

UNIVERSITY OF CALICUT

(Abstract)

Choice based Credit Semester System for UG courses under School of Distance Education –B.Sc in Counseling Psychology- Syllabus -approved-implemented –w.e.f 2011 admission– Orders issued.

GENERAL & ACADEMIC BRANCH-IV 'J' SECTION

No. GA IV/J2/3153/07

Dated, Calicut University PO, 13.12.2011

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- Read: 1. U.O. No. GA IV/J2/3601/10 Vol IV (iii) dated 29.08.2011.
2. Item. No.2 of the Minutes of the meeting of Board of Studies in Psychology UG held on 12.10.2011
3. Orders of the Vice-Chancellor on 13.12.2011 in the file of even no.

ORDER

As per paper read as (1) above, Choice based Credit Semester System for UG Programmes under School of Distance Education has been implemented with effect from 2011 admission under University of Calicut.

The Board of Studies in Psychology UG held on 12.10.2011 resolved to approve the syllabus for B.Sc Counseling Psychology Programme of Choice based Credit Semester System under School of Distance Education of this University w.e.f 2011 admission, as per paper read as (2) above.

The Vice-Chancellor, considering the exigency, exercising the powers of the Academic Council, approved the minutes, subject to ratification by Academic Council.

Sanction has, therefore, been accorded for implementing the syllabus for B.Sc Counseling Psychology Programme of Choice based Credit Semester System under School of Distance Education of this University w.e.f 2011 admission.

Orders are issued accordingly.

Sd/-
DEPUTY REGISTRAR (G&A IV)
FOR REGISTRAR

Forwarded by Order

SECTION OFFICER

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Chairman Board of Studies in Psychology UG/
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UNIVERSITY OF CALICUT

Syllabus for BSc. In Counselling Psychology: A Job Oriented Course

SEMESTER I:

CP1 B01 Basic Psychological Process

CP1 C01 Physiological Psychology

CP1 C02 Psychological Statistics

SEMESTER II:

CP2 B01 Advanced Psychological Process

CP2 C01 Physiological Psychology

CP2 C02 Psychological Statistics

SEMESTER III:

CP3 B01 Developmental Psychology Paper I

CP3 C01 Physiological Psychology

CP3 C02 Psychological Statistics

SEMESTER IV:

CP4 B01 Developmental Psychology Paper II

CP4 C01 Physiological Psychology

CP4 C02 Psychological Statistics

SEMESTER V:

CP5 B01 Social Psychology

CP5 B02 Abnormal Psychology Paper I

CP5 B03 Basics Of Counselling Psychology

CP5 B04 (P) Experimental Psychology

CP5 D01 (Open) Life Skills Development

CP5 B05 (Project) Project Work

SEMESTER VI:

CP6 B01 Health Psychology

CP6 B02 Abnormal Psychology Paper II

CP6 B03 Different Approaches To Counselling

CP6 B04 (P) Experimental Psychology

CP6 B05 (Elective i) Counselling In Educational Psychology

CP6 B05 (Elective ii) Counselling In Psychological Testing

CP6 B05 (Elective iii) Counselling Skills & Therapeutic Techniques

CP6 B06 (Project) Project Work

BSc. In Counselling Psychology: A Job Oriented Course

CP1 B01 Basic Psychological Processes

SEMESTER I: Core Course

Objectives

The course will familiarize students with the basic psychological process and the studies related to the factors which influence them. It will also focus on some important application areas of psychology.

Module 1: Introduction

Definition and areas of psychology, Branches of psychology. Approaches to study psychological process: biological, psychodynamic, behaviourist, cognitive, humanistic. Methods: experimental, observation, field study, questionnaire and case study. Psychology and social issues. Application in education, environment, health.

Module 2: Biological Basis Of Behaviour

Nervous system-Its Basic structure and functions. Neuron-Central Nervous system, brain, spinal cord. Peripheral nervous system-its division,the cerebral hemispheres, endocrine glands, heredity and behavior, consciousness-levels and psychological basis, biofeedback.

Module 3: Sensory-Perceptual Processes

Visual, auditory and other senses-Structure and functions-Illusions-Social perception-Perceptual organization. Determinants of perception-Form, space and depth perception-Attention process- Selective and sustained attention- Attention and vigilance.

Module 4: Cognitive Processes-Learning

Learning classical and operant conditioning, Basic processes-Extinction, spontaneous recovery, generalization and discrimination, reinforcement schedules, verbal learning, cognition in learning, motivational and cognitive influence on learning, observational learning, transfer of learning, psychological basis of learning.

