals

- | | |
|--|-----------|
| (A) Tests and Experiments | 100 Marks |
| (B) Research Proposal (Review of Literature, formulation of the problem and Presentation) | 100 Marks |

PAPER I: Positive Psychology in Practice

UNIT I: Positive Psychology in Context

- ❖ **Strength and cultural context:** Culture free and culturally embedded strengths.
- ❖ **Forgiveness:** Definition; Cultivation and measurement.
- ❖ **Empathy and Compassion:** Definition; Cultivation and measurement
- ❖ **Gratitude:** Definition; Cultivation and measurement
- ❖ **Humour:** Definition; Cultivation and measurement

UNIT II: Positive Relationships

- ❖ **Attachment:** Concept; Types and adult attachment security.
- ❖ **Love:** Passionate and Compassionate aspects of Romantic love; Triangular theory.
- ❖ **Flourishing Relationship:** Building mindful relationship connections; Creating a culture of appreciation.
- ❖ **Life enhancement strategies:** Creating a culture of appreciation.

UNIT III: Enabling Environments

- ❖ **Living well at every stage of life:** Childhood; Youth; Adulthood and Old age.
- ❖ **Positive Parenting:** Concept and skills of Positive Parenting.
- ❖ **Positive Schooling:** Concept, goal, components and skills.
- ❖ **Positive Organization:** Concept, goal and strengths.

UNIT IV: Building Better Communities- The Me/We Balance

- ❖ **Individualism:** The psychology of Me; American individualism.
- ❖ **The Need for Uniqueness:** Encoding of similarity information; reactions; measurement.
- ❖ **Collectivism:** The psychology of We; Indian perspective.
- ❖ **Mainstreaming Positive Psychology Ideas; Giving Away of Positive Psychology.**

Books Recommended

- Snyder, C.R. and Lopez, S.J. (2007). Positive Psychology. Sage Publications.
- Peterson, C. (2007). A Primer in Positive Psychology. Oxford University Press.
- Snyder C.R. & Lopez, S.J. (2002). Handbook of Positive Psychology, Oxford University Press.
- Lopez, S. J. And C.R. Snyder, (2003). Positive Psychology assessment, A handbook of models and measure. Washington, D C: American Psychological Association.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strengths. New York: Brunner- Routledge.
- Linley, P.A. & Joseph, S. (Eds.). (2004). Positive Psychology in practice. Hoboken, NJ: Wiley
- Lopez, S.J. (Eds) (2009). The Encyclopaedia of Positive Psychology, Blackwell Publishing Ltd.
- Duck, S. (2007) Human Relationship. Sage Publication, New Delhi.
- Hendrick, C. And Hendrick (Eds.) (2000): Close Relationships- A Source book, Sage Publication, Inc.
- Hinde, R.S.(1997). Relationships- A Dialectical Perspective Psychology. U.K; Jay Conal Francis.

PAPER II (A): Clinical Psychology: Therapies

UNIT I: Psychodynamic Psychotherapy

- ❖ Freudian Psychoanalysis: Background and basic principles.
- ❖ The nature and meaning of symptoms.
- ❖ Metapsychology of repression.
- ❖ Techniques of Psychoanalysis.

UNIT II: Existential - Humanistic Approach

- ❖ Humanistic assumptions about human being, counseling and science (in brief).
- ❖ Carl Roger's Person Centered Therapy: Psychopathology and the Therapeutic Process; Necessary and Sufficient Conditions; Essential Qualities of the counselor – acceptance, empathy and genuineness, paraphrasing and summarizing; Reflection of meaning and feeling.
- ❖ Gestalt Therapy.
- ❖ Eclectic Treatment Combinations: A three stage model of helping. Process – Experiential Therapy.

UNIT III: Cognitive – Behavioural Approaches

- ❖ Behavioural Approaches to Therapy: Principles of Learning: Development of abnormal behavior; Features common to all behavior therapies.
- ❖ Classical conditioning and Operant conditioning based methods of intervention, Social Learning methods; Behavioural Medicine.
- ❖ Beck's Cognitive Therapy
- ❖ Ellis's Rational Emotive Therapy

UNIT IV: Group and Relational Approaches

- ❖ Group Therapy (in brief)
- ❖ Marital Counselling and Therapy: Techniques to clarify communication; Virginia Satir and Dysfunctional communication; Behavioural Marital Therapy.
- ❖ Minuchin's Structural Family Therapy
- ❖ Strategic and Systems Approach: Bowen and Personal Differentiation: Milton Erickson's techniques.

