

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA
IRINJALAKUDA, THRISSUR - PIN 680 125



DEGREE OF
MASTER OF SCIENCE
(CHOICE BASED CREDIT AND SEMESTER SYSTEM)

UNDER THE

FACULTY OF SCIENCE

SYLLABUS

(FOR THE STUDENTS ADMITTED FROM THE ACADEMIC YEAR 2014 – 15 ONWARDS)

BOARD OF STUDIES IN PSYCHOLOGY (PG)

IRINJALAKUDA, THRISSUR - PIN 680 125

KERALA, 673 635, INDIA

JULY, 2014

**SYLLABUS OF
M.Sc. CLINICAL PSYCHOLOGY
CREDIT SEMESTER SYSTEM**

(From 2012 Admission Onwards)

**SCHEME OF M.Sc. CLINICAL PSYCHOLOGY
(From 2012 Admission Onwards)**

**CHRIST COLLEGE (AUTONOMOUS),
IRINJALAKUDA**

SCHEME OF M.Sc. CLINICAL PSYCHOLOGY

(From 2012 admission onwards)

I SEMESTER

No./Code	Name of Course	Duration of Examination(hrs)	Credits
CP1CO1	Physiological Psychology	3	4
CP1CO2	Neuropsychology	3	4
CP1CO3	Clinical Psychology I	3	4
CP1CO4	Psychodynamics: Personality, Learning & Motivation	3	4
CP1PR1	Practical 1-Experimental Psychology	Examination at the end of semester II	
Total			16

II SEMESTER

No./Code	Name of Course	Duration of Examination	Credits
CP2CO1	Research Methodology	3	4
CP2CO2	Psychotherapeutics I	3	4
CP2CO3	Clinical Psychology II	3	4
CP2EO1	Health Psychology	3	4
CP2PR1	Practical 2- Diagnostic testing	Examination also for CP1PR1	4
Total			20

III SEMESTER

No./Code	Name of Course	Duration of Examination	Credits
CP3CO1	A Combined Indian & Western Approach in Holistic Clinical Psychology	3	4
CP3CO2	Psychotherapeutics II	3	4
CP3CO3	Psychopathology	3	4
CP3EO1	Counselling Psychology	3	4
CP3FO1	Field Work	Evaluation at the end of semester IV	
Total			16

IV SEMESTER

No./Code	Name of Course	Duration Examination	of	Credits
CP4CO1	Current Trends in Psychology	3		4
CP4FO1	Field Work			4
CP4PR1	Clinical Practicum (Case Study)			4
CP4DO1	Dissertation			4
CP4VO1	Viva- Voice			4
Total				20
Grand Total				72

CP-Clinical Psychology C-Core Course

E-Elective Course PR-Practical

D-Dissertation V-Viva voce



Semester I

PHYSIOLOGICAL PSYCHOLOGY

Course code- CP1CO1 Credits-4

UNIT I: Physiological Psychology of Nervous system

Organization and function of the nervous system- Central nervous system: Brain: cerebral hemisphere (cerebrum), basal ganglia, thalamus, hypothalamus - Brain stem: medulla, pons, midbrain, reticular formation, cerebellum- Spinal cord: structure and functions, ascending (sensory) tracts, descending (motor) tracts- Cerebrospinal fluid (CSF). Peripheral nervous system: Somatic nervous system- Autonomic nervous system.

UNIT II: Functional System

Limbic system :- Structure and Functions- Septum- Cingulate gyrus- Fornix- Amygdala- Hypocampal formation- Hypothalamus. Higher cortical functions- Functions of neocortex- Structure and functions of cerebral cortex: frontal lobe, temporal lobe, parietal lobe, occipital lobe.

UNIT III: Methods of Neuroanatomical Research

Staining- Scanning- Leisoning- Chemical/electrical stimulation.

UNIT IV: Physiological basis of learning and memory

Physiological basis of learning:- Cortex and learning- Hippocampus and learning- The locus of learning- Electrophysiological indices of learning- Neural basis of learning. Physiological basis of memory:- The consolidation hypothesis- Storage mechanisms- RNA and protein theories.

UNIT V: Physiological Basis of Emotion and Motivation, and Stress

Central, peripheral and intermediate mechanisms in emotion- Motivation and electric stimulation of brain(ESB)- Categories of stress- Stress and coping strategies- Stress and endocrine system.

UNIT VI: Anatomical and Behavioural Asymmetry of the Hemisphere

Split brain models- Cerebral dominance- Levels in consciousness formation and stages of sleep.

REFERENCES

Agrawal,R.(2001).*Stress In Life And At Work* . New Delhi: Sage Publications.