Module 5: Retention and retrieval processes

Encoding, storage and retrieval process- Sensory, short term and long term memory, Constructive memory-Foregetting-Decay, interference, retrieval failure, motivated forgetting and amnesia. Techniques to improve retention and retrieval processes.

References:

1. Baron, R.A.(2002). Psychology(5TH ed) , India Pearson Education, Asia.
2. Hilgard, E.R, Atkinson, R.C and Atkinson,R.I.(1990), Introduction to Psychology (7th ed), New Delhi.
3. Zimbardo, P.G. and Weber, A.L.(1997), Psychology, Harper Collins, N.Y.
4. Lefton, L.A.(1985), Psychology, Boston: Allyn&Bacon.

BSc. In Counselling Psychology: A Job Oriented Course

CP1 C01 Physiological Psychology

SEMESTER 1: Complementary Course

Objectives:

1. To know about the structure and functions of the nervous system from cellular level to system level.
2. To understand the physiological mechanisms involved in various psychological processes.

Module 1: Introduction

The three approaches to brain behavior relations- Ablations, stimulation, recording. New techniques in this field.

Module 2: Cellular Basis of Behaviour

Receptors–Effectors and conductor cells- A typical cell- Structure and functions. Structure and functions of different tissues-Epithelial, connective, muscular and nervous tissue. Genes -Structure and functions, how do genes work. Evolutionary basis of behavior.

Module 3: The Neuron

Structure-Function and types of neuron- Nerve impulse- Recording the nerve impulse- Electrical change- All or none-Chemical characteristics or resting potential and nerve impulses – Electrical and excitability events- Generator and graded potentials. The synapse- Neurotransmitters and behavior- Polysynaptic- Effects of drugs on behavior.

References:

1. Scheinder, A.M. and Tatshis.B.(1998), Physiological Psychology(3rd ed), Random House,N.Y.
2. Leukal.F.(20000, Introduction of Physiological Psychology(3rd ed), CBS Publishers, New Delhi.

BSc. In Counselling Psychology: A Job Oriented Course
CP1 C02 Psychological Statistics

SEMESTER 1: Complementary Course

Objectives:

1. To develop an understanding of various statistical techniques in terms of their assumptions, applications and behavior.
2. To acquire competence to organize, summarize, and present data.
3. To develop ability in analyzing and interpreting numerical data.

Module 1: Introduction to Psychology

Meaning of statistics- Need and importance of statistics in psychology- Pre-requisites of studying statistics.

Module 2: Sampling

Probability: Simple random sampling, cluster sampling, systematic sampling- probability: Quota sampling, judgement sampling, accidental sampling- sampling and non- sampling errors.

Module 3: Probability and expected value

Definition-calculation of probability-theorems of probability: addition & multiplication theorem-conditional probability- Bayes' theorem.

References:

1. Gupta, S.P.(1999), Statistical Methods, Educational publication.(3rd ed), New Delhi.
2. Mangal, S.K.(2002), Statistics In Psychology and Education.(2nd ed), New Delhi: Prentice Hall.
3. Gravetter, F.J. & Wallant, L.B.(2000), Statistics for Behavioral sciences,(5th ed), Singapore:Wadsworth-Thomson learning .
4. Aron,A.,Aron,r.(2006), Statistical for Psychology(4th ed), New Delhi: Pearson Education.

BSc. In Counselling Psychology: A Job Oriented Course

CP2 B01 Advanced Psychological Process

SEMESTER II: Core Course

Module 1: Motivation and Emotion

Nature of motivation and classification of motives-The need hierarchy model- Techniques for assessment of motivation-Motivation and learning-Emotion: Nature of emotion, psychological correlates of emotion, measurement of emotion.

Module 2: Intelligence

Definition, Nature-Nurture controversies-Theories of intelligence: Thurstone, Spearman, Gardner, three dimensional model-Measuring intelligence-Evolution of intelligence tests, types of tests-Verbal, non verbal and performance, group and individual tests-Emotional intelligence-Other techniques of measurement.

Module 3: Personality- Nature and Definition

Approaches- Psychoanalytic approach, humanistic approach, type and trait approach- Biocultural and sociocultural determinants-Techniques of assessment-Self report tests of personality, projective measurement of personality-Other measures-Behavioral, observation, interviews.

Module 4: Conscious Behaviour

States of consciousness: Day dreaming, extended states of consciousness, hypnosis, meditation, altered states of consciousness.

Module 5: Higher Cognitive Processes

Basic thought process-Concept, schemas, imagery and cognitive maps, language, basic psycholinguistics-Inductive and deductive reasoning, creativity and problem solving.