Books Recommended

- Bohart A. C and Todd J. (1988). Foundations of Clinical and Counselling Psychology; Harper Collins Publishers
- Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
- Newmark C. S. (1985). Major Psychological Assessment Instruments. Allyn and Bacon, Inc
- Nietzel, Michael T, Bernstein, Douglas A. and Milch Richard (1994). Introduction to Clinical Psychology, Prentice-Hall Inc
- Phares, Jerry E. (1988). Clinical Psychology : Concepts, Methods & Profession, The Dorsey Press

PAPER III (B): Personnel Psychology

UNIT I

- ❖ Personnel Selection And Placement: Job Analysis; Technique Of Job Analysis, Selection Methods: Interview, Biographical Data,
- ❖ Application Blanks, Reference Reports, Psychological Tests In Personnel Selection, Basic Selection Model.

UNIT II

- ❖ Job evaluation: Scope And Methods, Performance Appraisal Methods; Ratings and Behavioural Checklist.
- ❖ Training: Types and Methods Of Training For Workmen, Supervisors and Higher Level Personnel.

UNIT III

- ❖ Work Motivation and Job Satisfaction: Theories of Work Motivation: Maslow, Alderfer, Herzberg, Vroom and Adams, Financial and Non Financial Incentives. Job Satisfaction; Determinants (Personal And Organizational), Employees Morale:
- ❖ Techniques Of Enhancing Employees Morale, Determinants.

UNIT IV

- ❖ Supervision: Production Oriented Vs Employee Oriented Supervision
- ❖ Industrial Conflict: Causes and Control of Industrial Conflict
- ❖ Occupational Stress and Health: Sources and Coping Strategies, Effect of Occupational Stress on Health

Books Recommended

- Arnold, J. , Robertson , I.T. & Cooper, C.N.(1996), Work psychology: Understanding Human Behavior in the Work Place, McMillan India Ltd
- Blum. M.L and Naylor, J.C (1984- Revised Edition). Industrial Psychology Its Theoretical and Social Foundation: New York: Harper & Row
- Hersey, P. and Blanchard, K. (1986), Management of Organizational Behaviors: Utilizing Human Resources, Prentice Hall of India
- Landey, F.J. and Trumbo, B.A. (1976); Psychology of Work Behaviors. The Dorsey Press, Homewood II Illinois
- Maier, N. R.F (1965).Psychology in industry, Oxford and IBH publishing Co
- Vroom, V.H. (1964): Work Motivation: New York John Wiley Sons, Inc

PAPER IV (A): Counseling Psychology: Approaches

UNIT I: Cognitive approach to Counseling

- ❖ Ellis' Rational Emotive Therapy, Irrational Beliefs, The ABCDE Paradigm.
- ❖ Beck's Cognitive Therapy- Cognitive Distortions, Cognitive Therapy for Anxiety and Depression, Techniques (De-catastrophizing, Reattribution, Redefining, De-centering)

UNIT II: Gestalt and Transactional Analysis

- ❖ Perls' Gestalt Therapy : Theoretical assumptions ,Organismic Self Regulation, Exercises and Games
- ❖ Philosophical Assumptions of Berne's Transactional Analysis Therapy, Ego state Analysis, Life positions, Transactions, Ego state Pathology, Games and Script analysis.

UNIT III: Person Oriented Approach to Counseling

- ❖ Roger's assumptions of Client Centered Therapy.
- ❖ Incongruence, Congruence and the Fully Functioning Person
- ❖ Experiential Knowing And Pre-Requisites Of Therapy
- ❖ Therapeutic Process

UNIT IV: Systemic Approaches to Counseling

- ❖ Wholeness and Interdependence
- ❖ Circular Causality
- ❖ Homeostasis and Change
- ❖ Techniques- Congruent Communications, Structural Family Therapy, Strategic Approach.

Books Recommended

- McLeod, J.C. (1998): An Introduction to Counseling (2nd Ed.) Buckingham Philadelphia Open University Press
- Patterson, C.H. (1986): Theories of Counseling and Psychotherapy
- Richard, M.J. (1982): The Theory and Practice of Counseling Psychology, N Y Holt Rinehart and Winston

PAPER V: Practical

A: Dissertation (100 Marks)

B: Tests and Experiments (100 Marks)

Semester IV 2016-17 onwards

Paper I- Positive Psychology in Practice

UNIT I: Positive Relationships

- Relationship: Concept, needs of relationship, Model of Relationship Development
- Attachment and love, Infant and Adult Attachment security, Quality of Relationship
- Flourishing relationship: Building mindful connections, five component model of minding relationship, Creating a Culture of appreciation.
- Relationship Interventions: Exercise to promote forgiveness, gratitude and positive responding/ communicating.