Chaudari,S.K.(2006).*Concise Medical Physiology*, New Central Book Agency Pvt Ltd.

Deldado,M.R.(1973).*Emotions-Introduction To General Psychology A Self Selection Textbook*(2nd Ed.)USA: W.M.C Brown Company Publishers.

Gayton,A.C,Hall,J.E.(1996).*Textbook Of Medical Physiology*, Bangalore: Prims Books Pvt Ltd.

Joshi Vijay,D.(1995).*Physiology Pre Manual For Undergraduates*, Elxvier India Pvt Ltd.

Levinthal Charles,F.(1990).*Introduction To Physiological Psychology*(3rd Ed.), New Jersey: Prentice Hall, Engle Cliffs.

Pestonjee,D.M.(1992).*Stress And Coping: The Indian Experience*, New Delhi: Sage Publishers

Pinel,J.P.(2006).*Biopsychology*, Doorsley Kindersley(India) Pvt Ltd.

Sembulingam,K.(1999).*Essential Of Medical Physiology*(4th Ed.), New Delhi: Jaypee Brothers Medical Publishers (P) Ltd.

Springer,S.P.,Deutsch,G.(1997).*Left Brain Right Brain*(5th edn.), New York: W.H.Freeman And Company.

Strongman,K.T.(1973).*The Psychology Of Emotion*, London: John Wiley And Sons.

Swartz,M.C.(1978).*Physiological Psychology*, New Jersey: Prentice Hall Inc.

Thomas,H.,Huxley,L.D.(1966).*Lesions In Elementary Physiology*,King's College Cambridge Pvt Ltd.

Wangner,H.(2004).*Physiological Psychology Special Indian Edition*. Gaeland Science/Bios Scientific Publishers.

Waxmen,S.G.(2000).*Correlative Neuro Anatomy*, New York: Tata McGraw Hill Company.

Semester I

NEUROPSYCHOLOGY

Course code- CP1CO2 Credits-4

UNIT I: Introduction To Neuropsychology

Historical background- Major structures of brain- Telencephalon- Diencephalon- Mesencephalon- Anatomical directions in human nervous system

UNIT II: Frontal Lobe

Anatomical divisions- Specific functions of frontal lobe- Prefrontal cortex and Broca's area- Lateralization in frontal lobe- Intelligence and frontal lobe- Personality and behavioral alterations secondary to frontal injury- Lesions in frontal lobe: agraphia, broca's aphasia, confabulation, perseveration

UNIT III: Parietal Lobe

Anatomical divisions- Specific functions of parietal lobes- Somatosensory perception- Tactile perception and body sense- Language and spatial orientation- Short term memory and parietal lobe- Lesions in parietal lobe- Lesions and laterality: attention and visual space-localization of objects in space-apraxia-emotion, Gerstmann's syndrome, Attention and neglect

UNIT IV: Temporal Lobe

Anatomical divisions- Functions of temporal lobe: visual functioning, auditory functioning, memory, language, attention- Lesions of temporal lobe: unilateral lesions, bilateral lesions

UNIT V: Occipital Lobe

Anatomical divisions- Visual pathway- Basic visual functions- Visual perceptual functions

UNIT VI: Mental Status Examination In Neuropsychology

History and behavioral observation- Levels of consciousness- Attention- Language- Memory- Constructional ability- Higher cognitive functions- Related cognitive functions- MSE recording- Neuropsychological assessment: NIMHANS neuropsychological assessment, LNNB

REFERENCES

Beaumont, J.G. (1983). *Introduction to Neuropsychology*. Oxford London: Blackwell Scientific Publications.

Joseph, R. (1996). *Neuropsychology, Neuropsychiatry and Clinical Neuroscience*. London: Williams and Wilkins.

Lezak, M.D. (1983). *Neuropsychological Assessment*. New York: Oxford University Press.

Pinel, J.P.J. (2007). *Biopsychology*, (6th edn). New Delhi: Pearson Education.

Strub, R.L. & Black, F.W. (2003). *The Mental Status Examination in Neurology*. New Delhi: Jaypee Brothers Medical Publishers (p) Ltd.

Walsh, K. (1994). *Neuropsychology: A Clinical Approach*. New Delhi: Churchill, Livingstone. Pvt.