References:

1. Baron, R.A.(2002), Psychology(5th ed), India Pearson Education, Asia.
2. Hilgard, E.R, Atkinson, R.C & Atkinson, R.I.(1990), Introduction to Psychology (7th ed), Oxford& IBH publishing company, New Delhi.
3. Zimbardo, P.G& Weber, A.L.(1997), Psychology, Harper Collins, N.Y.

BSc. In Counselling Psychology : A Job Oriented Course

CP2 C01 Physiological Psychology

SEMESTER II: Complementary Course

Module 1: The Nervous System

The nervous system- A brief structural view, classifications- Functions and psychology of ANS- Emergency theory-PNS effect-The polygraph-Autonomic balance- Brain and spinal cord-Reflex behavior-Reflex model-Anatomy of reflex-Psychology of reflex- Reflex complexity- Supporting and nourishing tissue in the CNS-Cerebro spinal fluid- Neuroglia-The human brain-Structural outline- General plan of brain structures- Importance of brain structures- Function of major parts of the brain-Cerebral cortex- Corpus striatum- Thalamus-Hypothalamus-Midbrain-Pons-Cerebellum-Medulla- Cranial nerve function-Anatomy of cerebral cortex.

Module 2: Sensory Processes

Properties of the receptor sensory coding- Arousal and attention-Vision-Structure of the type-Retina-Rods and cones-Visual pathways-Visual acuity-Blind spot- Colour blindness- Colour vision- Theories of colour vision.

References:

1. Scheinder, A.M & Tatshis, B. (1998), Physiological Psychology (3rd ed), Random house, N.Y.
2. Leukal, F. (2000), Introduction of physiological Psychology (3rd ed), CBS publishers, New Delhi.

BSc. In Counselling Psychology : A Job Oriented Course
CP2 C02 Psychological Statistics

SEMESTER II: Complementary Course

Module 1: Frequency Distribution

Introduction , frequency table :Raw and grouped data-Diagrams and graphs-Pie diagram, histogram, frequency polygon- Frequency curves, ogives.

Module 2: Measure of Central Tendency

Meaning-Characteristics-Mean, median, mode- Computation merits and demerits.

Module 3: Measure of Dispersion

Range, quartile deviation, mean deviation, standard deviation and variance- Coefficient of variance.

References:

1. Gupta , S.P.(1999), Statistical Methods, Educational publication.(3rd ed), New Delhi.
2. Mangal, S.K.(2002), Statistics In Psychology and Education.(2nd ed), New Delhi: Prentice Hall.
3. Gravetter, F.J. & Wallant,L.B.(2000), Statistics for Behavioral sciences,(5th ed), Singapore: Wadsworth-Thomson learning .
4. Aron,A;Aron,r.(2006), Statistical for Psychology(4th ed), New Delhi: Pearson Education

BSc. In Counselling Psychology: A Job Oriented Course

CP3 B01 Developmental Psychology Paper I

SEMESTER III:

Module 1: Introduction to Life Span Developmental and Theories

Importance of life span developmental, historical perspective- Characteristics of life span perspectives- Nature of development- Cross sectional and longitudinal approaches in developmental study- Theories by Freud- Erickson- Piaget- Vygotsky- Information processing behavioral- Social cognitive- Eclectic orientation.

Module 2: Prenatal Developmental

Germinal period- Embryonic period- Fetal period- Prenatal diagnosis tests- Effects of teratogens- Neonatal health and responsiveness- Consequences of low birth weight.

Module 3: Physical Developmental and Aging

Cephalocaudal and proximodistal pattern- Newborn- Reflexes- Perception(vision, hearing, other senses, inter modal, perception)- Height and weight in infancy and childhood- Gross and fine motor skills- Handedness- Physical developmental in puberty- Changes in early, middle and adulthood- Theories of aging.

References:

1. John, W.Santrock, A Tropical Approach to Life Span Developmental(3rd ed), Tata Mc-Graw hill publishing, New Delhi.
2. Hurlock, B.Elizabeth, Developmental Psychology(5th ed), Tata McGraw hill publishing, New Delhi.
3. Paplia, E. & Olds, S.W., Human Development(6th ed), Mc Graw hill.

BSc. In Counselling Psychology: A Job Oriented Course

CP3 C01 Physiological Psychology

SEMESTER III: Complementary Course

Module 1: Sensory Processes II

The auditory system structure- Auditory pathways- Auditory localization- Coding auditory information- Theories of audition- Taste – Nature of chemoreceptors- Structure of taste buds- Neural pathways- Coding for taste- Smell- Smell receptors- Properties of smell- Stereochemical theory-Cutaneous senses- Neural coding for touch and pressure- Synthetic heat perception- Kinesthetics-Pain- Pain receptors- Code for pain- Explaining chronic pain- Pain suppression.

