



(Applicable to the candidates admitted from the academic year 2015-2016 onwards)

**Eligibility:** Any degree from a recognized University

| Sem ester          | Course                     | Course Title   | Ins. Hrs / Week | Credit    | Exam Hrs  | Marks |       | Total       |
|--------------------|----------------------------|--|-----------------|-----------|-----------|-------|-------|-------------|
|                    |                            |  |                 |           |           | Int.  | Extn. |             |
| I                  | Core Course – I (CC)       | General Psychology   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – II (CC)      | Lifespan Psychology  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – III (CC)     | Social Psychology  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – IV (CC)      | Research Methods and Statistics  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – V (CC)       | Positive Psychology  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – VI (CC)      | Practical : Experimental Psychology  | 5               | 4         | 3         | 40    | 60    | 100         |
|                    | <b>Total</b>               |  |                 | <b>30</b> | <b>24</b> | -     | -     | -           |
| II                 | Core Course – VII (CC)     | Psychopathology  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – VIII (CC)    | Psychological Testing  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – IX (CC)      | Psychotherapeutics   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – X (CC)       | Theories of Personality  | 5               | 4         | 3         | 40    | 60    | 100         |
|                    | Elective Course – I (EC)   | *Any one from the Given List   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Elective Course – II (EC)  | *Any one from the Given List   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | <b>Total</b>               |  |                 | <b>30</b> | <b>24</b> | -     | -     | -           |
| III                | Core Course – XI (CC)      | Health Psychology  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – XII (CC)     | Cognitive Psychology   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – XIII (CC)    | Case Analysis (Practicum)  | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Core Course – XIV (CC)     | School Psychology  | 5               | 4         | 3         | 40    | 60    | 100         |
|                    | Elective Course – III (EC) | *Any one from the Given List   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Elective Course – IV (EC)  | *Any one from the Given List   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | <b>Total</b>               |  |                 | <b>30</b> | <b>24</b> | -     | -     | -           |
| IV                 | Elective Course – V (EC)   | *Any one from the Given List   | 5               | 4         | 3         | 25    | 75    | 100         |
|                    | Major Project              | Dissertation = 100 Marks<br>[2 reviews – 20+20=40 Marks<br>Report Valuation=40 Marks]<br>Viva = 20 Marks | 25              | 14        | -         | -     | -     | 100         |
| <b>Total</b>       |                            |  | <b>30</b>       | <b>18</b> | -         | -     | -     | <b>200</b>  |
| <b>Grand Total</b> |                            |  | <b>120</b>      | <b>90</b> | -         | -     | -     | <b>2000</b> |

Recommended Credits Distribution: (Total should not be less than 90 Credits)

| Course Type           | Course    | Credits | Total Credits |
|-----------------------|-----------|---------|---------------|
| Core (Theory)         | 10        | 4       | 40            |
| Core (Practical)      | 4         | 4       | 16            |
| Core (Major Project ) | 1         | 14      | 14            |
| Elective              | 5         | 4       | 20            |
| <b>Total</b>          | <b>20</b> |         | <b>90</b>     |

The Internal and External Marks to be awarded for any **Practical Course** is **40 & 60** respectively and for **Theory course**, it is **25 & 75** respectively.

### **List of Elective Courses (For 2015 – 2016)**

| <b>Elective I</b>   |                           | <b>Elective II</b> |                          |
|---------------------|---------------------------|--------------------|--------------------------|
| 1                   | Psychology of Advertising | 1                  | Training and Development |
| 2                   | Rehabilitation Psychology | 2                  | Cyber Psychology         |
| <b>Elective III</b> |                           | <b>Elective IV</b> |                          |
| 1                   | Performance Management    | 1                  | Sports Psychology        |
| 2                   | Forensic Psychology       | 2                  | Neuropsychology          |
| <b>Elective V</b>   |                           |                    |                          |
| 1                   | Hospital Management       |                    |                          |
| 2                   | Psycho oncology           |                    |                          |

## First Semester

### Paper I – General Psychology

#### Objectives

- The Nature and Origin of Psychology and the Biological bases of behavior
- The nature of Sensation, Perception, Learning and Memory
- The meaning and processes of cognition, intelligence and creativity
- The basic aspects and theories of Motivation and Emotion
- The nature of Personality and its Assessments

#### Unit I

**Nature of Psychology** Definition of Psychology – History and Early schools of Psychology: Structuralism - Functionalism - Psychoanalysis - Behaviorism - Humanistic - Gestalt – Existentialism and Cognitivism - Contemporary Approaches to Psychology: Behaviouristic - Psychodynamic - Cognitive - Behavioral Neuroscience - Evolutionary - Socicultural - Humanitic and Positive Psychology - Methods of Psychology: Introspection - Survey- Observation - Case Study - Experiment - Correlation research

**Biological Bases of Behavior** Definition of Nervous System: Central Nervous System - Peripheral Nervous System Neurons – Structures and function of Brain - The Organization of Brain - The Endocrine System – Genetic and Evolutionary Blueprints of Behavior

#### Unit II

**Sensation & Perception** Definition of Sensation - Sensory thresholds - Sensory adaptation - Vision, Hearing – Touch – Smell - Taste and Kinaesthetic senses - Definition of Perception - Gestalt Principles - Perceptual Constancies - Depth Perception – Illusion - Extra Sensory Perception

**Learning & Memory** Definition of Learning - Classical Conditioning - Operant Conditioning - Cognitive Learning - Observational Learning - Definition of Memory - Two models of Memory - Three stages of memory - Working memory - Short-term memory and Long-term Memory - Implicit Memory – Amnesia - Techniques to improve Memory - Forgetting - Proactive and Retroactive Interference - Retrieval Inhibition

#### Unit III

**Cognition** Definition of Cognition – Concepts Formation - Problem solving – Reasoning - Theories: Piaget’s theory - Vygotsky’s theory – Decision Making – Meta Cognition

**Intelligence** Definition of Intelligence - Nature and Nurture views on intelligence - Measurement of Intelligence - Individual Differences in Intelligence - Theories of Intelligence: Spearman – Gardner – Anderson – Sternberg & Cattell - Emotional Intelligence

**Creativity** Definition of Creativity – Convergent & Divergent thinking - Steps in Creative Process: Preparation – Incubation – Insight – Evaluation & Elaboration – Characteristics of Creative thinkers: Flexibility & Playful thinking - Inner Motivation - Willingness to Risk - Objective evaluation of work – The characteristics of Creative living

#### **Unit IV**

**Motivation** Definition of Motivation - Approaches to understanding motivation: Instinct - Drive reduction – Arousal – Incentive – Needs - Self determination theory - Sexual motivation - Aggressive motivation

**Emotion** Definition of Emotion - Six Components of Emotions - Biology - Cognitive and Socio-cultural Factors of Emotions - Theories of Emotion: James-Lange theory - Cannon-Bard theory - Lazarus and the cognitive Meditational theory - The Facial Feedback Hypothesis

#### **Unit V**

**Personality** Definition of Personality - Theories of Personality: Psychodynamic perspectives: Sigmund Freud's Psychoanalytic theory - Behavioural and Social Cognitive Perspectives: Skinner's Behaviourism - Bandura's Social Cognitive Learning theory – Humanistic Perspectives: Roger's and Abraham Maslow's theories – Kelly's Personal Construct theory - Trait & Type Perspectives: Allport - Cattell & Eysenck theories and The Big Five Personality Factors

**Assessment of Personality** Self-report – interview – Questionnaires - Projective tests - Behavioural assessments - Personality inventories

#### **References**

1. Baron, R.A. (2013). Psychology (5<sup>th</sup> Ed.). New Delhi, Prentice Hall.
2. Cicarelli, S.K. and Meyer, G.E. (2008). Psychology, New Delhi, Pearson Longman – Dorling Kindersley (India) Private Limited.
3. Hoeksema, S.N. et., al., (2014). Atkinson and Higid's Psychology: An Introduction (15<sup>th</sup> ed.), New Delhi, Cengage Learning India Pvt. Ltd.
4. Morgan, C.T. et., al., (2011). Introduction to Psychology (7<sup>th</sup> Ed.), New Delhi: Tata McGraw – Hill Edition.
5. Santrock. J. W. (2006). Psychology: Essentials. New Delhi Tata McGraw – Hill Edition.

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## Core Course II - Lifespan Psychology

### Objectives

- To understand the beginnings of life & Prenatal Development
- To know the developmental in infancy & Toddler period
- To study the developmental in childhood & Adolescence period
- To understand the nature of developments in young and Middle Adulthood
- To know the developments during Late Adulthood

### Unit I

**Life-Span Development** Definition - Importance of Studying Life-Span Development- The Nature of Development - The Historical Perspective - Theories of Development: Psychoanalytic theories - Cognitive theories - Behavioural & Social Cognitive theories - Ethological & Evolutionary theories - Ecological theory – Context of Life-Span Development - Research in life-span development - designs for studying development - Ethics in life span research

**Prenatal Development & Birth** Characteristics of the Prenatal Period – Conception – Prenatal Environmental Influences – Childbirth – The Newborn Baby’s Capacities - Prenatal development - Prenatal environmental influences – Childbirth

### Unit II

**Infancy & Toddlerhood Development** Characteristics of Infancy & Toddlerhood - Body growth & Change - Brain Development - Influences on early Physical growth - Learning Capacities - Motor sensory & Perceptual Development

**Cognitive Development** Piaget’s Cognitive - Developmental theory - Information Processing - Social context of early Cognitive Development - Individual differences in Early Mental Development - Language Development

**Emotional & Social Development** Erikson’s theory of Infant & Toddler Personality - Emotional Development - Temperament & Development - Development of Attachment - Self-Development during the first two years – Hayard’s theory

### Unit III

**Childhood** Characteristics of Childhood - Physical Development - Aspects of physical development – Health & Safety - Cognitive Development - Piagetian Approach – Vygotsky’s Sociocultural theory - Information Processing Approach: Memory Development – Intelligence - Language Development - Psychosocial Development - Self understanding - Emotional Development - Moral Development - Peer relations - Gender typing - Family influences – Common Problems of Development.

**Adolescence** Characteristics of Adolescence - Physical Development - Conceptions of adolescence – Puberty - The Adolescent brain – Physical & mental health - Cognitive Development - Aspects of cognitive maturation – Educational & Vocational preparation - Psychosocial Development - The search for Identity - Self understanding - Moral Development - Sexuality - Relationships with Family – Peers & Adult Society – Problems of Development

### Unit IV

**Young Adulthood** Characteristics of Young Adulthood - Physical Development - Health & Physical Condition - Cognitive Development - Perspectives on Adult Cognition - Moral Reasoning – Education & work - Psychosocial Development -

Personality Development - Four Views - Changing paths to Adulthood - Foundations of Intimate Relationships - Non-Marital & Marital Lifestyles - Sexual & Reproductive Issues - Family life cycle – Diversity of Adult life styles – Career Development

**Middle Adulthood** Characteristics of Middle Adulthood - Physical Development - Physical changes - Health - Cognitive Development - Measuring Cognitive Abilities in Middle Age - The Distinctiveness of Adult Cognition – Creativity - Psychosocial Development - Change at Midlife - Self at Midlife - Relationships at Midlife - Consensual Relationships – Parenthood - Relationships with Maturing Children – Vocational Life

## **Unit V**

**Late Adulthood** Characteristics of Late Adulthood - Physical Development- Longevity & Aging - Physical Changes – Physical & Mental Health – Fitness - Disability - Cognitive Development – Changes in Interest - Theories on Psychosocial Development – Lifestyle & Social Issues Related to Aging

**Retirement** The Decision to Retire – Vocational Adjustments – Adjustment to Retirement – Leisure Activities

**Relationships in Late Life** Adjustments to changes in Family Life – Adjustment to loss of a spouse – Remarriage – Cohabitation – Adjustment to singlehood in late life - Friendships – Relationships with Adult children & Adult Grand children - Living arrangements – Elder Maltreatment

**Successful Aging** Death with Dignity – Thinking & Emotions of Dying people - Kubler-Ross Stages of Dying – A Place to Die – The Right to Die – Bereavement – Death Education

## **References**

1. Berk. L.E (2007). Development through the lifespan. (3<sup>rd</sup> Ed). Pearson education.
2. Santrock .J.W (2007). A Topical approach to Life-Span Development. (3<sup>rd</sup> Ed) New Delhi Tata McGraw-Hill.
3. Hurlock .E.B (2007). Developmental Psychology A Life-Span Approach (5<sup>th</sup> Ed). New Delhi Tata McGraw-Hill.