Semester I

CLINICAL PSYCHOLOGY I

Course code- CP1CO3 Credits-4

UNIT I: Introduction

A field of clinical psychology- Historical overview of Clinical Psychology- Clinical Psychology and other areas of psychology- Clinical psychology and other mental health professions- Current issues in Clinical Psychology

UNIT II: Stress Related and Other Adjustment Disorders

Acute stress reaction- Introduction, clinical features and symptoms, etiology, treatment, course and prognosis. Post traumatic stress disorder- Introduction, clinical features and symptoms, etiology, treatment, course and prognosis. Recovered memories and false memories. Adjustment disorders-: Introduction, clinical features and symptoms, treatment, course and prognosis. Bereavement: Physical and mental health consequences of bereavement, assessment and management.

UNIT III: Anxiety Disorders

Introduction. Major disorders- Panic disorders, Agoraphobia, Social phobia, Specific phobia, Obsessive-compulsive disorder, Generalized anxiety disorder, Separation anxiety disorder. Clinical features of anxiety disorders. Psychodynamic aspects of anxiety disorders. Cognitive – Behavioral therapy for anxiety disorders.

UNIT IV: Personality Disorders

Introduction, Classification- Etiology-Paranoid Personality disorder- Schizoid Personality disorder- Schizotypal Personality disorder- Antisocial Personality disorder- Borderline Personality disorder- Histrionic Personality disorder- Narcissistic Personality disorder- Avoidant Personality disorder- Dependent Personality disorder- Obsessive- Compulsive Personality disorder- Personality Disorder Not Otherwise Specified- Personality Change due to a General Medical Condition- Psychobiological Mode of Treatment

UNIT V: Substance-Related Disorders

Introduction and Overview- Alcohol-related disorders- Amphetamine (or Amphetamine-like)-related disorders- Caffeine-related disorders- Cannabis-related disorders- cocaine-related disorders- Hallucinogen-related disorders- Inhalant-related disorders- Nicotine-related disorders- Opioid-related disorders- Phencyclidine (or phencyclidine-like) -related disorders- Sedative, Hypnotic or Anxiolytic-related disorders- Anabolic-Androgenic Steroid abuse- Other Substance-related Disorders

REFERENCES

Carson,R.C., Butcher, J.N., & Mineka,S. (2000) (11th edn). *Abnormal Psychology and Modern Life*. Pearson Publishers.

Gelder, Michael; Andreasen, Nancy; Lopez-Ibor, Juan; Geddes, John.(2009)(2nd edn.) *New Oxford Textbook of Psychiatry*. Oxford University Press.

Sadock, B.J.& Sadock, V.A.(2007) *Comprehensive Textbook of Psychiatry*, London: Williams and Wilkins.

Semester I

PSYCHODYNAMICS: PERSONALITY, LEARNING & MOTIVATION

Course code - CP1CO4

Credits-4

UNIT I: Introduction

Nature of personality theory - Dimensions of various personality theories- Structural and dynamic concepts - Sigmund Freud's Psycho analytic approach.

UNIT II: Neo-Psychoanalytic Approach

Origin and development of Neo-Freudian view point- Jung's analytical psychology – Theories of Adler, Fromm, Horney, and Sullivan.

UNIT III: Social-Cognitive & Trait approach

Social cognitive theories: Albert Bandura and Julian Rotter- Trait theories: Gordon Allport, Raymond Cattell and Hans Eysenck.

UNIT IV: Humanistic & Life span approach

Humanistic theories: Maslow & Roger- Personology: Henry Murray - Life Span Approach: Erik Erikson.

UNIT V: Theories of Motivation

Instinct theory- Drive theories: Hull and Dollard & Miller- Skinner's Radical Behaviorism- Cognitive approach: Tolman, Attribution and Balance theories- Humanistic approach: Roger &

Maslow

UNIT VI: Theories of Learning

Introduction - Approaches to the study of learning-Thorndike's theory - Classical conditioning-underlying processes & Practical applications- Operant Conditioning- concepts, appetitive and aversive conditioning, Practical applications – Observational learning theory: Bandura -Cognitive learning theory: Tolman.

REFERENCES

Arkes, H.R. & Garske, P.J.(1977).*Psychological theories of motivation*, California :Brooks Cole Publishing Company.

Bischoff, H. (1970).*Interpreting Personality Theories*, New York: Harper Collins College Publishers.

Friedman H S & Schustack, M W (2000), *Personality: Classic theories and modern research*, (2nd edn), California: Pearson Education.

Hall, C.S. & Lindzey, G & Campbell, J.B(1998),*Theories of Personality*, (4th edn), New Delhi: John Wiley & Sons.

Hergenhahn, B. R. & Olson, M.H. (2005), *An introduction to theories of learning*, (7th edn) , California :Pearson Education.

Hulse, E.H. & Deese, J. (1980).*The psychology of learning*. Tokyo: McGraw Hill Company Inc.