Module 2: Muscles and Glands

The mechanics of movement- The neural aspects of muscle movements- The brain and movement- The pyramidal and extra pyramidal system- Control of internal behavior- The glands and hormonal control.

References:

1. Scheinder, A.M. & Tatshis,B.(1998), Physiological Psychology(3rd ed), Random House,N.Y.
2. Leukal,F.(2000), Introduction of Physiological Psychology(3rd ed), CBS publishers, New Delhi.

BSc. In Counselling Psychology: A Job Oriented
Course

CP3 C02 Psychological Statistics

SEMESTER III: Complementary Course

Module 1: Correlation

Concept of correlation: Linear correlation- Pearson product moment correlation- Spearman's rank order correlation- Scatter diagram.

Module 2: Parametric and Non-parametric Tests

Importance of parametric and non-parametric tests- Chi square, contingency coefficient: Basic assumption, application in psychology

Module 3: Median Test

Man-whitney U test- Sign test- Wilcon matched pairs- Signed rank test.

References:

1. Gupta , S.P.(1999), Statistical Methods, Educational publication.(3rd ed), New Delhi.
2. Mangal, S.K.(2002), Statistics In Psychology and Education.(2nd ed), New Delhi: Prentice Hall.
3. Gravetter, F.J. & Wallant,L.B.(2000), Statistics for Behavioral sciences,(5th ed), Singapore:Wadsworth-Thomson learning .
4. Aron,A;Aron,r.(2006), Statistical for Psychology(4th ed), New Delhi: Pearson Education

BSc. In Counselling Psychology: A Job Oriented Course

CP4 B01 Developmental Psychology Paper II

SEMESTER IV: Core Course

Module 1: Cognitive Developmental

Stages of cognitive development- Sensory motor stage- Object permanence- Pre operational stage- Intuitive thought- Concrete operations- Semantics- Pragmatics- How language develops-Babbling and word utterance- Advances in early, middle and late childhood- Metalinguistic awareness.

Module 2: Socio- emotional Developmental

Functionalist view of emotion- Regulation of emotion-Development of emotion through infancy, childhood, adolescence and adulthood- Describing and classifying temperament-Chess and Thomas, Kagan, Rothbart and Bates- Attachment and love- Theories of attachment- Care giving and attachment- Moral development- Piaget's and Kohlberg's theory- Stages – Social conventional reasoning- Basic processes- Resistance to temptation- Self control- Empathy- Role of emotion- Moral personality- Moral identity-Moral character exemplars

References:

1. John, W.Santrock, A Tropical Approach to Life Span Developmental(3rd ed), Tata Mc-Graw hill publishing,New Delhi.
2. Hurlock, B.Elizabeth, Developmental Psychology(5th ed), Tata McGraw hill publishing, New Delhi.
3. Paplia, E. & Olds, S.W.,Human Development(6th ed), Mc Graw hill.

BSc. In Counselling Psychology: A Job Oriented Course

CP4 C01 Physiological Psychology

SEMESTER IV: Complementary Course

Module 1: The Physiological Basis of Motivation

Eating- Feeding centers in brain- Eating signals- Metabolic signals- Hypothalamic regulations- Obesity- Bases of specific hungers- Thirst- Osmotic and volumetric- Thirst receptors- Regulating drinking behaviours- Overlapping control of eating and drinking- Sleep- Stages- Neural mechanisms of sleep- Paradoxical sleep and mental illness- Sleep disorders(insomnia-narcolepsy)-Sex- Dynamics of sexual behavior- Hormones and sexual behavior- Developmental aspects of sexual behavior.

Module 2: The Physiological Basis of Emotion

The neural basis of emotion- The limbic system- Aggressive behavior.

Module 3: Learning, Memory and Localization of Higher Order Function

Learning and nervous system- Cortex and learning- Hippocampus and learning- Synaptic basis of learning- The theory of memory consolidation- Memory in brain damaged individuals- Forgetting- Cortical learning-Localization of language, localization of perception- Brain laterality- Coordination of two hemispheres- Function of corpus callosum.

References:

1. Scheinder, A.M. & Tatshis,B.(1998), Physiological Psychology(3rd ed), Random House,N.Y.
2. Leukal,F.(2000), Introduction of Physiological Psychology(3rd ed), CBS publishers, New Delhi.

BSc. In Counselling Psychology: A Job Oriented Course

CP4 C02 Psychological Statistics

SEMESTER IV: Complementary Course

Module 1: Statistical Testing of Hypothesis

Tests of significance for the large sample, tests of significance for small sample, student's t- distribution and Z-test of significance for the correction of correlation.