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## Core Course III – Social Psychology

### Objectives

- The nature and origins of Social Psychology
- The nature of Attitudes and Discrimination
- The nature of Social Identity and Interpersonal Attraction
- The basic aspects of Social Influence and Pro-social behavior
- The meaning and nature of Aggression and Group behavior

### Unit I

**Nature & Origins of Social Psychology** A Working Definition - Origin & Development - Social psychology in the New Millennium: Cognitive – Multicultural & Evolutionary Perspectives

**Understanding the Causes of Others Behavior** Social perception: Non verbal communication-Attribution: Theories- Basic sources of Errors - Impression Formation & Impression Management

**Social cognition** Definition - Schemas-Heuristics - Errors in social Cognition: Negative and optimistic Bias - Costs of Thinking Too Much - Counterfactual and magical Thinking - Thought Suppression

### Unit II

**Evaluating the Social World** Attitudes - Forming Attitude: Social learning - Direct Experiences and Genetic factors - Attitude influence on Behavior – Persuasion: The process of Changing Attitudes - Resistance to Persuasion: Reactance - Forewarning & Selective Avoidance - Cognitive Dissonance

**Prejudice and Discrimination:** Definition - Nature and origins of Prejudice- Techniques for Countering the Effects of Prejudice: Learning Not to Hate – Contact Hypothesis – Recategorization – Just to Say No to Stereotypes & Social Influence –Discrimination: Definition – Modern Racism – Priming – Bonafide Pipeline Exposure & Gender

### Unit III

**Aspects of Social Identity:** Definition – Self-concept- Self-esteem – Self-Focusing –Self-Monitoring – Self-Efficacy – Gender Identity – Gender Consistency – Sex Typing and Androgyny

**Interpersonal Attraction** Definition – Internal Determinants of Attraction: The Need to Affiliate – The basic role of Affect – External Determinants of Attraction: The power of Proximity and Observable Characteristics – Interactive Determinants of Attraction: Similarity – Complementarities & Mutual Liking - Close relationships: Interdependent relationships with family, and friends versus Loneliness - Marriage

## **Unit IV**

**Social Influence:** Definition – Conformity – Sherif's – Asch's and Milgram's studies on conformity – The Factors Affecting Conformity: Resistance – Minority Influence Compliance: Ingratiation – Foot in the Door & Low Ball – The Door in the Face & That is Not All – Fast Approaching & Deadline – Scarcity

**Prosocial Behavior:** Responding to an Emergency – Steps in Helping Vs Not Helping: External & Internal Influences on Helping Behavior: Situational Factor – Emotions & Empathy – Volunteering – Self-Interest – Moral Integrity & Moral Hypocrisy – Empathy – Altruism – Negative – State Relief-Empathic Joy & Genetic Determinism

## **Unit V**

**Aggression:** Definition – Instinct - Biological – Drive – Social Learning & General Aggression Model – Social Learning & Cognitive Theories. Causes of Human Aggression: Personal – Type A Behavior – Hostility – Irritability & Gender - Social Causes: Frustration – Direct Provocation – Exposes to Media Violence – Heightened Arousal – Spiritual Arousal & Sexual Jealousy Cultural – Personal & Situational - Aggression in Long Term Relationships: Child Maltreatment & Work Place Violence - Bullying – Work place Aggression - Prevention and control of aggression: Punishment – Cognitive Interventions – Catharsis Training in Social Skills & Forgiveness

**Groups and Individuals:** Definition – Functions - Group and individual performance - Coordination in groups - Perceived fairness in groups - Decision Making by groups – Leadership

## **References**

1. Baron, R.A. & Byrne, D. (2006). Social Psychology. New Delhi: Prentice Hall of India.
2. Feldman, R.S. (1998). Social Psychology (2<sup>nd</sup>ed). NJ: Prentice Hall, Inc.,
3. Kuppaswamy, B. (1980). An introduction to Social Psychology. New Delhi, Media Promoters & Publishers Pvt., Ltd.,
4. Myers, D.G. (2006). Social Psychology. New Delhi: Tata McGraw Hill Publishing.

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## **Core Course IV – Research Methods and Statistics**

### **Objectives**

- The meaning and approaches to Scientific Research
- The nature and Research Design and Sampling Techniques
- The Measurements and Scaling Techniques in Research
- The methods of data collection and projective techniques
- The various methods of Data Analyses and Report Writing

### **Unit I**

**Science & Scientific Approach** Definition & Meaning – Scientific Approach – Four methods of knowing - Meaning of Hypothesis – Basic concepts in Testing of Hypotheses – Procedure for Hypothesis testing – Flow Diagram for Hypothesis testing

**Meaning of Research** Objectives of Research - Types of Research - Approaches and Significance of Research, Research Methods Versus Methodology - Research and Scientific Method, Research Process - Criteria of Good Research - Research problem: Defining and Selecting the problem - Technique involved in defining a problem

### **Unit II**

**Research Design** Meaning and Purpose of Research Design -Need and Features of a Good Design - Important concepts on Research Design - Different Research Designs –Ex Post Facto Research –Randomized Group Design - Laboratory Experiment – Survey Research - Basic Principles of Experimental Designs

**Sampling Techniques** Meaning and Type of Sampling – Simple & Stratified Random Sample – Cluster & Quota Sampling – Purposive or Judgmental Sampling – Accidental & Systematic sampling – Snow ball Sampling – Saturation & Dense Sampling – Double Sampling – Advantages of Sampling Methods and Sampling Errors

### **Unit III**

**Measurement in Research** Measurement in Research - Measurement Scales: Nominal Scale – Ordinal Scale – Interval Scale & Ratio Scale - Sources of error in measurement - Tests of sound measurement: Test of Validity – Test of Reliability and Test Practicality

**Scaling Techniques** Meaning of Scaling – Bases of Scale Classification – Distinction between Psychophysical scaling methods and Psychological scaling method - Important Scaling techniques: Rating Scales – Ranking Scales - Scale Construction techniques – Arbitrary Scales – Differential Scales – Summated Scales – Cumulative Scales – Factors Scales – Multidimensional Scales

## **Unit IV**

**Methods of Data Collection:** Collection of primary data - Observation method, interview method - Collection of data through questionnaires - Collection of data through schedules – Difference between questionnaires and schedules - Other methods of data collection: Warranty Cards – Distributor or Store Audits – Pantry Audits – Consumers Panels

**Projective Techniques:** Word Association test – Sentence completion test – Story completion test – Verbal projection test – Pictorial techniques – Play techniques – Quizzes & Examinations – Sociometry – Depth interviews – Content analysis - Collection of secondary data - Selection of appropriate method for Data collection - Case study method

## **Unit V**

**Statistics for Data Analysis** One and two tail tests – Student ‘t’ test – Large sample ‘t’ test - Application, purpose, assumptions and calculation of Analysis of Variance (ANOVA) and Two-way ANOVA - Application, purpose, assumptions and calculation of Chi-square Test – Comparison of Parametric and Non-parametric Tests

**Interpretation and Report Writing:** Meaning of Interpretation - Techniques of Interpretation - Precaution in Interpretation - Significance of Report Writing - Different Steps in Writing Report - Layout of the Research Report - Types of Reports - Mechanics of Writing a Research Report - Precautions for Writing Research Reports

## **References**

1. Garrett H.E (2004). Statistics in Psychology and Education. (11<sup>th</sup> Ed). New Delhi: Paragon International Publishers.
2. Gravetter, J. Frederick (2010). Research Methods for the Behavioral Sciences (4<sup>th</sup> Ed). Cengage Learning.
3. Kerlinger F.N (2005). Foundations of Behavioral Research. (9<sup>th</sup> Ed.). Delhi: Surjeet Publications.
4. Kothari C.R (2004). Research Methodology: Methods and Techniques. (2<sup>nd</sup> Ed.). New Delhi: New Age International Publishers.
5. Singh A.K (2012). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan.

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## Core Course V – Positive Psychology

### Objectives

- The meaning and approaches Positive Psychology and the classifications
- The nature of Positive Emotional States and its Experiences
- The Positive cognitive states and Universal Virtues
- The nature of Optimal Experiences and Pro-social behavior
- The meaning of Attachments and Changing Human behavior

### Unit I

**Positive Psychology** Meaning Assumption and Goals – Life Above Zero - Culture and the Meaning of a Good Life - Eastern and Western Perspectives: Athenian Views-Judeo Christianity – Confucianism – Taoism – Buddhism – Hinduism – Eastern and Western Ideologies: Value Systems – Orientation to Time – Thought Processors – Different Ways to Positive Outcomes: Hope – Compassion – Harmony

**Classifications & Measures of Strengths and Positive Outcomes** – Gallup’s Clifton – Strengths Finder – The Via Classifications of Strengths – The Search Institute’s 40 Developmental Asserts – Distinguishing among the Measures of Psychological Strength – Identifying Your Personal Strengths – Positive Outcomes for All – Dimensions of Well being – Toward a Better Understanding of Positive Outcomes – Identifying Strengths and Moving Toward a Vital Balance

### Unit II

**Positive Emotional States** Meaning of Affect - Emotion – Happiness – Subjective Well being – Distinguishing the Positive and the Negative – Expanding the Repertoire of Pleasure - Happiness and Subjective Well being: Age old definition of Happiness – Subjective Well being as a Synonym for Happiness – Determinants of Subjective Well being – 21<sup>st</sup> Century Definition of Happiness – Complete Mental Health: Emotional – Social and Psychological Well being – Increasing Happiness in Life

**Making the Most of Emotional Experience** Emotion Focused Coping – Emotional Intelligence – Socioemotional Selectivity – Emotional Story Telling – Working With Emotions to Bring about Positive Change – An Emotional Balancing Act

### Unit III

**Positive Cognitive State and Processors** Seeing Futures through Self-Efficacy – Definition the Emergence of Self-Efficacy – The Neuro Biology of Self-Efficacy – Scales for Measuring Self-Efficacy – Influencing Self-Efficacy in Life Arenas and Collective Self-Efficacy – Learned Optimism: History – Definition – Childhood antecedent of Learned Optimism – The Neuro Biology of Optimism & Pessimism – Measuring Learned Optimism – The Prediction Optimism – Hope – Definition – Childhood – Neuro Biology of Hope - Measuring Hope – Collective Hope

**Wisdom and Courage of the Universal Virtues** Meaning – Theories of Wisdom: Implicit Theory – Explicit Theory – Becoming and Being Wise: Developing Wisdom – Vice People and their Characteristics – Measuring of Wisdom and Relationship between Wisdom & Intelligence – Theories Of Courage: Implicit Theories of Courage – Becoming and Being Courageous – Measurement of Courage – Relationships between Fear and Courage – Finding Wisdom & Courage in Daily Life – The Value of Wisdom and Courage

#### **Unit IV**

**Optimal Experiences** Moment to Moment Searches – Mindfulness: Meaning – Mindfulness as a State of Mind – The Benefits of Mindfulness – Flow in Search of Absorption – Meaning – The Flow State – The Auto Delic Personality Longitudinal Flow Research – Cultural Comparisons and Consideration in the Flow Experience – Fostering Flow & its Benefits – Spirituality in Search of The Sacred – Meaning – The Search Continues

**Pro-social Behavior** Empathy and Egotism – Definition of Altruism – The Egotism Motive – Forms of Egotism Motivated Altruism – The Empathy Motive & the Empathy Altruism Hypothesis – The Genetic & Neural Foundations of Empathy – Cultivating Altruism: Egotism, Empathy and Values based approaches to Enhancing Altruistic Actions – Measuring Altruism – Gratitude – Definition – Cultivating and Measuring Gratitude – The Psycho Physiological under Pinnings of Gratitude

**Forgiveness** – Definition – Individual & Group Conceptualizations of Forgiveness – Cultivating and Measuring Forgiveness – The Evolutionary and Neuro Biological bases of Forgiveness – The Social Implications of Altruism, Gratitude and Forgiveness – Empathy/Egotism & Altruism - Empathy/Egotism & Gratitude - Empathy/Egotism & Forgiveness – Moral Imperatives of Altruism, Gratitude & Forgiveness

#### **Unit V**

**Attachment, Love and Flourishing Relationships** Infant Attachment – Adult Attachment Security – Love – Passionate & Companionate Aspects of Romantic Love – The Triangular Theory of Love – The Self Expansion theory of Romantic Love – Commands on Love Research – Flourishing Relationships – Building a Mindful Relationships Connection – Creating a Culture of Appreciation – Capitalizing on Positive Events – The Neuro Biology of Inter personal Connection – More on Flourishing Relationships – Building a Positive Psychology of Close Relationships

**Understanding a Changing Human Behavior** Primary Prevention – Components of Effective Primary Prevention – Head Start – Primary Preventions for Racial & Ethnic Minorities – Primary Preventions for Children and Elders – Secondary Preventions – Common Components of Secondary Preventions – Secondary Preventions for Racial & Ethnic Minorities – For Children and Elders – Primary Enhancement – Psychological Health – Physical Health – Secondary Enhancement – Psychological and Physiological Health – Balancing the Preventions and Enhancement systems

#### **References**

1. Snyder. C.R (2015). Positive Psychology, (3<sup>rd</sup> Ed).New Delhi: Sage Publications.
2. Steve R. Baumgardner, Marie K. Crothers (2009). Positive Psychology. (1<sup>st</sup> Ed). New Delhi: Prentice Hall.
3. Martin E.P. Seligman (2011). Flourish: A Visionary New Understanding of Happiness and Well-Being.
4. Ilona Boniwell (2006). Positive Psychology in a Nutshell: A Balanced introduction to the science of Optimal Functioning. London: Personal Well-Being Center
5. Alan Carr. (2004). Positive Psychology: The Science of Happiness and Human Strengths. Routledge.