James F, & Frager, R D (1983). *Personality and Personal Growth*, New York : Harper & Row.

Madsen, K. D. (1961), *Theories of motivation*, (2nd edn), Ohio: Howard Allen, Inc, Publishers.

Powell, R.A, Sybaluk, G.D & Macdonald S.E (2002) *Introduction to learning and behavior*, CA-USA: Wadsworth.

Pervin A. (1984).*Personality: Theory and Research*. Bangalore: Wiley Eastern.

Schultz, D. & Schultz, S. E.(1999)*Theories of Personality*, (5th edn), California: Cole Publishing Company,

Semester I

PRACTICAL 1-EXPERIMENTAL PSYCHOLOGY

Course code- CP1PR1 Credits-4

EXPERIMENTAL DESIGNS

- 1) RANDOMIZED GROUP DESIGN
- 2) RANDOMIZED BLOCK DESIGN
- 3) FACTORIAL DESIGN

TEST OF MENTAL ABILITIES

- 4) COLOURED PROGRESSIVE MATRICES
- 5) STANDARD PROGRESSIVE MATRICES FOR CHILDREN
- 6) ADVANCED PROGRESSIVE MATRICES
- 7) WAPIS
- 8) MATHEW TEST OF MENTAL ABILITIES
- 9) GROUP EMBEDDED FIGURE TEST
- 10) DRAW A MAN TEST
- 11) IAS RATING SCALE
- 12) EMOTIONAL INTELLIGENCE TEST

Semester II

RESEARCH METHODOLOGY

Course code-CP2CO1 Credits-4

UNIT I: Research

Basic concepts- Importance of research and different scale- steps of research- Approaches: cross sectional, longitudinal, nomothetic and ideographic.

UNIT II: Types of research

Experimental and non experimental- laboratory and field experimental-research design: single subject between group and within group design.

UNIT III: Sampling

Basics of sampling- Data collection-descriptive methods-observational, survey, case study-Interview methods.

UNIT IV: Analysis of data

Qualitative and quantitative analysis of data- descriptive and inferential - parametric and non parametric.

UNIT V: Issues in research

Internal and external validity- ethical issue.

UNIT VI: Research report writing

Purpose, structure and format of report writing- APA style of report writing.

REFERENCES

Anastasi.A, Urbina.S.(2005). *Psychological Testing* (7th edn). India: Pearson

Education.

Boota, K.D. (1989). *Experimental designs in Behavioural Research*. New Delhi: Wiley Eastern Ltd.

Breakwell, G.N. et al. (1995). *Research Methods in Psychology*. London: Sage Publication.

Goodwin, C.J. (1995). *Research in Psychology: Methods and Designs*. New York: John Wiley and Sons Inc.

Gupta, S.P.(1999). *Statistical Methods* (3rd edn) New Delhi: Educational Publication.

Kerlinger, P.N. (1987). *Foundations of Behavioural Research*. Bangalore: Prism.



PSYCHOTHERAPEUTICS-I

Course code-CP2CO2 Credits-4

UNIT I: Introduction to psychotherapy

Definition- Essential process in psychotherapy- Types of psychotherapy- Phases in psychotherapy.

UNIT II: Psychoanalysis

Basic concepts- Mechanism of psychotherapy- Opening phase- Development of transference- Working through- Resolution of transference.

UNIT III: Behavior therapy

Basic concepts- Process- Establishing a working relationship- Functional analysis- How to select a target behavior- Stages of therapy- Modification process.

UNIT IV: Third Force Therapies

Cognitive, Humanistic, Existential therapy: Rational Emotive Behavior Therapy- Cognitive behavior therapy- Client-centered therapy- Logo therapy.

UNIT V: Specific Therapies

Therapy for interpersonal relationships: Family therapy- Group therapy- Grief therapy- Psychodrama.

REFERENCES

Donald.L.Whaley. (1971) *Elementary principles of behavior*. New Jersey: Prentice Hall. Inc.

Donald Meichenbaum.(1977) *Cognitive-Behavior Modification*

Gambrill.E. (1975) *Behavior Modification Handbook of assessment, intervention and evaluation*. San Francisco: Jossey Ban publishing

Kaplan H et al. (ed) (1980) *Comprehensive Textbook of Psychiatry*. London: Williams and Wilkins.

Korchin. S.J. (1986) *Modern Clinical Psychology*. Delhi: CBS Publishers & Distributors.

Wolpe.J. (1973) *The Practice of Behavior Therapy*. New York: Pergaman Press.