Module 2: Normal Distribution

Characteristics, properties and assumptions- Skewness and kurtosis.

Module 3: Analysis of variants

One-way and two-way ANOVA, partition of sum of squares, application in psychology.

References:

1. Gupta, S.P.(1999), Statistical Methods, Educational publication.(3rd ed), New Delhi.
2. Mangal, S.K.(2002), Statistics In Psychology and Education.(2nd ed), New Delhi: Prentice Hall.
3. Gravetter, F.J., & Wallant,L.B.(2000), Statistics for Behavioral sciences,(5th ed), Singapore:Wadsworth-Thomson learning .
4. Aron,A.,Aron,r.(2006), Statistical for Psychology(4th ed), New Delhi: Pearson Education.

CP5 B01 Social Psychology

SEMESTER V: Core Course

Module 1: Introduction

Nature, goals and scope of social psychology-Social psychology and other social sciences-Methods of social psychology-Experimental and non-experimental methods- Correlational approaches and cross cultural research.

Module 2: Social Perception and Cognition

Perceiving ourselves: Self concept, self esteem, self presentation and self expression- Perceiving others: Forming impressions- Role of non verbal cues- Group stereotypes and central traits: Models of information integration- Primary and recency effect: Attribution of causality, Theories and biases.

Module 3: Communication

Communication models, verbal and non verbal communication: Language and social interaction, barriers in communication-Interpersonal attraction and its determinants

Module 4: Prosocial Behaviour

Origin, varieties, determinants and consequences- Ways of increasing prosocial behavior.

References:

1. Baron, R.A. & Bryne, D.(1998), Social Psychology, Prentice Hall,N.Y.
2. Feldman, R.S.(1998), Social Psychology, Prentice Hall, New Jersey.
3. Myers, D.G.(1994), Exploring Social Psychology, Mc Graw Hill, N.Y.
4. Semin, G.R. & Fiedler, K.(1996), Applied Social Psychology.

BSc. In Counselling Psychology: A Job Oriented Course

CP5 B02 Abnormal Psychology Paper I

SEMESTER V: Core Course

Module 1: Normality and Abnormality

The concept of normality and abnormality, different criteria, concept of healthy personality, historical views of abnormal behavior, abnormal behavior- Current status- Causal factors of abnormality: Biological factors, physical deprivation- Psychological factors- Schemas and self- schemas, early deprivation or inadequate parenting, pathological family structure, maladaptive peer relations, socio cultural factors and socio cultural environment.

Module 2: Stress and Behaviour

Stress disorders – Reaction to common life stressors, stress from unemployment, stress from bereavement, stress from divorce or separation, reaction to severe life stressors- Treatment and prevention of stress disorders.

Module 3: Personality and Anxiety Disorders

Psychoanalytic approach different perspective: Behavioural, cognitive, humanistic, interpersonal and existential- Clinical features of personality disorders- Types of personality disorders: Paranoid, schizoid, histrionic, narcissistic, antisocial, borderline, dependent, obsessive compulsive and passive aggressive personality disorders- Causal factors: Biological, psychological, socio cultural- Sexual development and orientation disturbances.

Anxiety disorders: Phobic disorders, panic disorders, agoraphobia, generalized anxiety disorders, obsessive compulsive disorders- Causal factors: Biological, psychological, socio cultural- Treatment and outcome.

References:

1. Carson, R.C; Butcher, N. & Mineka, S.(1996), Abnormal Psychology and Modern Life(10th ed), Harper Collins Inc, N.Y.
2. Hurlock, E.B.(1976), Personality Development, (IMH Ed), Mc Graw Hill, N.Y.
3. Sarason, I.G. & Sarason, B.R.(1998), Abnormal Psychology: The Problem of Maladaptive Behaviour, Prentice Hall, New Delhi.

BSc. In Counselling Psychology: A Job Oriented Course CP5 B03 Basics of Counselling Psychology

SEMESTER V: Core Course

Module 1: Counselling The Art and Science of Helping

Definition, features of counseling psychology, purpose and goals of psychology- Professional counseling helpers and clients as diverse persons, counseling in india, ethical and professional issues.

Module 2: Professional Preparation and Training for Counselling

Introduction, counseling preparation and professional issues, academic preparation, practical skills, ethical standards, legal considerations, selection and training of counselors, concept of a professional worker and preparation for counselors.

Module 3: The Therapeutic Relationship

The importance of therapeutic relationship, components of therapeutic relationship, the working alliance, the transference configuration, the real relationship, empathetic understanding, unconditional positive regard, congruence, non verbal behavior, verbal behavior, covert behavior and interpersonal manner.