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## **Core Course VI – Practical : Experimental Psychology**

### **Objectives**

- To provide a practical exposure to assess, diagnose and interpret various Behaviour and personality pattern of persons.

The Students shall complete any **TEN** from the following Experiments. The Listed Experiments are only suggestive. The Faculty can Evolve, Adapt or Select any other appropriate Experiments.

1. Experiments on Perception
2. Experiments on Learning
3. Measuring Intelligence
4. Assessment of Creativity
5. 16 Personality Factor (16 PF)
6. Eysenck's Personality Questioner (EPQ)
7. The Myers & Briggs Test Indicators (MBTI)
8. Rorschach Ink Blot Test
9. Thematic Apperception Test (TAT)
10. Minnesota Multiphasic Personality Inventory (MMPI)
11. California Psychological Inventory (CPI)
12. Millon Clinical Multiaxial Inventory (MCMI)
13. Need Satisfaction Questionere
14. Assessment on Leadership
15. Jacopson's Progressive Muscular Relaxation
16. Eight State Inventory
17. Vedic Personality Scale
18. Big Five personality scale.
19. Rotter's Locus of Control scale
20. Attitude Assessment
21. Choice Dilemma Experiment
22. Sociometry
23. Mental Health Questioner
24. Subjective Well-Being Inventory
25. Occupational Stress Index
26. Decision Making Styles
27. Personal Value Questionnaire
28. Study Habit and Attitude Scale
29. PGI Health Scale
30. Irrational Belief Test

### **Reference**

1. Parameshwaran E.G. and Ravichandra R. (2001): Experimental Psychology, Hyderabad: Neelkamal Publication Pvt. Ltd.
2. Freeman, F.S. (1960): Theory and Practice of Psychological Testing, New Delhi: Oxford Publications.

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## Second Semester

### Core Course VII – Psychopathology

#### Objectives

- To familiarizes with a Concepts and Historical Views on Psychopathology
- To know the Standardized Classification of Mental Disorders
- To understand the Mood and Schizophrenic Disorders
- To learn the Sexual and Personality Disorders
- To learn the Developmental Disorders

#### Unit I

**Nature of Psychopathology** Definition and Meaning of Psychopathology and Abnormal Behavior – Historical Views: The Ancient Western World – Middle Ages – Renaissance – Age of Reason & Enlightenment – Reform Movement

**Perspectives on Psychopathology:** Biological - Psychodynamic – Behavioral - Cognitive - Humanistic & Existential – Community & Cultural – Neuroscience - An Integrative Perspective

#### Unit II

**Classifications, Anxiety & Somatoform Disorders** Meaning – Advantages & Disadvantages of Classifications – DSM-IV: Diagnostic and Statistical Manual for Mental Disorders – The Multiaxial approach – ICD-10: International Classification of Mental and Behavioral Disorders

**Anxiety Disorders** Generalized Anxiety Disorder - Panic Disorder – Phobias: Specific – Social – Agora - Types of Phobias – Post Traumatic Disorders (PTD) – Obsessive Compulsive Disorders (OCD)

**Somatoform Disorders** Somatoform disorders – Hypochondriasis - Somatization Disorder - Pain Disorder - Conversion Disorder - Body Dimorphic Disorder

#### Unit III

**Mood disorders** Definition & Meaning – Depressive Disorder – Theoretical Perspectives on Depressive Disorder – Major Depressive Disorders - Unipolar and Bipolar disorders – Substance Induced Mood Disorders - Suicide – Classification – Causes - Treatment and Prevention

**Schizophrenic Disorders** Meaning – Characteristics – Symptoms - Major Sub types of Schizophrenic Disorder – Causes – Diagnosis – Mechanisms and Treatment of Schizophrenic

## **Unit IV**

**Sexual Disorder** Meaning - Normal Sexuality – Gender Identity Disorders – Homosexuality - Sexual Dysfunction – Types of Sexual Disorder: Parathilias – Fetishism – Tralvestic Fetishism – Sexual Sadism and Masochism – Boyeurism – Exhibitionism – Pedophilia – Sexual Victimization

**Personality Disorders** Cluster A Personality Disorders – Cluster B Personality Disorders – Personality Disorders – Paranoid – Schizoid – Schizotypal – Histrionic – Narcisstic – Anti-Social Personality Disorders

## **Unit V**

**Developmental and Behavioral Disorders:** Meaning – Autistic Disorder – Mental Retardation – Treatment.

**Childhood and Adolescence Disorders:** Attention-Deficit Disorder (ADD) – Attention-Deficit Hyperactivity Disorder (ADHD) – Angelman Syndrome – Central Auditory Processing Disorder (CAPD) – Cerebral Palsy – Down Syndrome – Expressive Language Disorder – Fragile X Syndrome – IsoDicentric15 – Landau – Kleffner Syndrome – Learning Disabilities (LD) – Treatment

## **References**

1. Alloy L. B., Risking J.H & Mandos M.J. (2006). Abnormal Psychology – Current Perspectives. (9<sup>th</sup> Ed), New Delhi, Tata McGraw-Hill Pub.Com.Ltd.
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3. Diagnostic and Statistical Manual for Mental Disorders (DSM-IV), (4<sup>th</sup> Ed), Washington DC, the Division of Publications & Marketing American Psychiatrist Association.
4. ICD-10. (2007). The ICD-10 Classification of Mental & Behavioral Disorders: Clinical Descriptions and Diagnostic Guidelines, Geneva, World Health Organization, AITBS Publishers in India.
5. Sarason and Sarason (2004). Abnormal Psychology- the problem of maladaptive Behavior. (11<sup>th</sup> Ed.). Pearson Education.

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## Core Course VIII – Psychological Testing

### Objectives

- To understand the Functions and Origins of Psychological Testing
- To know the Construction and Standardization of Tests
- To understand the Assessments of Intelligence, Aptitudes and Achievements
- To learn the assessments of Personality, Interest, Values and Attitudes
- To learn the Projective Tests and Neuropsychological Assessments

### Unit I

**Function and Origins of Psychological Testing** Meaning and Definition – Functions of Psychological Test – Controlling the use of Psychological Test – Test Administration – Examiner & Situational Variables - Test Anxiety - Training on Test Performance – Sources of Information about Tests

**History of Assessment** Early Classification and Training – First Experimental Psychologists: Francis Galton – Cattell – Group Testing – Aptitude Testing - Achievement Testing – Personality Assessment – Ethical Issues in Psychological Testing – Confidentiality

### Unit II

**Test Construction and Standardization** Meaning of Test in Psychology – Classifications of Test – Characteristics of a Good Test: Objectivity – Reliability – Validity – Norms – Practicability – General Steps of Test Construction: Planning – Items Writing – Preliminary Administration – Norms and Manual of the Test – Uses and Limitation of Psychological Test and Testing – Ethical Issues and Psychological Testing

**Other Principles of Test Constructions** Item Writing: Meaning – Difference between Essay Type and Objective Type Tests – Item Analysis: Meaning – Item Difficulty – Index of Discrimination – Problem of Item Analysis. Reliability: Meaning and Types of Reliability – Factors Influencing Reliability – Improving Reliability – Index of Reliability. Validity – Meaning and Types – Factors Influencing Validity. Norms and Test Scales -Response set in Test Scores

### Unit III

**Assessment of Intelligence** Different View Points towards Intelligence – Types of Intelligence Tests: Stanford – Binet Scales – Wechsler Scales – The Kaufman Scales – Non-Verbal Intelligence Scales – Some Indian Intelligence Test. Types of the Intelligence Test Scores

**Assessment of Aptitude and Achievement** Meaning – Difference between Aptitude and Achievement test – Type of Aptitude Test: Multiple and Special Aptitude Test – Differential Aptitude Test – General Aptitude Test Battery (GATB) – Flanagan Aptitude Classification Test (FACT) – Armed Services Vocational Aptitude Battery (ASVAB) – Sensory Test – Motor Dexterity Test – Artistic Aptitude Test – Musical Aptitude Test – Test of Mechanical Aptitudes



and Clerical Aptitudes. Achievement Test – Essay type Tests Compared to Achievement Test – Limitation of Achievement test

#### **Unit IV**

**Assessment of Personality** Meaning and Purpose – Methods of Personality Assessment – Strategies for Constructions of Personality Inventories: Personality Self report – The Logical Content – Criterion Group – Factor Analytic - Combination of Strategies – Reducing Errors in Self Report Inventories: Rapport – Using forced Choices – Conceiving the Main Purpose – Use of Verification and Correction Keys

**Assessment of Interest, Values and Attitudes** Meaning and Types of Interest tests – The Strong Interest Inventory – The Kuder Occupational Interest Survey – Self Directed Search. Value Test – Study of Values by Allport, Vernon and Lindzey – Rokeach Value Survey – Aptitude – Campbell Categorization: Non Disguised – Structured Test – Non Disguised Non Structured Test – Disguised Non Structured Test – Disguised Structured Test

#### **Unit V**

**Projective Techniques** Meaning and Types – Classification of Projective Techniques – Pictorial Techniques: The Rorschach Inkblot Test – Interpretation of the Rorschach Protocol – The Holdzman Inkblot Test – Thematic Apperception Test – Verbal Techniques: Word Association Test – Sentence Completion Test. Expressive Techniques: Figure Drawing Tests – Toy Tests – Artistic Production – Graphology - Evaluation of Projective Techniques

**Neuro Psychological Assessment** Methodological Problems in the Diagnosis Brain Damage – Neuro Psychological Instruments: Bender Gestalt Test – Bendon Visual Retention tests – Comprehensive Neuro Psychological Batteries: The Halstead Reitan Neuro Psychological Test Battery (HRB) – The Luria Nebraska Neuro Psychological Battery (LNNB) – Identifying Specific Learning Disabilities: Assessment Techniques – Dynamic Assessment – Behavioral Assessment – Carrier Assessment – Clinical Judgment

#### **References**

1. Anastasi, A., & Urbina, S. (1997). Psychological testing. (7<sup>th</sup> Ed). New Delhi: Pearson Education Inc.
2. Domino, G., & Domino, M.L. (2006). Psychological testing. (2<sup>nd</sup> Ed). New York: Cambridge University Press.
3. Gregory, R.J. (2008). Psychological testing. (4<sup>th</sup> Ed). New Delhi: Pearson Education Inc.
4. Ruyon, R.P, Haber, A, Pittenger, D.J and Coleman, K.A. (2010). Fundamentals of Behavioural Statistics. New York: McGraw Hill.
5. Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Patna: Bharati Bhavan Publishers.