Semester-II

CLINICAL PSYCHOLOGY II

Course code- CP2CO3 Credits-4

UNIT I: Sexual deviations

Paraphilias, introduction,etiology, diagnosis and clinical features- Exhibitionism-

Fetishism- Frotteurism- Pedophilia- Sexual masochism- Sexual sadism- Voyeurism-Transvestic fetishism- Paraphilia not otherwise specified- Course and prognosis- Treatment

UNIT II: Mood disorders

Depression and Bipolar disorder: History- DSM-IV-TR Classification of Mood disorders- Epidemiology- Comorbidity- Etiology—Diagnosis- Clinical Features- Mental Status Examination- Differential Diagnosis- Course and Prognosis- Treatment- Dysthymia and Cyclothymia: Dysthymic disorder- Cyclothymic disorder

UNIT III: Schizophrenia and related disorders

History- Epidemiology- Etiology- Diagnosis- Subtypes- Clinical Features- Mental status Examination- Differential diagnosis- Course and prognosis- Treatment

UNIT IV: Childhood disorders-I

Learning disorders: Introduction- Reading disorder- Mathematics disorder- Disorder of written expression- Learning disorder Not Otherwise Specified

Communication disorders: Introduction- expressive language disorder- Mixed Receptive-Expressive Language disorder- Phonological disorder- stuttering- Communication disorder Not Otherwise Specified

UNIT V: Childhood disorders-II

Pervasive Developmental disorders: Introduction- Autistic disorder- Rett's disorder- Childhood Disintegrative disorder- Asperger's disorder- Pervasive Developmental disorder Not Otherwise Specified

Attention- deficit disorders: Attention-Deficit/ Hyperactivity Disorder- Adult Manifestations of ADHD

REFERENCES

Carson,R.C., Butcher, J.N., & Mineka,S. (2000) (11th edn). *Abnormal Psychology and Modern Life*. Pearson publishers.

Gelder, Michael; Andreasen, Nancy; Lopez-Ibor, Juan; Geddes, John. (2009)(2nd

edn.) *New Oxford Textbook of Psychiatry*. Oxford University Press.

Sadock, B.J.& Sadock, V.A.(2007) *Comprehensive Textbook of Psychiatry*, London: Williams and Wilkins.

Semester-II

HEALTH PSYCHOLOGY

Course code- CP2EO1 Credits-4

UNIT I: What is health psychology?

Definition of Health Psychology, The mind – body relationship, Need & significance of health Psychology, An overview of Biopsychosocial model.

UNIT II: Health Behaviors

Changing health habits – Attitude change & health behaviors, Cognitive health behavior change approach- Transtheoretical model and social engineering.

UNIT III: Psychobiology of health

Mental Health- Characteristics of mentally healthy individual, gender & health, Stress & illness, coping and stress management.

UNIT IV: Pain and its management

Significance of pain, Physiology of pain, Phantom limb pain, pain control techniques, and management of chronic pain.

UNIT V: Chronic and Terminal illness

Psychological issues in advancing & terminal illness, coronary heart disease, hypertension, stroke, diabetes, psychological interventions and chronic illness.

UNIT VI

Psychoneuroimmunology, AIDS, Cancer and Arthritis. Health Psychology: Challenges for the future, Becoming a health Psychologist.

REFERENCES

Brannon. & Feist J (1999). *Health Psychology: An Introduction to Behavior and Health* (4th edn) Wadsworth Thomson Learning.

Dematteo, R.M& Martin R.L (2007). *Health Psychology*. Pearson Education.

Marks, et.al. (2011). *Health Psychology (Third edition). Theory, research and practice.*, Sage Publication.

Sarafino E.P. (1998). *Health Psychology Biopsychosocial Interactions*, (2nd & 3rd edn.) John Wiley& sons Inc.

Sheridan, C.L. & Radmacher, S.A. (1992). *Health Psychology: Challenging the biomedical model*, John Wiley& sons Inc.

Taylor (2006). *Health Psychology*. New Delhi: Mc Graw Hills Inc.

Semester II

PRACTICAL 2-DIAGNOSTIC TESTING

Course code- CP2PR1 Credits-4

- 1) BENDER-GESTALT TEST (BGT)
- 2) PGI-MEMORY SCALE
- 3) LOCUS OF CONTROL
- 4) EYSENCK PERSONALITY QUESTIONNAIRE (EPQ)

- 5) 16 PERSONALITY FACTORS (16PF)
 - 6) INDIAN ADAPTATION OF BELL'S ADJUSTMENT INVENTORY
 - 7) TEST OF CREATIVITY
 - 8) DIFFERENTIAL APTITUDE TEST (DAT)
 - 9) THEMATIC APPERCEPTION TEST (TAT)
 - 10) RORSCHACH INK BLOT TEST (INTRODUCTION)
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Semester III

A COMBINED INDIAN AND WESTERN APPROACH IN HOLISTIC CLINICAL PSYCHOLOGY

Coursecode-CP3CO1

Credits:4

UNIT I

Introduction to an Indian and Western approach in Holistic Clinical Psychology: Hence the notions of: a. Indian (Eastern) approach; b. Western approach; c. East-West approach; d. Holistic Psychology; e. Clinical Psychology.