Module 4: Counselling Process

Preparation for counseling, counselling relationship, counseling- Content and process, counsellor's skills, effective counselor and counselee factors.

Module 5: Key Entry Areas

Counselling psychology as a career psychologist, career counseling and career intervention, family and couple intervention, counseling for substance abusers, child counseling, group counseling etc.....

References:

1. Gelso, C.J; Fretz, B.R.(1999), Counselling Psychology, Prism books Pvt Ltd, Bangalore.
2. Jones, R.N.(2005), Practical Counselling and Helping Skills, Sage Publication Ltd, London.
3. Mc Kay, M. & Davison, F.M.P.(1986), Thoughts and Feelings- The Art of Cognitive Intervention.

BSc. In Counselling Psychology: A Job Oriented Course CP5 B04 (P) Experimental Psychology

SEMESTER V: Core Course

Each student is required to conduct the following psychological tests and submit the record for evaluation at the end of the third year.

1. Bhatia's Battery of Performance Intelligence Test
2. Locus of Control
3. Multiple Intelligence Inventory
4. Study of Values
5. 16 PF

6. Eysenck's personality Questionnaire –Revised
7. Standard Progressive Matrices
8. Advanced Progressive Matrices
9. Coloured Progressive Matrices
10. Mathew's Maladjustment Inventory

BSc. In Counselling Psychology: A Job Oriented Course
CP5 D01 (Open) Life Skills Development

SEMESTER V: Open Course

Module 1: Life Skills

What is life skill? Concept of life styles, communicating and action skills-
Verbal communication skills, vocational communication skills, body language-
Traits and attitudes, mind skills, rule skills, perception skills, self talk skills,
visual images skills, explanation skills, expectation skills, realistic goals skills,
time management skills and self awareness.

Module 2: Presentation Skills

Planning, structuring and delivering a presentation, effective use of language and audio visual aids, developing delivery skills, communication skills, managing performance anxiety, relaxation techniques, interviews and group discussions.

Module 3: Relationship Skills

Relationship skills, skills for listening and showing understanding, skills for choosing and starting a relationship skills for anger management, coping with emotions and stress, attitude formation and leadership skills.

Module 4: Critical Thinking Skills

Critical thinking, restraining emotions, creative thinking- Stages, nature, barriers and strategies to improve creativity, looking at things differently, analyzing information, asking questions, solving problems, distinguishing facts from opinion, seeking truth in arguments and persuasion, decision making, problem solving- Steps, strategies, factors affecting problem solving and creative thinking skills.

Module 5: Activities

1. Assessing own communication skills
2. Assessing own body language
3. Assessing the delivery skills
4. Relationship skills

References:

1. Jones, R.N (2007) Life Coaching Skills- How to Develop Skilled Client, Sage Publications, New Delhi.
2. Lewis, H (2000) Body Language- A Guide to Professionals, Response Books, New Delhi.
3. Kaul, A (2005) The Effectiveness Presentation- Talk Your Way To Success, Response Books, New Delhi.
4. Lata, P & Kumar, S (2007) Communicate or Collapse, Prentice Hall India Pvt Ltd, New Delhi.

BSc. In Counselling Psychology: A Job Oriented
Course

CP6 B01 Health Psychology

SEMESTER VI: Core Course

Module 1: History and Concepts

Need and significance of health psychology- Historical and conceptual
basis of health psychology- Quality of life in relation to health wellness
state and illness state.

Module 2: Psychobiology of health

Biomedical science and health psychology- Mental health, illness in expression of emotional needs, stress, coping and management.

Module 3: Health and Behaviour Change

Health behavior and health models- Health compromising behavior: Alcohol use and abuse, smoking, sexual behavior, jealousy, rumour spreading- Health enhancing techniques: Exercise, yoga, eating and health, positive thinking, skill development.

Module 4: Society and Health

Social class, gender and attitude in relation to health- Culture- Social relationships- Support system, social networking, friendships service availability and utilization doctor patient communication and relationship in the context of healing psychology.

Module 5: Managing lifestyle illness and terminal illness

Psychological factors in cancer, diabetes, coronary heart disease and asthma- Psychological factors in degenerative neurological disease- Alzhiemers, dementia and problems of aging and adjustment- Psychological factors in pain and pain management.