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## Core Course IX – Psychotherapeutics

### Objectives

- To familiarizes with the Nature of Psychotherapy and Psychoanalytic therapy
- To know the Adlerian and Existential Therapy
- To understand the Person-Centered and Gestalt Therapies
- To learn the Reality and Behavioral Therapies
- To learn the Cognitive therapy and its Applications

### Unit I

**Nature of Psychotherapy** Meaning - Types of Psychotherapy – The Counselor as a therapeutic person – Personal counseling for the Therapist. The Therapist’s values and the Therapeutic process: The role of Values in Therapy – Dealing with Value Conflicts – The Role of Values in Developing Therapeutic Goals – Issues faced by Beginning Therapists – Confidentiality

**Psychoanalytic Therapy** Meaning – Definition - Nature - Structure of Personality – Consciousness and Unconsciousness – Ego-defense Mechanisms – Development of Personality. The Therapeutic Process: Goals – Therapist’s Function and Role – Client’s experience – Relationship between Therapist and Client – Application: Therapeutic Techniques and Procedures – Free Association – Interpretation – Dream Analysis - Analysis and interpretation of Resistance - Analysis and interpretation of Transference

### Unit II

**Adlerian Therapy** Meaning – Definition - Nature - Subjective perception of Reality – Unity and Patterns of Human Personality – Social Interest and Community Feeling – Birth Order and Sibling Relationships. The Therapeutic Process: Goals – Therapist’s Function and Role – Client’s experience – Relationship between Therapist and Client – Application: Therapeutic Techniques and Procedures – Establishing the Relationship – Exploring the Individual’s Dynamics – Encouraging Self-Understanding and insight – Helping with Reorientation – Areas of Application

**Existential Therapy** Meaning – Definition - Nature - The Capacity for Self-Awareness – Striving for Identity and Relationship to Others – The Search for Meaning – Anxiety as a condition of living – Awareness of Death and Nonbeing. The Therapeutic Process: Goals – Therapist’s Function and Role – Client’s experience – Relationship between Therapist and Client – Application: Therapeutic Techniques and Procedures

### Unit III

**Person – Centered Therapy** Meaning – Definition - Nature - Basic Characteristics - The Therapeutic Process: Therapeutic Goals – Therapists Function and Role – Client’s Experience in Therapy - Relationship between Therapist and Client. Application: Therapeutic Techniques and Procedures – Evolution of Person –Centered Methods – The Role of Assessment – Areas of Application

**Gestalt Therapy** Meaning – Definition - Nature - Principles of Gestalt Therapy Theory – The Now – Unfinished Business – Personality as Peeling an Onion – Contact and Resistance to Contact – Energy and Blocks to Energy. The Therapeutic Process: Therapeutic Goals – Therapists Function and Role – Client’s Experience in Therapy - Relationship between Therapist and Client. Application: Therapeutic Techniques and Procedures – The Experiment in Gestalt Therapy – Preparing Clients for Gestalt Experiments – The role of Confrontation – Techniques of Gestalt Therapy

#### **Unit IV**

**Reality Therapy** Meaning – Definition - Nature - Choice Theory Explanation of Behaviour – Characteristics of Reality Therapy. The Therapeutic Process: Therapeutic Goals – Therapists Function and Role – Client’s Experience in Therapy - Relationship between Therapist and Client. Application: Therapeutic Techniques and Procedures – The Practice of Reality Therapy – The Counseling Environment \_ Procedures That Led to Change – The WDEP system

**Behaviour Therapy** Meaning - Definition – Nature - Basic Characteristics and assumptions. The Therapeutic Process: Therapeutic Goals – Therapists Function and Role – Client’s Experience in Therapy - Relationship between Therapist and Client. Application: Therapeutic Techniques and Procedures – Relaxation Training and Related Methods – Systematic Desensitization Exposure Therapies – Assertion Training – Self – Management Programs and Self-Directed Behaviour – Multimodal Therapy

#### **Unit V**

**Cognitive Therapy** Meaning - Definition – Nature - View of Emotional Disturbance – A-B-C Theory of Personality. The Therapeutic Process: Therapeutic Goals – Therapists Function and Role – Client’s Experience in Therapy - Relationship between Therapist and Client

**Application of Cognitive Therapy** Meaning - Definition – Nature - Therapeutic Techniques and Procedures – The Practice of Rational Emotive Behaviour Therapy - Aaron Beck’s Cognitive Therapy – Basic Principles – The Client/Therapist Relationship

#### **References**

1. Gerald Corey, (2001) Theory and Practice of Counseling and Psychotherapy, (6<sup>th</sup> Ed). California, Wadsworth, Brooks/Cole.
2. Burl E. Gilliland and Richard K. James, (1998) Theories and Strategies in Counseling and Psychotherapy, London, Allyn and Bacon.
3. John C. Masters, Thomas G. Burish, Steven D. Hollon and David C. Rimm (1987) Behavior Therapy, (3<sup>rd</sup> Ed.). New York, Harcourt Brace Jovanovich College Publishers.
4. Lewis R. Wolberg, (1977). The Technique of Psychotherapy, (3<sup>rd</sup> Ed.). New York, Grune & Stratton.

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## Core Course X – Theories of Personality

### Objectives

- To familiarizes with the Nature of Personality and Psychoanalytic Theory
- To know the Neo-Freudians Theories
- To understand the Humanistic Theories.
- To learn the Trait, Type and Social Learning theories
- To learn the Kelly's theory and Easter Approaches to Personality

### Unit I

**Nature of Personality** The Place of Personality in the History of Psychology - The Scientific Study of Personality - Unique Characteristics Personality - Definition - The Internet and Social Networking - Ethnic and Gender Issues in Personality - Research Methods in the Study of Personality - Clinical Method - Experimental Method - Virtual Method - The Correlational Method

**Sigmund Freud's Psychoanalytic Theory** Nature of Mental Life: Unconscious - Preconscious - Conscious - Structure of the Mind: Id - Ego - Superego - Dynamics of Personality: Drives - Sex - Aggression - Anxiety - Defense Mechanisms: Psycho Sexual Stages of Development: Oral - Anal - Phallic - Latent - Genital - Applications of Psychoanalytic Theory: Freud's Early Therapeutic Technique - Dream Analysis - Freudian Slips - Critique of Freud

### Unit II

**Neo-Freudians Theories: Adlerian Individualistic Theory** - Striving for Success or Superiority - Subjective Perceptions: Unity and Self-Consistency of Personality - Social Interest - Style of Life: Creative Power - Abnormal Development - Applications of Individual Psychology - Critique of Adler

**Jung's Analytical Psychology:** Levels of Psyche - Archetypes - Dynamics of Personality - Psychological Types - Development of Personality - Jung's Methods of Investigation - Critique of Jung

**Horney's Psychoanalytic Social Theory:** Introduction - Basic Hostility and Basic Anxiety - Compulsive Drives - Intrapsychic Conflicts - Feminine Psychology - Critique of Horney

### Unit III

**Humanistic / Existential Theories: Maslow's Holistic-Dynamic Theory** - Hierarchy of Needs - Characteristics of Self-Actualizing Person - Critique of Maslow

**Rogers's Person-Centered Theory** Nature - Basic Assumptions - The Self and Self-Actualization - Awareness - Psychotherapy - Philosophy of Science - Critique of Rogers

**Rollo May's Existential Psychology** Basic Concepts – Anxiety - Guilt – Intentionality – Care, Love and Will - Freedom and Destiny – The Power of Myth – Psychotherapy – Critique of May

#### **Unit IV**

**Trait and Type Theories: Allport's Psychology of the Individual** Nature & Approaches to Personality Theory – Structure of Personality - The Study of the Individual - Critique of Allport

**Eysenck's Factor Analytic Theory** Dimensions of Personality - Biological Bases of Personality – Personality as a Predictor - Critique of Eysenck

**Bandura's Social Cognitive Theory** Observational Learning - Triadic Reciprocal Causation - Human Agency - Self-Regulation - Dysfunctional Behavior – Critique of Bandura

#### **Unit V**

**Kelly's Personal Construct Theory** Kelly's Philosophical Position - Personal Constructs – Applications of Personal Construct Theory - Critique of Kelly

**Eastern Theoretical Perspectives Yoga and the Hindu Tradition** – Major Concepts: Consciousness – Different Types of Yoga – Breathing Exercises - Dynamics and Structure – **Zen and Buddhist Tradition** - Major Concepts – Three Common Characteristics – Four Noble Truths – Arhat & Bodhisattva - Meditation – Enlightenment – Obstacles to Growth - Dynamics and Structure – **Sufism and the Islamic Tradition** - Major Concepts – Dynamics and Structure

#### **References**

1. Duane P. Schultz and Sydney Ellen Schultz (2013). Theories of Personality (X. Ed.). Belmont: Jon-David Hague.
2. Friedman, H.S. & Schustack, M.W. (2003). Personality – Classic theories and Modern Research. (II Ed.). USA: Pearson Education. Inc.
3. Hjelle. L.A. & Ziegler, D.J. (1992). Personality theories – Basic Assumptions, Research and Applications. (III Ed.). NY: McGraw-Hill.
4. Jess. F. & Gregory J.F. (2013). Theories of Personality (VII. Ed.). New Delhi: McGraw Hill Education (India) Pvt., Ltd.
5. Robert Frager & James Fadiman (2007). Personality and Personal Growth. (VI Ed.) New Delhi: Pearson Education. Inc.

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## Elective Course I

### (1) Psychology of Advertising

#### Objectives

- To familiarizes with the Origin and Fundamentals of Modern Day Advertising
- To know the Types of Advertising and Marketing Mix
- To understand the Psychological process of Advertising
- To learn the Consumer Attitudes and social Influence on Advertising
- To learn the Social Media and External Influence on Consumer Designs

#### Unit I

**The Origins of Modern Day Advertising** – The Functions of Advertising – The Effect of Advertising: A Psychological Perspective – Integrated Advertising – Classic and Contemporary Approaches of Conceptualizing Advertising Effectiveness

**Fundamentals of Advertising:** Decision Process – Individual Determinants – Motivation and Involvement – Attitudes – Personality and Self-Concept – Learning and Memory – Information Processing – External Environment – Culture – Social Class – Social Groups – Family – Personal & Miscellaneous Influences – Types of Purchase Decision Behaviour – Model of Buyer Behaviour – Howard-Sheth Model – Post-Purchase Behavior – Formation of Satisfaction/Dissatisfaction – Repertoire Buy

#### Unit II

**Types of Advertising** Geographical Spread – Target Group – Public Awareness Advertising – Product Advertising – Product Advertising: Three Types – Relation of Product Advertising to Product Life Cycle – Type of Products: Consumer – Industrial – Service – Institutional or Corporate – Public Relations & Service – Social – Sensational and Glamorous Financial Advertising

**Global Advertising** Objectives - Standardizations – Agencies: Global marketer/Advertiser – Celebrity Endorsements – Internationalizations: All Advertising is Local – Internationalization vs. Localization – International Advertising – Universal Ads – For & Against cases – Convergence Advertising – Election Advertising – Political Advertising

**Advertising and Marketing Mix** Advertising and the Product – Product Classification – Targeting and Theme Identification: Three Major Steps in Target Marketing – Market Segmentation: General Approach to Segmentation – Patterns – Techniques – Methods – Grid & Spectrum Analysis – Market on Different Bases – Psychographic & Life-Style Segmentation – Identifying the Target Audience or Groups – Advertising Theme – Product Positioning – The Nature of Brands in Advertising

#### Unit III

**Psychological Process in Response to Advertisements** The Elaboration Likelihood Model – The Role of Emotions in Processing Advertising – Theories of Emotion and Affect in Marketing Communications – Embodied Motivated Cognition: A Theoretical Framework for Studying Dynamic Mental Processes Underlying Advertising Exposure

**Acquiring and Processing of Information** Pre-Attentive Analysis – Focal Attention – Comprehension – Elaborative Reasoning - Consumer Memory: The structure and Function of Human Memory – Implications of Advertising – Can Advertising Distort Memory

## **Unit IV**

**Consumers Attitudes** What is an Attitude? A Matter of Contention – Are Attitude Stable or Context – Dependent? – How do we Form Attitudes? – How Attitudes are structured – Attitude Functions: Why people hold Attitudes – Attitude Strength - Persuasion and Attitude Change: The Yale Reinforcement Approach – The Information Processing Model of McGuire – The Cognitive Response Model – Dual Process Theories of Persuasion – Assessing the Intensity of Processing – Persuasion by a Single Route. - Beyond Persuasion: Social Influence and Compliance without Pressure – The Principal of Reciprocity – Commitment/Consistency – Social Validation – Liking – Authority – Scarcity – Confusion – Mindlessness Revisited: The Limited Resource Account - Summary and Conclusions

**Social Influence on Buying behavior** – The Attitude-Behavior Relationship: A Brief History – Predicting Specific Behavior: The Reasoned Action Approach – Narrowing the Intention-Behavior Gap: Forming - Implementation Intentions – Implications for Advertising – Beyond Reasons and Plans: The Automatic Instigation of Behavior – Implications for Advertising: The Return of the Hidden Persuaders - Summary and Conclusions

## **Unit V**

**Social Media on Advertisement** Gain a Basic Understanding of Social Media as a Form of Social Influence on Consumer Behavior and Market Research. Mind of the Consumer, Psychology of Social Media Applications, Psychology of Market Diversity & Segmentation, Psychology Children's TV and Media Influence.