Rationale and purpose of a combined East-West approach in Clinical Psychology. Some factors contributing towards a combined East-West approach.

UNIT II

Introduction to Western approach in Psychotherapy. The aim of Western Psychotherapies. The notions of Holistic Clinical Psychology from: a. Humanistic: b. Existential: c. phenomenological perspectives. The limitations of Western Psychotherapies.

.UNIT III

Classification of Yoga in general. Classification of Patanjala Yoga or Ashtanga Yoga or Raja Yoga. The meaning of Patanjala Yoga according of Patanjali and Vyasa. The aim of Patanjala Yoga as defined by Patanjali and Vyasa. The eight steps in Patanjala Yoga. The therapeutic value of Patanjala Yoga. Yoga Psychology. Yoga theory of personality. Yoga theory of Psychopathology. Yoga stages and levels of consciousness in theory and practice. Limitations of Yoga.

UNIT IV

Psychotherapy in India; the feature of Psychotherapy in India; Indian (Eastern) cultural values and the therapeutic approach in India or Clinical psychology as applied to Indian people within Indian cultural values; the techniques and process of theory in an East-West approach as complementary; its implications in Holistic Clinical Psychology.

UNIT V

Alternate eastern therapeutic approaches in Holistic Clinical Psychology: a. Yoga breathing for relaxation and therapeutic purpose; b. Yoga Meditations for deeper insight for therapeutic purpose through levels of consciousness change; e. Reike; d. Pranic healing; e. Zen; f. Sufi; etc.

REFERENCES

Ajaya, S. (1983). *Yoga Psychology*. Himalayan International Institute, Honesdale, PA.

Ajaya, S. (1977). *Foundations of Eastern and Western Psychology*. Glenview: Himalayan International Institute.

Ajaya, S. (1983). *Psychology East and West: A Unifying Paradigm*. Honesdale, PA: Himalayan International Institute.

Bugental, J.F.T. (1978) *Psychotherapy and Process. Fundamentals of an Existential Humanistic Approach*. Massachussetts: Addison Wersly.

May,R. (1969). *Existential Psychology*. New York: Random House. Ornstein, R.E.

(1977). *The Psychology of Consciousness*. New York:

Harcourt Brace Jovanvich.

Pazhayattil, Harshajan. (1985). *Western Psychotherapy in relation to the Classical Pathanjala Yoga; An East West combined approach*. Ann Arbor, Michigan; University Micro- film International publishing Co.

Sivananda. (1996). *Yoga: Mind and body*. Sivananda Yoga Vedanta Center. Madison. New York: Dorling Kindersley.

Tart, C.T. (1975). *States of Conciousness*. New York: Harper & Row.

Yalom, T.D. (1987). *Existential Psychotherapy*. New York: Basic Books.

OTHER SUGGESTED READINGS

Arya, P.U. (1981). *Super consciousness Meditation*. Honesdale, PA: Himalayan International Institute.

Aurobindo Ghose. (1948). *The Synthesis of Yoga: Pt. 1*. Pondichery: Auroindo Ashram.

Boss, (1979). *Existential Foundations of Medicine and Psychology*. New York: Aronson.

Dasgupta, G.N. (1920). *The study of Patanjali*. Calcutta: University of Calcutta Press.

Frankle, V.F. (1969). *The Will to Meaning: Foundations and application of Logotherapy*. New York: American Library.

Giorgi, A. (1970). *The Third Force: The Psychology of Abraham Maslow*. New York: Grossman.

Mohanty, A.K. (2002). *Perspectives on Indigenous Psychology*. Delhi: Delhi University Concept Publishing Co.

Iyengar, R.K.S. (1986/2002). *Light on Yoga*. New York: Harper Collins Pub.

Kamer, S. (1991). *Indian Notes on Psychoanalysis*. In R.A. Shweder (Ed.), *Thinking Through Culture: Expeditions in Culture Psychology*. Cambridge,

Mass: Harvard University Press.

Maslow, A.H. (1968). *Towards a Psychology of Being*. New York: Van Nostrand Reinbold,

MacMiller & Hallcedis. (1995). *What is Clinical Psychology*, London: Oxford Medical Publications.