UNIT II: Positive Environments

- Positive Parenting: Parenting Styles, Relationship, developmental and special Issues of Parenting, Skills for Positive Parenting
- Positive Schooling: Components of Positive Schooling, Developing discipline, goals and skills.
- Positive Organization: Gainful employment, capital at work: human, social and positive psychological capital, workaholics and burnouts
- Individualism and Collectivism: The need for uniqueness, unique attributes, Me/We Balance.

UNIT III: Applications of Positive Psychology in Counselling and Psychotherapy

- From clinical mental health to positive mental health perspective.
- Complete state model of Mental Health (Kayer& Lopez)
- Culturally sensitive positive Psychological Assessment
- Strengths Based Counselling: Positive Psychotherapy Process and its usefulness.

UNIT IV: Positive Psychology in the Light of Indian Tradition

- Indian Paradigm: Need, Basic features
- Positive Psychology, Positivism and Indian Heritage
- Spirituality and wellbeing: Indian Perspective
- Implications of Indian Paradigm for Positive Psychology in the field of education, Health healing and Psychotherapy

Books Recommended:

- Baumgardener, S.R. and Crothers, M.K. (2009). *Positive Psychology*. Pearson.
- Bhagwadgita Translated by Swami Gambhiran (2014) with the commentary of Sankaracharya.
- Cornelissen, R.M.M, Mishra, G, Varma ,S. (2014). *Foundations & Applications of Positive Psychology*. Denrzen, E.V. (2009)
- Magyar, M. (2009). *Therapists Guide to Positive Psychological Interventions*. Academic Press.
- Peterson, C. (2006). *APrimer in Positive Psychology*. Oxford New York.
- Deurzen, E.V. (2009). *Psychotherapy & Quest for Happiness*. Sage.
- Sheshadri S. &Rao, N. (2012). *Parenting: The Art & Science of Nurturing*. Byword Books, Manipal, India.
- Snyder, C.R. Lopez, S.J. (2007). *Positive Psychology*. Sage Publications.
- Yadana, Hooda& Sharma (2012): *Biopsychosocial Issues in Positive Health*.Global Vision.
- Saini, S. (2014). *Positive Psychology in the light of Indian Traditions*. IAHRW, Hisar Haryana.
- Ojha and Pandey (2012). *Positive Psychology Emerging Issues*. Shree Publishers.

Semester IV

Paper II (A) Clinical Psychology: Therapies

UNIT I: Psychotherapies and Psychotherapeutic Devices

- Psychotherapy: Objectives, Prognosis for therapy and training of the psychotherapist
- Psychoanalytic Devices: Catharsis work, Transference.
- Behavioural and Cognitive Devices: Modeling, Rehearsal, desensitization, response prevention, diary keeping, relaxation, imagery.

UNIT II: Psychodynamic and Humanistic approaches to Psychotherapy

- Freudian Psychoanalytic Therapy, Psychopathology and therapeutic process. Adlerian therapy, psychopathology: change, skills & strategies
- Humanistic Assumptions
- Rogers' Person centered therapy, Psychopathology and therapeutic process
- Assignments: Case of Anna O', Attachment theory: Bowlby and Winnicott

UNIT III: Cognitive – Behavioural Approaches to Psychotherapy

- Behavioural Psychotherapy: origins and maintenance of problems, skills & strategies, social skills training, assertiveness training.
- Beck's cognitive therapy: origin and maintenance of problems, therapeutic process, Beck's therapy for anxiety and depression.
- Ellis Rational Emotive Therapy: origin and maintenance of problems, change, skills & strategies, irrational beliefs and ABCDE paradigm.
- Assignments: Identifying thinking errors and disputing the same

UNIT IV: Eclectic Integrative approaches

- Multimodal therapy: assumptions, psychopathology, skills & strategies
- Neurolinguistic programming: assumptions, psychopathology, skills & strategies
- Group therapy: behaviour therapy in group, Humanistic group therapy
- Solution focused therapy: Identifying assets, problem resource talk ratio, strategies.

Books Recommended

- Bohart, A.C. & Todd, J. (1988). *Foundations of clinical and Counselling Psychology*. Harper Collins Publishers.
- Garfield, S.L. & Bergin, A.E. (1986). *Handbook of Psychotherapy and Behavior Change*. John Wiley & Sons, United States of America.
- Hecker, J.E. & Thorpe, G.L. (2005). *Introduction to Clinical Psychology*. Pearson Education Inc.
- Horton, I. & Feltham, C. (2006). *The Sage Handbook of Counselling and Psychotherapy* (2nd ed.). Sage Publications Ltd.

- Newmark , C.S. (1985). *Major Psychological Assessment Instruments*. Allyn& Bacon.
- Patterson, C.H. (1986). *Theories of Counselling and Psychotherapy*; (Fourth edition). Library of Congress Cataloguing.
- Shaffer, G.W. (1952). *Fundamental concepts in clinical Psychology*. McGraw Hill Company, Inc. New York.