**External Influence on Consumer Decision-Making** Sources of External Influence - Culture on Globalization/Localization of Purchase and Consumer Decision-Making - Corporate Communications - Focus Group Facilitation and Analysis - Group Dynamics – Individual/Group Thoughts – Emotions - Gender Roles - Self-Concept - Goal Motivations and Congruence with Brand Characteristics – Organizational Climate - Personality and Organizational Behavior - Advanced Advertising Theory - Psychological Aspects of Advertising

## **References**

1. Bob M.F. & Wolfgang S. (2010). The Psychology of Advertising. New York: Psychology Press.
2. Chunawalla S.A and Sethia K.C. (2011). Foundations of Advertising Theory and Practice (VII. Ed.). Mumbai: Himalaya Publishing House Pvt. Ltd.
3. Davis J.J. (2011). Advertising Research: Theory & Practice (II Ed.). New York: Prentice Hall.
4. Frank J. & Daniel Y. (2009). Advertising, (IV Ed.). New Delhi: Pearson Education.
5. Rodgers S. and Thorson E. (2012). Advertising Theory. New York: Routledge.
6. Wells W.D, Moriarty S. & Burnett J. (2006). Advertising Principles and Practice (VII Ed.) Pearson Education.

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## **Elective Course I**

### **(2) Rehabilitation Psychology**

#### **Objectives**

- To know the origin and scope of Rehabilitation Psychology
- To understand various Approaches and Essentials to Rehabilitation
- To know the different organizations and supportive systems in the society
- To know the Rehabilitation Techniques of Problem Drinkers and Mentally Handicapped
- To understand the various Interventions for the Disabled and their Family Members

#### **Unit I**

**The Origin and Meaning of Rehabilitation** Meaning - History – Disability and Handicap - Objectives of Rehabilitation - The Person and the Environment - Nature and scope of Rehabilitation – Orientation

**Psychology and Rehabilitation** - Expanding the Role of Psychology - Role of psychology in Rehabilitation - Scope and Functions of a Psychologist in the Rehabilitation Program

#### **Unit II**

**Various Approach to Rehabilitation** Early Approaches to Rehabilitation – The Medical Approach - Socio-cultural Approach - Psycho-cultural Approach - Contemporary Approaches - Organizational and Institutional Approach to Rehabilitation

**Essentials of Rehabilitation** The Process of Rehabilitation – Rehabilitation Medicine - Integral Staff Team and their Role - Supportive Measures: Occupational Therapy - Physical Therapy – Complementary - and Alternative Medicine

#### **Unit III**

**Organizational Support in Rehabilitation** The Nature and Components of Institutional network for Rehabilitation Services - Type of Organizations in Rehabilitation Services – Government sector - NGOS - Government Support - Legislations - Grants

**Multidisciplinary Rehabilitation Support** Early identification of Rehabilitation - Treatment - Aids and Appliances - Education - Vocational Rehabilitation Family and Community - Self-help Groups - Associations of Disabled Persons and Associations of the Parents with Disability



#### **Unit IV**

**Rehabilitation for Problem Drinkers** Meaning - Conceptual Background - Services for Problem Drinkers and Drug abusers - Detoxification Services - Treatment Methods

**Rehabilitation for Children with Mental Handicapped** Nature of Children with Mentally Handicapped - Behavioral Assessment and Treatment Methods - Rewards - Task Analysis - Other Behavioral Techniques in Teaching Skill Behaviors - Identifying, Analysing and Managing Problem Behaviors - Involving Parents in the training

#### **Unit V**

**Rehabilitation for Family Members** Nature of Impact of Disability on the Families - Reactions of Parents - Family Members - Coping Methods for the Family Members - .Across the Life Span - At Critical stages in their Lives

**Rehabilitation and Intervention strategies** Nature and Levels of Interventions - Individual Level - Family Level and Community Levels - Problem Focused - Assertiveness Training - Life Skills Enrichment - Family Crisis Intervention - Family Centered Intervention - Parent Guidance - Parent Training - Community Awareness - Education and Community Based Rehabilitation

#### **References**

1. Bhatia M. S (2004): Essentials of Psychiatry. New Delhi: CBS Publication.
2. ReetaPeshawaria & Venkatesan, (1992): Behavioural Approach in Mentally Retarded Children - A manual for teaching, Secunderabad: NIMH Publication.
3. Fraser N. Watts and Bennar, D. H. (1983); Theory and Practice of Psychiatric Rehabilitation, New York: John Wiley & Sons
4. Hegarty Seamus & Mithu Alur. (2002). Education and Children with Special Needs. London: Sage Publishers.

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## Elective Course II

### (1) Training and Development

#### Objectives

- To know the Nature of Training and its Practices
- To know the Learning, Motivation and Performance on Training
- To understand the Training Design and traditional Training Methods
- To learn the Computer based Training enhancements
- To learn the Development and Evaluation of Training

#### Unit I

**The Nature and Meaning of Training** Definition - High Leverage Training - Continuous Learning - Training Goals and Roles - Opportunities and Challenges for Training - Important Concepts and Meaning: Learning - Knowledge - Skills and Attitudes - Competencies - Effective Training - The Forces influencing working and learning: Globalization - Need for Leadership - Increase the Values - Business Strategy - Attracting and Retaining Talent - Customers Service and Quality Emphasis - Demographics and Diversity of the work force - New Technology - High Performance Model - Economic Changes

**Snapshot of Training Practices** Training Facts and Figures - Training Investment Leaders - Training and Organizational Development - Roles Competencies and Positions of Training Professionals - Training Provider - Training In charge

#### Unit II

**Learning, Motivation and Performance on Training** Understanding Motivation and Performance - Need Theories - Process Theories - Expectancy Theories - Self Efficacy and Motivation. Understanding Learning - Behavior and Cognitive Approach - Social Learning Theory - Aligning Training Design with Learning Process - Motivation to Learn - Environmental and Individual Factors on Resistance - Training that Motivates adults to learn

**Need Analysis** Training needs analysis - TNA Model - Organizational Performance gaps - Framework for conducting training needs analysis - Organizational analysis: Mission and Strategies - Capital Resources - Human Resources- Organizational Environment - Operational analysis - Analyzing the Job - Expected performance from Job analysis - Competency Modeling - Person analysis - Expected performance - Actual Performance - Performance Gap - Proactive and Reactive Training Needs analysis

#### Unit III

**Training Design** Organizational Constraints - Budgeting for Training - Trainee Population - Developing objectives for training - Reaction Objective - Learning Objective - Transfer of Training Objectives - Organizational Outcome Objectives - Identifying Objectives - Stake Holders of Training - Trainee - Designer of Training - Trainer - Evaluator of Training - Facilitation of Learning on Training - Facilitation of Learning on Training Design - Facilitation of Trainer on Organizational Intervention

**Traditional Training Methods** The Purpose Procedures Strengths and Limitation of Training Methods - Lecture method - Lecture cum Discussion method - Effective use

of Lecture cum Discussion Method - Demonstration Method - Effective Use of Demonstration method - Games and Simulation Method - Equipment Simulation - Business Games - In-Basket Techniques - Case Study - Roll Play - Behavior Modeling - Strength and Limitation of Games and Simulation - On the Job Training - Apprenticeship Training - Mentoring

#### **Unit IV**

**Enhancements to Training** Audio Visual Aids - Static Media - News print - Charts and Posters - Projected Text and Images - Dynamic Audio Visual Methods - Audio Tabs - Videos - Computer generated Dynamic Presentation - Strength and Limitation of Audio Visuals

**Computer based Training Methods** Computer based Training - E-Learning and Delivery Systems - Converting Programs to E-Learning - Offline Delivery System - Internet and Intranet

#### **Unit V**

**Development and Implementation of Training** Instructional Strategies - Learning Point - Materials and Equipment - Trainee's and Trainer's Manual - Facilities - Training Room - Offsite Training Facilities - The Trainer - The Knowledge, Skills and Attitudes Required of an Effective Trainer - On the Job Trainers - Alternatives to Development: Consultant - Outsides Seminars - Focus on Small Business - Implementations Ideas for Training - Transfer of Training

**Evaluation of Training** Rationale - Resistance - Types of Evaluation data collected: Process Data - Before and during training - Outcome Data - Reaction Questioner - Training Materials and Exercises - Learning Objectives - Job behavior Data - Organizational Research - Relationship among levels of Outcomes - Evaluating the Cost of Training - Evaluation beyond Learning

#### **References**

1. Nick, P.B., & James, T.W. (2008). Effective training – systems, strategies and practices. Prentice hall.
2. Raymond A.N (2008). Employee Training & Development. (IV Ed.). New York: Mcgraw-Hill International Edition
3. Bhatia, S.B.K. (2009). Training and development: concepts and practice, New Delhi: Deep and Deep publication private limited.
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7. Thomson/south – western college publishing. Noe. R. (2008). Employee training and development. New York: Mcgraw Hill.

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## **Elective Course II**

### **(2) Cyber Psychology**

#### **Objectives**

- The Nature and Virtual Realities of Cyber Psychology
- To know the Individual in Cyberspace and Online Communities
- To understand the Relationships in Cyberspace & Online Conflict Resolutions
- The acquaint with Group Dynamics & Avatars in Cyberspace
- The get to know the Flow Experience & Research Methods in Cyber Psychology

#### **Unit I**

**The Nature of Cyber Psychology** Definition – Human Computer Interface – Cyberspace as a Psychological Space – Psychology in Cyberspace - Basic Psychological Features of Cyberspace - Networks as Mind and Self – Model of Cyber Psychology - The Online Disinhibition Effect

**The Nature of Virtual Realities** Psychology of Avatars and Graphical Space - Two Paths of Virtual Reality - The Facts of Dreaming in Cyberspace - Black Hole of Cyberspace - Online Lingo - Internet Demographics - Cyberspace Humor - Coping with Spam

#### **Unit II**

**The Nature of Individual in Cyberspace** Identity Management in Cyberspace - Personality types in Cyberspace - Unique Roles in Cyberspace - Transference to Computers and Cyberspace - Addiction to Computers and Cyberspace - Regressive behavior in Cyberspace - Online Gender - Switching - Adolescents in Cyberspace

**The Nature of Online Communities** Wizards: The Heart of an Online Community - On being a "god" - Y2K and Apocalyptic Thinking - Integrating Online and Offline Living - An Online Psycho - Educational Program

#### **Unit III**

**The Nature of Relationships in Cyberspace** In-person versus Cyberspace Relationships - Transient and Long Term Online Relationships -The psychology of Text Relationships - Hypotheses about Online Text Relationships - E-mail Communication and Relationships – Transference among People Online

**The Nature of Online Conflict Resolutions** Meaning – Cyberspace Romances – Subtlety in Multimedia Chat - Media: Games, Entertainment, and Education - The Future: the Ultimate Human-Computer Interface

#### **Unit IV**

**The Nature of Group Dynamics in Cyberspace** Social psychology of Online Groups - Developmental stages of Mailing Lists - Making Virtual Communities work - Unique Groups in Cyberspace - Decision Making Methods for E-mail Groups - Changes in Group Boundaries and Dynamics

**The Nature & Use of Avatars** Group Games using Avatars- Geezer Brigade: Studying an Online Group - Managing Deviant Behavior in Online Groups – Online Photo-Sharing Communities - Establishing a Cyberpsychological Niche and Equilibrium

#### **Unit V**

**The Nature of Flow Experience** Flow as a Psychological Construct – Flow in Empirical Research – Studies related to Cyberspace – Flow in Diverse Cyberspace related Activities – Optimal Expedience and Psychological Addiction – Cross cultural studies

**The Nature of Research Methods in Cyber psychology** A Convergent Methodologies Approach Embracing Qualitative & Quantitative - Subjective & Objective Methods –Data Collection Procedures: On-Line Survey - Personal Interviews- Time-Sampled Logs of System Data.- Case Studies- Participant Observation Research - Steps In Studying An Online Group – Studying Full Cyberspace Immersion - Publishing Online - Ethics In Cyberspace Research

#### **References**

1. Kent L. Norman. (2008). Cyber Psychology: An Introduction to Human-Computer Interaction, University of Maryland, College Park.
2. John. Sular. (2004). Psychology of Cyberspace Rider University, Lawrenceville, NJ. 08648 – 609-895-5430.
3. Ravindra Thakur.(2011). Cyber Psychology, New Delhi, Global Vision Publishing House.
4. Diane J, Schiano Interval Research Corporation, Palo Alto, California. Convergent methodologies in cyber-psychology: A case study - Behavior Research Methods, Instruments, & Computers 1997, 29 (2), 270-273.