Patanjali. (1924). *Yoga Sutra*. Allahabad: Panini Office.

Phares, F.J. (1988). *Clinical Psychology: Concepts, Methods and Profession*, Chicago: Dorsey Press.

Rao Narayan, S. (1981). *Counselling Psychology*. New Delhi:Tata McGraw Hill Publishing Co.Ltd.

Vivekananda, S. (1970). *Raja Yoga*. New York: Ramakrishna Vivekananda Center.

Watts, A. (1975). *Psychotherapy, East and West*. New York: Vintage. Wilber, K.

(1981). *No Boundary: Eastern and Western Approaches to Personal Growth*. London: Shambala.

Woods, J.H.. (1966). *Yoga System of Patanjali*. Delhi: Motilal Banarsidass.

Yesudian, G. and Haich, F. (1956). *Yoga: Uniting east and west*, New York: Harper & Row,

Semester III

PSYCHOTHERAPEUTICS- II

Course code- CP3CO2 Credits-4

Unit I: Behavior Modification-I

Classical, Operant and Vicarious Conditioning- Behavior modification techniques: Desensitization and Extinction procedures- Imaginal - In-vivo- Graded Exposure - Flooding and Implosion- Response Prevention.

Unit II: Behavior Modification- II

Operant Procedures: Token economy- Contingency Management- Social Skills Training: Assertiveness training- Modeling- Aversion Therapy: Chemical Aversion and Verbal Aversion

Unit III: Behavior Modification- III

Relaxation Techniques: Jacobson's Progressive Muscle Relaxation- Breathing exercise- Meditation- Biofeedback techniques

Unit IV: Cognitive Therapy

Cognitive view of psychopathology- Clinical assessment- Process of Cognitive therapy

Unit V: Therapies in Practice

Crisis intervention therapy- Marital therapy- Interpersonal therapy- Ethical issues in psychotherapy



REFERENCES

Carson, C.R, Butcher, J.N., & Mineka, S. (1998). *Abnormal Psychology and Modern Life* (10th edn). London: Harper Collins College Publishers

Garfield, S.I., & Bergin, A.E. (1986) *Handbook of psychotherapy and Behavior change*. New York: John Willey and Wilkins.

Kaplan, H. et al.(2007). *Comprehensive Textbook of Psychiatry*. London: Williams and Wilkins.

Korchin,S.J. *Modern Clinical Psychology*. Delhi: CBS Publishers and Distributors.

Rimm, D.C. and Masters, J.C.(1979). *Behavior Therapy*. New York: Academic

Semester III

PSYCHOPATHOLOGY

Course code- CP3CO3 Credits-4

Unit I: Introduction

Disorders of perception- Sensory distortion, Changes in intensities, Changes in quality, Changes in spatial form- Sensory deceptions- Illusions, Hallucinations, Causes of hallucinations, Hallucinations of individual senses, Spatial kinds of hallucination, The features of organic hallucinations. Hallucinatory syndromes- Disorders of the experience of time.

Unit II: Disorders of Thought and speech

Disorders of the stream of thought- Disorders of tempo- Disorders of the continuity of thinking- Disorders of the possession of thought- Obsessions and compulsions, Thought alienation. Disorders of the content of thinking- Primary Delusions, Secondary delusions and systematization, The content of delusions, The reality of Delusions. Disorders of the form of thinking. Speech disorders- speech disorders which are mainly functional, Aphasia.

Unit III: Disorders of memory and emotion

The Amnesias- Psychogenic amnesia, Organic amnesias. Distortion of memories- disorders of recall, disorders of recognition. The classification of emotional disorders- Abnormal emotional predispositions, Abnormal emotional reactions, abnormal expressions of emotion, Morbid disorders of emotion, Morbid disorders of the expression of emotion.

Unit IV: Disorders of the experience of the self and consciousness

Disturbance of awareness of self activity- Disturbances of the continuity of self-

Disturbance of the boundaries of the self. Disorders of consciousness- Dream-like changes of consciousness- Lowering of consciousness- Restriction of consciousness.

Unit V: Motor disorders

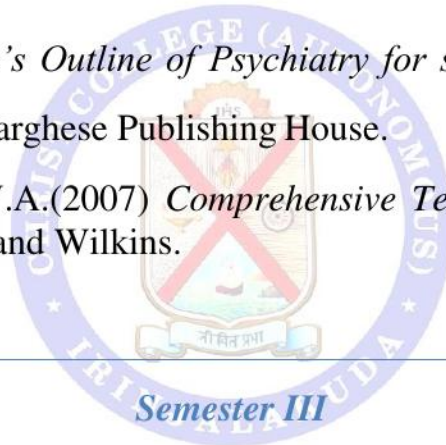
The alienation of motor acts- The classification of motor disorders- Disorders of adaptive movements, non-adaptive movements, Motor speech disturbances in mental disorders, Disorders of posture, abnormal complex patterns of behavior.