REFERENCE:

1. Brannor, J.& Fiest, J.(1999), Health Psychology an Introduction to Behavior and Health (4th ed), Wadsworth Thomson Learning.
2. Dematteo, R.M& Martin, R L. (2007), Health Psychology, Pears in education.
3. Jitendra Mohan J & Sehgal, M. (2006), Health Psychology Recent Perspectives, J.K.Singh for Abhijeet, Delhi.
4. Marks (2008), Health Psychology Theory Practices, Delhi Sage.
5. Roberts.R.,Towell, T. & Golding, J.F (2001) Foundations Of Health Psychology, Palgrave Houndmills, New York.
6. Sarafino,E.P (1998), Health Psychology Bio- psychosocial interactions (2nd & 3rd eds), John Wiley & Sons Inc.
7. Sheridan, C.L. & Radmacher, S.A. (1992), Health Psychology challenging the biomedical model, John Wiley & Sons Inc.
8. Tylor, E.,(2006), Health Psychology New Delhi: Mc Graw Hills Inc.

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B02 Abnormal Psychology Paper II

SEMESTER VI: Core Course

Module 1: Other Behavior Disorders

Schizophrenia and delusional disorders- The clinical picture of schizophrenia- subtypes of schizophrenia- paranoid type- catatonic type, disorganized type. Residual type and undifferentiated type- causal factors in schizophrenia- biological, psychological and sociocultural- the clinical picture in delusional disorder- Causal factors in delusional disorder- treatment and outcomes.

Mood disorders- mania and depression, unipolar and bipolar disorders, cyclothymia, schizoaffective disorders, causal factors- biological, psychological, sociocultural- treatment and outcomes.

Substance abuse and dependence- alcohol abuse and dependence- clinical picture, causal factors, treatment and outcomes, drug abuse and dependence- opium and its derivatives- treatment and outcomes

Module 2: Assessment

Varying types of assessment data, the neuropsychological examination- psychological assessment- interview clinical observation of behavior, Psychological tests- the use of psychological test in personal screening.

REFERENCE:

1. Carson, RC, Butcher, N, Mineka, S. (1996). Abnormal Psychology and Modern Life, (10th . ed) Harper Collins Inc, New York
2. Hurlock, EB (1976), Personality Development, (IMH Ed). New York, Mc Graw Hill Inc
3. Sarason, IG., & Sarason, BR., (1998) Abnormal Psychology: The Problem of Maladaptive Behavior, New Delhi: Prentice Hall of India.

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B03 Different Approaches to counselling

SEMESTER VI: Core Course

Module 1: The Psychoanalytic Approach

Psychoanalytic theory, psychoanalytic interventions- Level of psychoanalytic intervention, common elements among psychoanalytic approaches:- Psychic determinism, the genetic developmental hypothesis, the centrality of the unconscious, the role of defences, repetition and transference, the role of the client- The therapist relationship.

Module 2: The Behavioural Approach

History of behavior therapy, basic approaches and assumptions of behavioural treatment, four basic approaches and basic assumptions- Methods and procedure behavioural treatment procedures, counseling psychology and behavioural approach.

Module 3: The Cognitive Approach

The cognitive evolution, two primarily cognitive approaches to counseling, the rational emotive therapy of Albert Ellis, the cognitive therapy of Aron T Beck- The efficacy of cognitive therapies, counseling psychology and cognitive approaches.

Module 4: The Humanistic Approach

Humanistic assumptions about human beings, counselling and science- The tendency toward growth and actualization- The person centered therapy of Carl Rogers.

Module 5: The Gestalt Approach

The gestalt therapy of Fritz Perls- Theory of personality- Growth and maladjustment- The layers of neurosis- The practices and procedures of gestalt therapy.

References:

1. Gelso, C.J. & Fretz, B.R.(1995), Counselling Psychology, Harcourt Grace College Publishers Inc.
2. Woolfe, R; Dryden, W. & Strawbridge(2003), Handbook of Counselling Psychology, Sage Publication Ltd, London.
3. Rao, S.N.(1997), Counselling and Guidance(2nd ed), Tata Mc Graw Hill Publishing Co.Ltd, New Delhi.

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B04 (P) Experimental Psychology

SEMESTER VI: Core Course

Each student is required to conduct the following psychological tests and submit the record for evaluation at the end of third year.

1. Bell's Adjustment Inventory
2. Mathew Test of Mental Ability
3. New Test of Creativity
4. Beck Depression Inventory
5. Adjustment Inventory for School Children
6. Group Embedded Figure Test
7. Seguin Form Board
8. Bender Gestalt Test
9. Adjustment Inventory for School Students
10. Differential Aptitude Test

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B05 (Elective I) Counselling In Educational
Psychology

SEMESTER VI: Elective Course

Module 1:

Educational psychology, meaning and definition, nature, scope, functions.
Human growth and development- Stages and dimensions, maturation and
learning.