Semester IV

PAPER III (B): Personnel Psychology

UNIT- I Personnel Selection and Placement

- Personnel Selection and Placement: Job Analysis; Technique of Job Analysis,
- Selection Methods: Interview, Biographical Data, Application Blanks, Reference Reports
- Psychological Tests in Personnel Selection
- Basic Selection Model, Multiple Predictor Model in Selection

UNIT- II Job Evaluation, Performance Appraisal and Training

- Job evaluation: Scope and Methods
- Performance Appraisal Methods; Ratings and Behavioural Checklist
- Training: Types and Methods of Training For Workmen
- Methods of training for Supervisors and Higher Level Personnel.

UNIT- III Work Motivation and Job Behaviour

- Work Motivation- Theories of Work Motivation: Maslow, Alderfer, Herzberg, Vroom and Adams,
- Financial and Non Financial Incentives
- Job Satisfaction: Personal and Organizational Determinants
- Employees Morale: Determinants and Techniques of Enhancing Employees Morale.

UNIT- IV Supervision, Conflict, Occupational Stress and Health

- Supervision: Production Oriented Vs Employee Oriented Supervision
- Industrial Conflict: Causes and Control of Industrial Conflict
- Occupational Stress and Health: Sources and Coping Strategies
- Effect of Occupational Stress on Health, Occupational Stress and its Correlates

Books Recommended:

- Arnold, J., Robertson, I.T. & Cooper, C.N.(1996). *Work psychology: Understanding Human Behavior in the Work Place*. McMillan India Ltd.
- Blum. M.L and Naylor, J.C (1984- Revised Edition). *Industrial Psychology : Its Theoretical and Social Foundation*: New York: Harper & Row
- Hersey, P. and Blanchard, K. (1986). *Management of Organizational Behaviours: Utilizing Human Resources*. Prentice Hall of India.
- Landey, F.J. and Trumbo, B.A. (1976). *Psychology of Work Behaviours*. The Dorsey Press, Homewood II Illinois.
- Maier, N. R.F (1965). *Psychology in industry*. Oxford and IBH publishing Co.
- Vroom, V.H. (1964). *Work Motivation*. New York John Wiley Sons, Inc.

Paper IV (A) -Counselling Psychology: Approaches

Unit I: Experimental Approaches: Gestalt and Transactional Analysis

- Gestalt approach to therapy & counselling, origin and maintenance of problems assumptions, goals of therapy, process and techniques
- Transactional Analysis: Philosophical assumptions, ego state analysis structural and functional, Ego state pathology, Transaction types
- The making of the script, Injunctions, Strokes, games and their analysis
- Building awareness with Johari window, exploring the blind areas of why I am the way I am

Unit II: Search for meaning: Existential approach

- Basic assumptions, origin and nature of the problem, Nature of man
- Modes of being- Umwelt, Mitwelt, Eigenwelt, Rollo May, Emmy van Durzen's concepts
- Existential anxiety, Techniques used in existential therapy, Frankl's logo therapy
- Applications on self-search: Dasein- Being to Becoming

Unit III: Family Interventions

- The Development of family intervention, Palo alto Group, Ackerman, Whitaker and Bowen
- Key assumptions and concepts of system theory- Wholeness, Circular Causality, Equifinality, Homeostatis and Change, Subsystems and Triangulation, Boundaries
- Major theoretical approaches to family therapy: Experiential, Family Systems, Strategic, Structural, Cognitive, Behavioural
- Characteristics of dysfunctional families, Techniques and interventions

Unit IV: Integration of Approaches

- Eclecticism and integrationism debate: concepts and comparisons
- Brief Counselling
- School counselling and School Mental Health
- Rehabilitation counselling for challenged groups

Books recommended:

- Feltham, Colin & Horton, Ian(Eds.). *The Sage Handbook of Counselling and Psychotherapy* (2nded.). Sage Publications.
- Gelso, C.J. and Pretz, B.R.(1995). *Counselling Psychology*. Bangalore, India: Prism Books Pvt. Ltd.
- George, Ricky L. & Christiani, Therese S.(1986). *Counselling: Theory and Practice* (2nded.). New Jersey: Prentice –Hall Inc.
- Patterson, C.H. (1986). *Theories of Counselling and Psychotherapy* (4thed.). New York: Harper & Row, Publishers, Inc.
- Welfel, Elizabeth R. & Patterson, Lewis E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach* (6thed.). Thomson: Brooks/Cole.

Semester IV

Paper V: Practicals

(A) Dissertation : (Field work and Report Writing)	100 Marks
(B) Tests and Experiments	100 Marks