REFERENCES

Hamilton M; (1994) *Fish's Clinical Psychopathology*, Bombay: Varghese Publishing House.

Hamilton M; (1994) *Fish's Outline of Psychiatry for students and Practitioners*, Bombay: Varghese Publishing House.

Sadock, B.J.& Sadock, V.A.(2007) *Comprehensive Textbook of Psychiatry*, London: Williams and Wilkins.



COUNSELLING PSYCHOLOGY

Course code- CP3EO1 Credits-4

UNIT I: Introduction To Counselling

Definition of counseling- Purpose and goals of counseling and guidance- Characteristics of effective counselors- Counseling skills- History and development of counseling psychology- Ethics of counseling

UNIT II: The Counselling Process

Relationship building- Assessment- Goal setting- Interventions- Termination and follow-up

UNIT III: Different Approaches To Counselling

Behavioristic approach- Cognitive approach- Client-centered approach- Existential approach- Eclectic counseling

UNIT IV: Group Counselling

Definition, Types of groups- Values of group counseling- Group process: Establishment of group, Identification, Productive stage, Termination- Ethical and legal issues in group counseling

UNIT V: Counselling In Changing Society

Family counseling- Career/ Vocational Counseling- School counseling- Counseling- Stress management

REFERENCES

Gazda, G.M. (1989). *Group Counseling: A Developmental Approach* (4th edn). USA: Allyn and Bacon

Gibson, R.L., & Mitchell, M.H.(2006). *Introduction to Counselling and Guidance* (6th edn). New Delhi: Prentice Hall of India

Hackney, H.L. & Cormier,S. 2006). *The Professional Counsellor: A Process Guide to Helping* (6th edn). Ohio, Columbus: Merrill Publishing Company

Rao, S.N. (1884) *Counselling Psychology*. New Delhi: Tata McGraw Hill Publishing Company

Ray, W., Dryden, W., Strawbridge,S. (2003). *Handbook of Counselling Psychology*.(2nd edn). New Delhi: Sage Publications

Semester - IV

CURRENT TRENDS IN PSYCHOLOGY

Course code -CP4CO1 Credits-4

UNIT I: Forensic Psychology

Definition, Clinical psychology & forensic psychology. Approaches to forensic assessment. Criminal forensic psychology. Forensic assessment of special population. Forensic training & practice.

UNIT II: Environmental Psychology

Definition. Characteristics of environmental psychology. The spatio. Physical dimension of behavior :- Behaviour in built environments & natural settings. Environmental stress :- Noise, weather, pollution. Toxic hazards. Personal space & territoriality.

UNIT III: Applying Social Psychology

Social psychology in clinic- Biases in clinical judgement, cognitive processes accompany behavioral problems, social psychological approaches to treatment, social relationships, support health and well- being. Social psychology in court- Eye witness, testimony factors influence juror judgements, group influences on juries, stimulated and real juries.

UNIT IV: Psychology of International Relations

Aggression- causes of aggression- violence- extremism, terrorism- Recent trends in criminal behavior.

UNIT V: Cross Cultural Psychology

Cultural bound syndromes-Gender issues and sexism- Cultural and mental disorders- cultural norms

REFERENCES

Alan E Kazdin. (2000) *Encyclopedia of Psychology*. Washington D.C: American Psychological Association.

Bechtel.R.B & Churchman .A (2002) *Handbook of Enviromental Psychology*. New York: John Wiley&sons Inc.

Bell. P.A, Greene.T.C, Fisher. J.D & Baum. A (2001) *Environmental Psychology*(5th ed.) USA: Harcourt College Publishers.

Goldstein. A.M & Weiner. I.B (2003) *Handbook of Psychology* .John Wiley&sons Inc. New Jersey.

Janak Pandey(2000) *Psychology in India Revisited Vol. 1&2*. New Delhi: Sage Publications.

Leonard Krasner (1980) *Environmental Design and Human Behaviour*. New Delhi: Pergamon Press.

Meyers. D.G (2006) *Social Psychology*(8th ed) New York:Tata Mc Graw-Hill Edition.

Rajamanickam. M (1999) *Contemporary Fields of Psychology and Experiments*. Concept:New Delhi.

Sharma .K.N (1994). *Political Psychology*. Jaipur: Printwell.