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## Semester III

### Core Course XI Health Psychology

#### Objectives

- To Know the Nature & Theories of Health Psychology
- To understand the Health Improving Behaviors
- To know the Nature of Sexuality and Intimate Relationships
- To learn the Stress and Theories of Stress & Management
- To know the Application of Health Psychology to Human Behavior

#### Unit I

**The Nature of Health Psychology** Health - Homeostasis – Dimensions of Health and wellness - Emotional - Intellectual - Spiritual - Occupational - Social and Physical - Models of Health - Medical - Environmental and Holistic - Historical Perspectives on Health Healing - Biopsychosocial and Biomedical Approaches

**Factors Affecting Health** History of Mind and Body relationship - Genetic-Environmental and Behavioral Factors - The Changing Health Habits - Cognitive - Behavioral and Transtheoretical Models - Social Engineering - Primary - Secondary and Tertiary Prevention and Treatment

#### Unit II

**Changing Behavior to Improve Health** Models and Theories on Health Behavior Interventions - The Health Belief Model - The Stages of Change Model - Theory of Planned Behavior (TPB) – Theory of Reasoned Action (TRA) – The Social Cognitive Learning Theory - The Transtheoretical Model of Changes - The Precaution Adoption Process Model and Optimistic Bias (PAPM) - Sociocultural Level Interventions Self Directed Behavior Change – Adherence to Health Related Recommendations

**Health Related Personality and Motivation** The Big Five Personality Traits – Type A, B, C, and D personality factors – Hostility – Impulsivity - Health and Motivation: Providing Information – Persuading others – Attitude change – Enhancing self-efficacy – Motivation to behavior change

#### Unit III

**Health and Exercises** Definition - Purpose and Movement of Exercise - Health Benefits of Exercise and Inactivity from Biopsychosocial Perspective - Types of Exercise - Aerobic and Anaerobic Exercises - Characteristics of Exercises - Factors promoting Exercise Behavior - Theoretical Approaches on Exercise Behaviors: The Theories of Reasoned Action - Ajzen's Theory - Health Belief Model - Transtheoretical Approach to Exercise behavior

**Health and Eating Behaviors** Good Nutritional Food - Food: Functions of Food - The Seven Components of Food - Dietary Supplements - 2000 Calorie Food Pattern - The Healthy Eating Pyramid - Healthy Eating Behavior - Healthy Body Size - Dieting and Eating Disorders: Yo-yo Dieting, Crash Diets and Fad Diets - Obesity - Anorexia nervosa and Bulimia nervosa - Weight Management Programs

#### **Unit IV**

**Health and Sexuality** The Nature of Sexuality and Intimate Relationships - Psychological and Behavioral Dimensions of Sexuality - The Relationships Dimension - The Life-Cycle of Intimate Relationships - Communicating in Intimate Relationships - Sexual Functioning

**Health and Stress** Stress - Stressors - Eustress - Distress - Student Stress - Physiological and Psychological Reactions - Theories of Stress: Walter Cannon - Hans Selye - Transactional and Conservation of resources theories - Coping with Stress - Types of Coping - Stress Management Techniques - Biological Approaches - Progressive Muscle Relaxation - Massage therapy - Physiological Approaches - Spiritual Orientations - Stress Inoculation Training - Biofeedback

#### **Unit V**

**Health Compromising Behaviors** The Nature, Biological and Psychological effects of Smoking - Tobacco Related Damage to Health - Interventions for Smoking behavior - The Nature, Biological and Psychological effects of Alcohol - Use and Abuse - Alcoholism - Interventions for Alcohol Abuse

**Health and Psychosocial Issues** Health and Income - Health and Race Ethnicity and National Origin - Health and Gender - Psychosocial Aspects of Being Female - Health and Disabilities - Health and Age

#### **References**

1. Charles Abraham, Mark Conner, Fiona Jones and Daryl O'Conner (2008). Health Psychology, London, Hodder Education.
2. Gordon, E. and Eric, G. (2010). Health and Wellness (10<sup>th</sup> Ed.). Boston. Jones and Bartlett Publishers.
3. Margaret, K. Snooks (2009). Health Psychology: Biological, Psychological, and Sociocultural Perspectives. Boston. Jones and Bartlett Publishers.

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## Core Course XII Cognitive Psychology

### Objectives

- To Understand The Nature and Roots of Cognitive Psychology
- To Know the Nature of Perception, Attention and Consciousness
- To learn the Nature and theories of Mnemonics and Memory
- To acquaint with the Knowledge and its Representation and Imagery
- To gain knowledge on Cognitive Developments

### Unit I

**Nature and Roots of Cognitive Psychology** Meaning and definition of Cognitive Psychology – Domains of Cognitive psychology - Roots of Cognitive Psychology – Conceptual Science and Cognitive Psychology

**Cognitive Neuroscience** The Mind-body Issue - The basic tenet of Cognitive Neuroscience - The Major parts of Central Nervous system - the Neuron – the Basic Anatomy and functions of the Brain - the Brain – Anatomy of the Brain - Neurophysiologic Sensing Techniques – MRI – EPI – CAT scan – PET scan - A tale two Hemispheres – Cognitive Psychology and Brain Science

### Unit II

**Perception and Attention** Sensation and Perception - Perceptual Span - Iconic Storage - Echoic Storage - Functions of sensory stores - Attention - Processing Capacity and Selective Attention - Auditory signals - Models of Selective Attention - Visual Attention - Automatic Processing - The Neurocognition of Attention

**Perceptual Theories and Perspectives** Constructive Perception theory - Direct Perception theory - Template-Matching theory - Feature Detection theory - Gestalt theory - Form Perception theory - Geon theory - Prototype theory - Canonic Perspectives - Bottom-Up and Top-Down Processing - Priming Technique - Pattern Recognition

**Consciousness** Definition - History of Consciousness - Cognitive Psychology and Consciousness - Explicit and Implicit Memory - Research with Primes - Stages of Sleep - Amnesia - Consciousness as a Scientific Construct - Modern theories of Consciousness - Schacter-Baars theory - Functions of Consciousness

### Unit III

**Mnemonics** Definition - Mnemonic System - Method of Loci - Peg Word System - Keyword Method - Organizational Schemes - Recall of Name - Recall of Words - Extraordinary Memories - Luria-Hunt and Love - Others Experts and Expertise - Characteristics of Experts - The Structure of Knowledge and Expertise - Theoretical Analyze of Expertise



**Memory** Definition - Types of Memory - Short term Memory - Neurocognition and STM - Working memory - Capacity of STM - Chunking - The coding of Information in STM - Retrieval of Information from STM - Long Term Memory - Neurocognition and LTM - LTM Storage and Structure - Very long-Term Memory - Autobiographical Memories - Fallibility of Memory and Eyewitness Identification

**Early Theories and Models of Memory** Hermann Ebbinghaus and William James - The Neurocognition of Memory - Two Memory Stores - Models of Memory - Waugh and Norman - Atkinson and Shiffrin - Levels of Recall - Levels of Processing - Self-Reference Effect - Episodic and Semantic Memory - Rumelhart and McClelland

#### **Unit IV**

**Knowledge and its Representation** Cognitive Models - Set theoretical model - Semantic Feature-Comparison Model - Network Model - Propositional Model Networks - Representation of Knowledge: The Elusive Engram - Retrograde Amnesia - Anterograde Amnesia - Declarative and Procedural Knowledge's - Taxonomy of Memory Structure - Consolidation of Memory - Connectionism and the Representation of Knowledge

**Imagery and Cognitive Psychology** Historical evidences on Mental Imagery – Dual code Hypothesis - Conceptual Propositional Hypothesis - Functional Equivalency Hypothesis - Neurocognitive Evidence – Cognitive Maps – Synesthesia

#### **Unit V**

**Cognitive development** Life-span development – Major contribution of Jean Piaget and Lev Vygotsky – Neurocognitive Development – Development of Intelligence and abilities – Development of Information Acquisition Skills- Higher-Order Cognition in Children – Prototype Formation among Children

**Thinking and Decision Making** Thinking - Concept formation – Logic – Inferences and Deductive Reasoning - Syllogistic Reasoning -Decision Making - Inductive Reasoning - Decision Making in the Real World

**Problem Solving and Creativity** Nature of Problem solving – Gestalt Heritage – Problem solving approaches – Algorithm - Heuristics - Definition of creativity – Process – Barriers on creativity

#### **References**

1. Solso, R. L. (2004). Cognitive Psychology (6<sup>th</sup> Ed). Delhi: Pearson Education
2. Best, J. B. (1999). Cognitive Psychology. USA: Wadsworth Publishing Co.
3. Eysenk, W. M and Keane, M. T. (2005) Cognitive Psychology: A Student's Handbook (5<sup>th</sup> Ed.). Psychology press. UK.

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## **Core Course XIII Case Analysis (Practicum)**

### **Objectives: To enable the students to...**

- Understand the significance of problem identification
- Describe the process involved in the gathering of data
- Describe the methods of hypothesizing the causes of the problem
- Explain the analysis of data
- Explain the process of evolving the strategy or solving the problem

The Students shall analyses a total number of **Twelve** (12) Cases, **Four** from each of the following areas namely Clinical, Industrial and Counseling.

### **CLINICAL CASES: (4)**

Case summary – Demographic Details of the Client – Chief Complaints – Informants – Identifying the needed data and collecting it – Family History – Medical History – Subsidiary Problems – Hypothesis of causes – Actual causes – Diagnosis – Treatment Plan – Follow-up.

### **INDUSTRIAL CASES: (4)**

Summary – Major Problem – Minor Problem – Short- term solutions – Long-term solutions – Answers to the questions.

### **COUNSELLING CASES: (4)**

Case Summary – Data Available – Identifying the needed data and collecting it – Family History – Hypothesizing the causes – Actual causes – Problem Identification – Strategies.

### **TEXT BOOK**

1. Barki, B. G., & Mukhopadyay, B., (1989): Guidance and Counselling – A Manual, New Delhi: Sterling Publishers.
2. Prasad, L. M., (2006): Organizational Behaviour, New Delhi: Sultan Chand & Sons.

