

Syllabus of Under Graduate Course (Psychology) SEP

V Semester DSET- Abnormal Psychology 5.1

Hours : 64

Marks: 80+20

Objectives: To understand the historical background of the Abnormal psychology and to train the students how to identify the Psychological disorder.

Unit-I. Introduction

- A. Kinds of Abnormal Behavior-Scope and value of abnormal Psychology
- B. Cultural Relativism, Unusualness, Discomfort, Mental Illness and Maladaptiveness
- C. Abnormal Psychology and Psychiatry, Abnormal Psychology and General Psychology, Abnormal Psychology and Education and Law

Unit-II. Historical Development of Abnormal Psychology

- A. Torture of Mental Patients-Developmental of Psychiatry-Kinds of Mental Diseases
- B. Human Behavior To-wards The Insane- Clinical Psychology From Mesmer To Jung, Propagation of Hypnotism In England
- C. Contribution of the Nanci School-Charcot's Paris School-Alfred Binet.

Unit-III. Methods of Abnormal Psychology

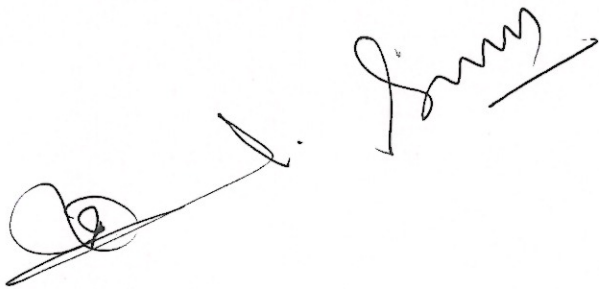
- A. Case History Method, Example-Limitations
- B. Observation Method, Steps-Limitation
- C. Modern Mental-Health Care

Unit-IV. Normal and Abnormal

- A. Characteristics of Normality
- B. Traits of Abnormal Personality
- C. Criteria of Abnormality-Main Forms of Abnormality

READINGS

1. James C.Coleman ()Abnormal pstchology and Modern Life
2. R.n.Sharma (1993).abnormal Psychology, Surjeet Publication,Delhi
3. Nolen-Hoeksema (2005). Abnormal Psychology,Tata McGraw-Hill Publishing Company,New York



Syllabus of Under Graduate Course (Psychology)

V Semester

DSET-6(A) – Counseling Psychology -5.2

Hours :64

Marks: 80+20

Objectives: To understanding the counselling Process and to lay the groundwork for understanding the use of basic and specialized counselling skills

Unit-I. Counselling

- A. Counselling-Meaning, Definition, Need, Importance, Goals and Uses
- B. Professional ethics, Issues, education and Training of the Counsellor
- C. Important periods in development of Counselling

Unit-II. Counselling Process

- A. Establishing Rapport and Stages of Counselling
- B. Setting goals of Counselling
- C. Counselling Environment

Unit-III. Characteristics Counsellor and Counselee

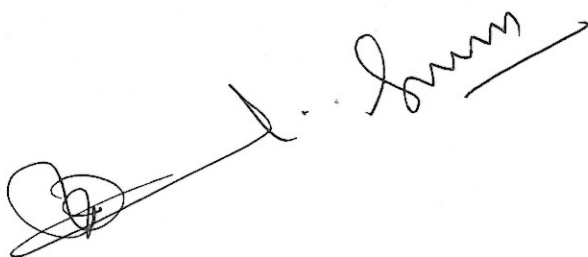
- A. Personality Characteristics and Skills of Counsellor
- B. Counselee-Counsellor Relationship
- C. Interviewing Techniques in Counselling

Unit-IV. Theories and Technique

- A. Psychoanalysis- Sigmund Freud
- B. Humanistic-Roger
- C. Behavioristic approach-Wilpe

READINGS

- 1.S Narayana Rao (2009).Counselling and Guidance, Tata McGraw Hill Publication, NewDelhi
- 2.KrothJ.A(1973). Counselling Psychology and Guidance, Springfield



V (Semester)

Health Psychology

Hours :60

Marks: 80+20

Objectives: To introduce health Psychology and arrive at the introduction to the models and health promotion.

Unit-I. Introduction

- A. Health Psychology-Meaning, Nature and Scope
- B. Development of Health Psychology and role of Health Psychology, Socio-Culture Context of Health

Unit-II. Models of health

- A. Bio-Medical Model of Health
- B. Bio-Psycho-Social Models of Health, Belief Model

READINGS

1. Friedman. D (1986) Health Psychology, New York, Prentice Hall
2. Marks. D.F. Murryary (2002) Health Psychology, Sage Publication, New Delhi

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V Semester Practical Abnormal Psychology -5.1/Counseling Psychology-5.2

4 Hours : Per week

Maximum Marks:40+10

(Minimum 5 Practical to be conducted)

1. Multiphasic Questionnaire (H.N. Murthy)
2. Family Pathology Scale (V. Veeraraghvan and A. Dogra)
3. Bell's Adjustment Inventory
4. Obsessional Compulsive Inventory Revised (OCI-R)Foa, E.B, Huppert, J D, Leiberg, S et. al
5. Beck Depression Scale
6. Personal Stress Source Inventory (Arun Kumar Singh, AShish K. Sing, and Arpana Singh.
7. STATISTICS: Chi Square
8. Counseling needs test
9. A report of counseling interview
10. Child problems test
11. General health questionnaire
12. Psychological well-being test
13. Suicidal attitude scale (Gayatri Tiwari and Lidya Ch.Momin
14. Student problems test