Module 2:

Individual differences- learning- concept, nature and domains, contributions of
piaget and vygotsky. Factors influencing learning, strategies for enhancing
learning, factors influencing memory methods and techniques of memorization,
transfer of learning.

Module 3:

Factors affecting, attention, interest- meaning, nature measurement. Habits-
meaning, nature, development, development of effective thinking, methods of
developing creativity among children, factors affecting problem solving and
strategies, techniques of motivation in classroom situation.

Module 4:

Mental health- nature and characteristics of mentally healthy person,
adjustment, frustration and . Behaviour problem- meaning and concept,
exceptional children- types, nature and characteristics (the gifted child, the
backward child, juvenile delinquent, physically disabled children, mentally
disabled children, learning disabled children, emotionally disturbed children).

Module 5:

Effective classroom control and management, designing the physical
environment, creating a positive and emotionally safe classroom environment
for learning, teacher positive, teacher characteristics and teacher stress and
effective teaching.

References:

1. Santrock, J.W. (2006), Educational Psychology, Tata Mc Graw Hill Co. ,
New Delhi.
2. Fontana, D. (1995), Psychology for Teachers, The British Psychological
Society, UK.
3. Mangal, S.K. (2008), Essentials of Educational Psychology, Prentice
Hall, New Delhi.

4. Panda, K.C.(2008), Educational of Exceptional Children, Vikas Publishing House, New Delhi.

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B05 (Elective II) Counselling In Psychological
Testing

SEMESTER VI: Elective Course

Module 1: Psychological Testing

Their characteristics and use- What is a psychological test? What makes a good psychological test? Need of psychological tests. Major classification of psychological test. Use of psychological test. Limitation of psychological test.

Module 2: Intelligence Testing

Different views regarding intelligence. Intra- individual differences. Purpose of intelligence tests. Classification of intelligence tests. Cautions in the use of intelligence test scores. Limitation of intelligence tests.

Module 3: Aptitude Testing

Concept of aptitude. Purpose of aptitude testing. General aptitude test battery. Differential aptitude test battery. Language usage test. Social aptitude test- mechanical aptitude, clerical aptitude, medical aptitude etc.....

Module 4: Interest Testing

Concept of intelligence. Purpose of interest testing. Types of interests. Different interest factors. Methods of measuring interest. Advantages of interest inventories. Limitations of interest inventories.

Module 5: Personality Testing

Concept of personality. Purpose of personality testing. Difficulty in personality testing. Techniques of testing personality- Interview, observation, self ratings for personality inventories, check lists, rating scales, situational tests or behavioural tests, projective techniques, anecdotal records, autobiography, the daily diary.

References:

1. Kochar, S.K. (1987), Guidance and Counselling for Colleges and Universities, Sterling Publications, New Delhi.
2. Anastasi A., Grabina, S. (2005), Psychological Testing (7TH ed). Pearson Edn. Inc.
3. Kaplan R.M., Saccuzzo, D.P (2007), Psychological Testing – Principles Application and Issues 6th Ed. Thomson Wadsworth Inc.

BSc. In Counselling Psychology: A Job Oriented Course
CP6 B05 (Elective III) Counselling Skills & Therapeutic
Techniques

SEMESTER VI: Elective Course

Module 1: Introduction

What is the life skills counseling approach, communication skills and feelings, creating communication and action skills, feelings and physical reactions. Mind skills: the situation- thought- consequences.

Module 2: Specific Counselling Skills in the Initial Phase

Understanding the internal frame of reference, showing attention and interest, paraphrasing and reflecting feelings, stating and structuring, asking questions, monitoring, offering challenges and feedback, self-disclosing, managing resistances and making referrals.

Module 3: Specific Counselling Skills in the Middle and Terminal Phase

Facilitating problem solving, coaching, demonstrating and rehearsing, training in clients in relaxation, improving clients self talk, improving clients, improving clients perception, negotiating home work, conducting middle sessions, terminating helping.

Module 4: Behavioural Treatment Technique

Operant conditioning, desensitisation, flooding, assertiveness and social skills training, participant modeling, self control procedures, contingency contracting.

Module 5: Cognitive Treatment Technique

Problem solving, stress inoculation, values clarification, covert assertion, covert reinforcement, visualization, combating distorted thinking, covert modeling, covert sensitization, paradoxical intention.

References:

1. Gelso, C.J; Fretz, B.R (1995), Counselling Psychology, Prism Books Pvt, Bangalore.
2. Jones, R.N.(2005), Practical Counselling and Helping Skill, Sage Publicaton Ltd. London.
3. Mc Kay.M, Davison. Famm, (1986), Thoughts and Feeling- The Art of Cognitive Intervention.