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## **Core Course XIV School Psychology**

### **Objectives**

- To Know the Conceptual Details of School Psychology
- To Understand Theoretical Perceptive on School Psychology
- To Get Expose to Psychological Assessment in School Situations
- To acquaint with the School based Diagnosis and Intervention approaches
- To gain knowledge into School Counseling

### **Unit I**

**Nature of School Psychology** Definition and Meaning – History of School Psychology Connected Fields in Psychology: educational psychology, developmental psychology, clinical psychology, community psychology, and applied behavior analysis - School Psychologist as a Knowledge Conveyer - Multi Disciplinary Team Member - The Focuses of School Psychology Programs: School Based Consultation – Educational Assessment and Remediation – Behaviour Modification Technology – Psychological Evaluation – Psycho Therapeutic Procedures – Quantitative Methods – Community Involvement and Consultation - Professional Roles and Issues – Psychological Foundations

**Ethical and Legal Issues in School Psychology** Quality Control in School Psychology – Loss for Rights of Students and their Parents in their School Setting – Credentialing of School Psychologist – What and Why of Professional Ethics – Ethics Training and Competencies

### **Unit II**

**Theories on School Psychology** Halls Theory of Child Growth and Development – Educational Implication of Freud's Psycho Analytic Theory – Educational Implication of Behaviorstic Theory - Educational Implication of Cognitive Behavioral Theories – Educational Implication of Factors theories of Traits and Abilities – Educational Implication of Humanistic Theories

**Parenting, Child and Education** Historical Views - Alternative Education: Homeschooling, Religious Schooling, Charter Schools - Laws Governing Education to Students - Modern Issues: Culture, Diversity and Disability - Educating Children with Disabilities - support and help

### **Unit III**

**Assessment in School Psychology** Definition and Development of the Assessment Practice – Assessment of Intelligence – Comprehensive Evaluation of Children – Assessment of Children's Anxiety Related Disorders - Assessment of Cognitive Abilities - Social, Emotional, and Behavioral Assessment – Assessment of Learning Problems

**Psycho-educational Assessment:** Foundations - Processes: planning, data-collecting, interpreting, and communicating findings - Contemporary Practices

- Direct Therapeutic Interventions – Strategies for Behavioral Interventions – Behavioral Consultation for Problem Solving in Educational Settings – Mental Health Consultations

#### **Unit IV**

**Psychological Diagnosis in School Setting** Introduction: Clinical Interview: components and basic skills - Diagnosis and Classification: basic issues and skills Diagnosis, Intervention and Alternative approaches

**Psychological Intervention in School Setting** Meaning and Definition of Intervention - General issues: therapeutic relationship - Intervention: Insight oriented approaches - Action oriented approaches – School-Based Intervention - Alternative approaches

#### **Unit V**

**Advanced Approaches to School Counseling** Behavior Management in the Classroom - Applied Behavior Analysis - Group Dynamics in Educational Settings - Crisis Management in Schools - Multicultural Issues

**School counseling in the Age of Change** Expanding Clinical Skills: Caution – Conscientiousness – Clarity – Current Trends – School based Group Counseling – Alternative Modalities and Adjunct Therapies – Self care for the care giver – Self assessment tools – Personal and Professional Development Meet and Collide

#### **References**

1. Anderson .K. L (2010). Culturally Considerate School Counseling. New Delhi: Sage India Pvt. Ltd.
2. Bergan. J.R (1985). School Psychology in Contemporary Society an Introduction, Ohio: Charles E Merrill Publishing Company.
3. Gregory, R.J. (2000). Psychological testing: History, principles, and applications (III Ed.). Boston: Allyn & Bacon.
4. Lewis .J.A, Lewis .M.D, Daniels .J.A, D’Antrea .M.J (2012). Community Counseling a Multi Cultural-Social Justice Perceptive. (4<sup>th</sup> Ed.). New Delhi: Cengage Learning India Pvt. Ltd.
5. Phillips, Beeman .N (1990). School Psychology at a Turning Point: Ensuring a Bright Future for the Profession. San Francisco: Jossey-Bass. ISBN 978-1-55542-195-3.
6. Sailor .W, Dunlap .G, Sugai .G & Horner .R (Eds) Hand book of Positive Psychology In Schools (2014). New York: Springer.
7. Stephen Palmer (2000) *Introduction to Counseling and Psychotherapy*, The Essential Guide, New Delhi: Sage Publications.

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## **Elective Course III**

### **(1) Performance Management**

#### **Objectives**

- To Know the Nature & Effectiveness of Performance Management
- To grasp High Performance Leadership & Conflict Management
- To Get Exposed to Psychological Assessment in School Situations
- To know Decision Making & Group behavior in Performance Management
- To learn Recognition, Reward & Psychological approaches in management

#### **Unit I**

**The Nature of Performance Management** Definition Meaning and scope of Performance and Performance Management - Historical developments in Performance Management - Dimensions of Performance Management - Neglected areas in Performance Management - Appraisal and performance Management - Processes for Managing Performance - Keys to a High Performance

**Effectiveness of Performance Management** Role of Change in organizational effectiveness - Rules of thumb for change agents - Performance Management Skills - Operationalising Change through Performance Management - Understanding Change - Management of Changing Goals

#### **Unit II**

**High Performance Leadership** Nature Definition and Meaning of Leadership - Theories of Leadership - Leadership Styles - Leadership Skills

**Conflict Management** Nature and Meaning of Conflict Management - Types of conflicts and Conflict Management - Coping strategies and Conflict Management - Conflict Management Styles - Positive thinking - Attitudes -Belief- Martin Seligman's theory of Learned Helplessness- Learned Optimism

#### **Unit III**

**Monitoring & Decision Making in Performance Management** Nature Definition and Meaning of Monitoring - Supervision - Objectives and Principles of Monitoring - Monitoring process - Periodic Reviews - Problem solving - Engendering trust - Role efficacy. Decision making process and selection of the best alternative - Decision making under certainty - Risk and Uncertainty - Modern approaches to decision making under uncertainty

**High Performing Teams & Group Behaviour** Definition Meaning and Nature of Teams - Building and Leading High performing Teams - Team Oriented Organizations - Team work & Team building - Interpersonal skills - Conversation, Feedback, Feed Forward - Interpersonal skills: Delegation, Humor, Trust, Expectations, Values, Status, Compatibility - Behaviour in Group: Factors influencing group behavior, Implications for Managers

#### **Unit IV**

**Performance Appraising for Recognition & Reward** Definition Objectives and Nature of Performance Appraisal - Essentials of Performance Appraisals and Problems of Performance Appraisal - Methods of Performance Appraisal - Traditional and

Modern Methods - Graphic Rating Scale - Straight Ranking Method - Paired Comparison Method - Critical Incident Method - Group Appraisal - Confidential Methods - Behavioral Anchored Rating Scale (BARS) - Assessment Centers - Purpose of Appraising - Methods of appraisal - Appraisal System Design - Implementing the appraisal system

**Psychological approaches in management** The Nature of Psychological Approaches to Scientific Management - Fredrick W. Taylor's contributions - Henry Fayol's Contributions - Recent contributions to management thought - The empirical approaches - Inter-person behavior approach - Group behavior approach - Decision theory approach - Contingency or structural approach

## **Unit V**

**Counseling for High Performance** Nature and Meaning of Workplace Counseling - Models and Current Status of Workplace Counseling - The Impact of Organizations on Workplace Counseling - Setting up of Counseling in the Workplace - An Integrative Model of Individual Employee Counseling - Evaluating Workplace Counseling - Ethical Issues in Workplace Counseling - Training for Workplace Counselors - supervising Workplace Counselors

**Persuasive communication & Effective Presentations** Definition and Nature of Persuasive Communication - Persuasiveness of Oral and Written Communications - Definition and Nature of Effective Presentations - Effectively summarization - Organization and Delivery of Presentations – Skills of Handling Criticism

## **References**

1. Armstrong M. & Baron A. (2002). Performance Management: The New Realities, New Delhi: Jaico Publishing House.
2. Borg & Zimmermann (2006). How to Create Presentations That Spark Action, in Allen I. Kraut (2006). Getting Action from Organizational Surveys: New Concepts, Technologies and Applications. New York: John Wiley & Sons.
3. Carroll. M.(1996). Workplace Counseling. New Delhi: Sage Publications.
4. PremChadha: (2003). Performance Management. New Delhi: Macmillan India.
5. Rabinson Paul (2009). High Performance Leadership: Leaders are what leaders do. Bangaluru: Positive Revolution Inc.
6. Rao .T.V, (2004) Performance Management and Appraisal Systems: HR Tools for Global Competitiveness. New Delhi: Response Books a Division of Sage Publications India Pvt. Ltd.

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## **Elective Course III**

### **(2) Forensic Psychology**

#### **Objectives**

- To understand the nature and history of Forensic Psychology
- To acquire skills in investigative psychology
- To understand the basic aspects of legal psychology
- To study the aspects of victimology and victim services
- To comprehend the nature of correctional psychology

#### **Unit I**

**The Nature of Forensic Psychology** Meaning and Definition of Forensic Psychology - Major Concepts Related to Forensic Psychology: The Forensic Sciences - Investigative Psychology - Police Psychology - Law - Child Hood - Juvenile - Adulthood Old Age Forensic Psychology

**The Genesis of Forensic Psychology** The Historical Milestones of Forensic Psychology - Forensic Psychology as a Specialty - The Functions of Forensic Psychologists - The Distinction between Forensic and Therapeutic Evaluations

#### **Unit II**

**The Nature of Profiling** Meaning and Definition of Profiling - The Psychological Sketch - Geographical Profiling and Mapping - Psychological Profiling - The Personality Profiling - The Problems with Profiling - The Polygraph - Forensic Hypnosis - Identifying the Offenders - The Pretrial Identification Methods

**The Psychology of Crime** Meaning and Definition of Crime - The Developmental Theories of Crime - The Developmental Propensity Theory of Lahey and Waldman - Adolescence Limited versus Life course Persistent Offending Theory of Moffitt - International Theory of Thornberry and Krohn - The Age graded Informal Social Control Theory of Sampson and Laub - The Psychobiological Bases of Crime

#### **Unit III**

**The Nature of Law and Psychology** The Psychology of Law - Court Structure and Jurisdiction - The Judicial Process - The Trial and Litigation Consultation - The Risk Assessment and Violence Prediction - Eyewitness Testimony - Expert Testimony

**The Psychological Investigation of Crime** The Nature of Scientific Lie Detection - Polygraph - The Verbal & The Nonverbal Cues - The Hypnosis and Narcoanalysis - The Behavioral Analysis - Understanding the Criminal Personality - The Antisocial Personality - The Psychopath and The Sociopath

#### **Unit IV**

**The Psychology of Violence** The Nature of Violence - The Types of Violence - The Workplace Violence - The Domestic Violence - The Child Abuse

**The Victim Psychology** The Nature of Victim Psychology - The Multiculturalism and Victimization - Legal Rights of Victims - Psychological Effects of Criminal victimization - The Sexual Assault Victimization - The Property Crime Victimization

#### **Unit V**

**The Correctional Psychology** The Nature of Correctional Psychology - Institutional Corrections - Overview of Correctional Facilities - Legal Rights of Inmates - Correctional Psychologists - Psychological Assessment - Treatment and Rehabilitation in Correctional Facilities - Treatment of Special Populations - Obstacles to the Treatment of Inmates and Staff - Community Based Corrections

**The Specific Focus of Correctional Psychology** Recognizing the Suffering - The Rape Trauma Syndrome - The Post Traumatic Stress Disorders - Coping with Criminal Victimization - The Rehabilitation of Victim and the Offender

#### **References:**

1. Bartol. R. C & Bartol .M.A. (2012). Introduction to Forensic Psychology: Research and Application (3<sup>rd</sup> Ed.). Sage Publications. New Delhi.
2. Brown, J. M., & Campbell, E. A. (Eds.) (2010). The Cambridge handbook of forensic psychology. Cambridge, England: Cambridge University Press.
3. Costanzo, M. & Krauss, D. (2010). Legal and forensic psychology. New York: Worth Publishers.
4. Joanna R. Adler, Jacqueline M Gray (Eds) (2010) Forensic psychology, N.Y.: William Publishing.
5. Towl, Graham J., & Crighton, David A. (Eds) (2010) Forensic psychology, West Sussex: N.J. John Wiley & Sons Ltd.
6. Weiner, Irving B. & Hess, Allen K. (Eds) (2006) Handbook of Forensic Psychology, N.J. John Wiley & Sons Ltd.
7. Thou Teisi. (2011). Forensic Psychology. ABD Publishers. New Delhi.

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## **Elective Course IV**

### **(1) Sports Psychology**

#### **Objective**

- To Know the Nature & Research methods of Sports Psychology
- To understand the Motivation & Goal setting in Sports Psychology
- To understand the Nature and theories on Sports Psychology
- To know the Effect of Concentration on Sports Psychology
- To learn the role of Groups & Psycho-physical Factors on Sports Psychology

#### **Unit I**

**The Nature of Sports Psychology** Meaning and Definition of Sports Psychology - The aim and The Focus - Models in Sports Psychology - Medical Model and Management Consultant Model - The Mental Dimension of Sport - Physical - Technical - Tactical and Psychological - Meaning and measurement of Mental Toughness - A brief History Sports and Exercise Psychology - Professional aspects of Sports Psychology - The Nature of Sport Psychologists - The Twin track Qualification of sport psychologist

**Research Methods in Sport Psychology** Experimental Method - Survey Method - Interview and Focus Group Method - Case Study Method - Naturalistic Method - Evaluation of the current status of Sport Psychology

#### **Unit II**

**Motivational Determinants of Sport Performance** Meaning and Definition of Motivation - The nature and types of Motivation - The Mental as well as Physical effort in pursuit of Excellence - Theories of Motivational Processes in Athletes - The Implicit Theories- Self- Determination Theory- Expectancy Value- Motivational Theory - The Achievement Goal Theory and Attribution Theory - Intrinsic Motivation - Extrinsic Motivation

**Goal Setting in Sports Performance** The Meaning and Definition of Goal Setting - Types of Goal Setting - The Outcome or Winning Goal - The Performance Goal - The Process or Behavioral Goal - The Principles and Issues on Goal setting in Sport Psychology - The Motivational Properties of Goal Setting - Goal Specificity - Goal Challenge and Goal Proximity - The Nature of Dangerous / Risky Sports - Constructed by the Comport Hypothesis - Sensations Seeking Hypothesis - Cognitive Tradition Hypothesis - Thrill Seekers Hypothesis

#### **Unit III**

**Anxiety and Sports Performance** The Meaning and Definition of Anxiety - The Components of Anxiety: Cognitive, Somatic and Behavioral - The Nature, Causes and Types of Athletes Anxiety - The meaning of the terms Anxiety, Fear and Arousal - Anxiety facilitates or impairs Performance in Sports.- The Types of Anxiety: State Anxiety and Trait Anxiety - The Determinants of Anxiety in Sport Performers - The Perceived Importance of the Competition - The

Predispositions - The Attributions/Expectations - The Perfectionism - The Fear of Failure - The Lack of confidence

**Theories Anxiety on Sports Performance** - Drive Theory of Hull (1943) - The Inverted-U” Hypothesis of OnYerkes and Dodson (1908) - The Catastrophe Theory of Hardy (1990 & 1996) and Hardy and Parfitt (1991) - The conscious Processing hypothesis of Masters (1992) - The Choking in Sports - Coping with Anxiety in Sports - Understanding the experience of Pressure - Becoming more aware of anxiety - Using physical relaxation techniques - Giving oneself Specific Instructions - Adhering to Pre-Performance Routines - Constructive thinking - Simulation training

#### **Unit IV**

**Staying focused in Sports** Meaning and Definition of Concentration in Sports - The Nature, Dimensions and Importance of Concentration in Sport - The Dimensions of Attention: Concentration - Selective Perception and Mental Time - Sharing Ability - The Importance of Concentration in Sport: Anecdotal, Descriptive and Experimental Evidences - The Three Approaches to the Measurement of Concentration Processes in Athletes: Psychometric Paradigm - Experimental Paradigm - Neuroscientific Paradigm

**The Main Principles of Effective Concentration** Preparedness to Concentrate - One Thought at a Time - Peak Performance States - Attending to Future Events - Emotions - External and Internal Sources of Distraction for Athletes Concentration - Concentration training exercises and techniques - Two Types of psychological Techniques: Concentration Training Exercises and Concentration Techniques - Other Techniques: Specifying performance goals - Using pre-performance routines - “Trigger words” as cues to concentrate - Mental practice

#### **Unit V**

**Groups and Sports Performance** Meaning and Definition of Groups - Social Facilitation - Social Loafing - Team Dynamics - Group Process - Group Pressure - Group Think - Casual Attribution in Sports

**Psycho-Physical Factors in Sports Performance** Mental Skill Training - Self Talk - Mental Imagery - Relaxation Training - Calming the Physiology - Performance - Inhibition due to Personality Factors - Burn out and Injuries - Substance Abuse - Aggression - Character Development - Youth Sport

#### **References**

1. Aidan P. Moran (2004). Sport and Exercise Psychology, A Critical Introduction, Rout ledge.
2. John Kremer and Deirdre Scully (2011) Psychology in Sport. Taylor and Francis Publishers
3. Robert Weinberg and Daniel Gould (2006). Foundations of Sport and Exercise Psychology (4<sup>th</sup> Ed.) Human Kinetics Publishers.

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**Elective Course IV**  
**(2) Neuropsychology**

**Objectives**

- To Know the Nature of Neuropsychology & the Structure of CNS
- To understand the Clinical Studies on Frontal Lobe & Temporal Lobe
- To understand the Parietal & Occipital Lobes and Psychosurgery
- To know the Split-Brains, Dichotic Listening and Imaging
- To learn the Assessment procedures in Neuropsychology

**Unit I**

**The Nature and focus of Neuropsychology** Meaning and Definition - Nature and Scope - Conceptual Issues - Brief History - Branches of Neuropsychology: Clinical Neuropsychology - Behavioral Neuropsychology - Experimental Neuropsychology

**The Structure of the Central Nervous System** Terminology - The Environment of the CNS - The Spinal Cord - Divisions of the Brain - The Brain Stem - The Cerebellum - The Sub cortical Forebrain - The Cerebral Cortex - Brain Functioning

**Unit II**

**Clinical Studies on Frontal Lobe** Intelligence - Specific Functions - The Motor and Premotor Cortex - The Prefrontal Cortex - Broca's Area - The Orbital Cortex - Modern Theories of Frontal Lobe Function - Lateralization of the Frontal Lobe

**Clinical Studies on the Temporal Lobes** Anatomy & Control of the Temporal Lobe - Theory of Temporal Lobe Functions - The Superior Temporal Sulcus & Biological Motions - Asymmetries of the Temporal Lobe Functions - Symmetry of the Temporal Lobe Lesions - The Major Symptoms of Temporal Lobe Damage

**Unit III**

**Clinical Studies on Parietal and Occipital Lobes** Somatosensory and Tactile Perception and Body Sense - Spatial Orientation and Neglect - Symbolic Syntheses - Apraxia - Intersensory Association - Gerstmann Syndrome - The Occipital Lobes - Anatomical Divisions - Basic Visual Functions - Visual and Perceptual Functions - Blindsight - Visual Prostheses

**Clinical Studies on Degenerative Disease and Psychosurgery** Multiple Sclerosis - Parkinson's disease - Huntington's disease - Profound Brain Injury - The Subcortex and Psychosurgery - Neurosurgery - Psychosurgery

**Unit IV**

**Experimental Studies on Split Brains and Dual Minds** The Commissurotomy Operation and the Patients - The Effects of Commissurotomy - Consciousness

Divided - Divided Visual Field Studies - The Technique - The Evidence - The Theories

**Experimental Studies on Dichotic Listening, Electro Physiology and Imaging** The Technique - Lateral Ear Asymmetries - Attention - An Index of Lateralization - Other Methods in Experimental Neuropsychology - Electrophysiology and Imaging - Electrophysiology - Minor Physiological Techniques - Brain Imaging

### **Unit V**

**Neuro Physiological Assessment** Brain Imaging Techniques: Meaning - CT Scan-MRI - Methods to Study Functional Status: PET-Methods to Study Electrical Activities - EEG-BEAM

**Neuropsychological Assessment** Meaning – Uses - Bender Gestalt - Luria Nebraska Neuro-Psychological Battery-Halstead Reitan Battery -PGI Battery of Brain Dysfunction- Wechsler’s Memory Scale - Memory for Design Test

### **References**

1. Kolb, B. (2003). Fundamental of Human Neuropsychology (5<sup>th</sup> Ed.). New York: Worth Publishers.
2. Beaumont, J.G. (2008). Introduction to Neuropsychology (2<sup>nd</sup> Ed.). Guildford Publishers, New York.
3. Lezak, M.D. & Et. al., (2012) Neuropsychological Assessment. (5<sup>th</sup> Ed.). London; Oxford University Press.

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## **Elective Course V**

### **(1) Hospital Management**

#### **Objectives**

- To Know the Nature of Psycho Oncology
- To understand the Behavioral & Psychological Factors of Cancer Risk
- To understand the Neuropsychological and Psychological Impacts of Cancer
- To know the Psychosocial Care Team and the need of Palliative Care
- To learn the Psychological Interventions for Specific Problems of Cancer

#### **Unit I**

**The Nature and Functions of Management** Basic concepts of Management: Definition - Evolution of Management Thought - Functions of Management - Basic theories on Management. Planning – Organizing - Directing: Communication – Process of Communication Hierarchy - Maslow's Need of Hierarchy and Herzberg two factor theories. Leading: Trait Theory, Blake and Montain's Managerial Grid

**Hersey Blanchard's Situational Leadership** Controlling and Coordinating: Process of Controlling- Work Study- Operations Research - Quality Circles. Decision making: Nature, Purpose, Principles and Steps

#### **Unit II**

**The Nature of Hospital Management** Meaning and Definition of Hospital Management - The Basic Concepts in the Development of Hospitals - Meaning - Nature and Scope of Hospitals - History of Indian Hospitals - Classification of Hospitals - Functions of Hospitals

**The Hospital of Organization** Meaning and Definition of Organizations - The nature of Hospital Organizations - The Role of Hospital Administration and Administrators - Responsibilities of Hospital Administrator

#### **Unit III**

**The Functional Planning of Hospitals** The Flow and Area Analysis - The Inter Departmental Relations - Departmental and Room Functions - Standard Room - Bed Distribution - Space Requirements - Developing a Move Sequence

**The Functional Planning for Medical Specialties** An Over view of Oncology - General Medicine - Cardio - Thoracic - Gastroenterology - Urology - Nephrology - Radiology - Psychiatry - Endocrinology - Neurology - Ophthalmology - Dental Services – Maternity Services - Accident and Emergency Services etc. - Out Patients and Day - Care Services - Inpatient Nursing Units - Intensive Care Units - Operation Theaters

## **Unit IV**

**The Planning for Supportive Services** Standards for Designing Hospital Facilities - Mechanical - Electrical Centralized Medical Gas System - Safety - Security - Fire Hazard - Infection Control - Disaster Management Considerations in Planning. Planning and Designing Supportive Services: An Over View of Diagnostic Services, Clinical Laboratories - Radiological Services - Medical Records - Front Office - Filing - Staffing - Housekeeping - Transportation - Ambulance - Engineering & Maintenance - Laundry - Dietary Services - Administrative Services: HRD, Accounts and Marketing Departments - Space Requirements - Equipment Planning

**The Planning for Outsourcing** Concept of Out-Sourcing: Need - Advantages and Limitations Managing Innovation for Value Creation - Satisfaction of Patients and Attendants

## **Unit V**

**The Preparation For Hospital Risk** Security Threats and Vulnerabilities of Hospitals - Security Sensitive Areas - Elements of Fire - Fire Hazard Triangle - Causes of Hospital Fires - Planning and Design Considerations - Fire Points and Escape Routes - Means of Escape and Evacuation - Biological Effects of Radiation - Diagnostic Imaging - Radiation Protection and Safety - Principles in the Layout and Planning Constrains - Preventive Measures Against Magnetic Field Hazards - Radioactive Waste Collection and Disposal

**The Preparation for Disaster Management** Basic Concepts of Disaster Management - Disaster Classification - Disaster Process and Management - Special Characteristics - Principles of Disaster Organization for Medical Relief - Principles of Mass Casualty Management - Triage - Objectives of and Need for Hospital Disaster Plan - Disaster Committee - Role and Responsibilities - Disaster Response - Alert and Recall - Deployment - Disaster Administration - Disaster Manual - Disaster & Mock Drills

## **References**

1. Koontz, H., & Weihrich, H. Essentials of Management (7<sup>th</sup> Ed.). New Delhi: Tata McGraw Hill.
2. Kunders, G.D., & Gopinath .S. (1999). Hospital planning, Design and Management. New Delhi: Tata McGraw – Hill.
3. Goel, S. L., & Kumar. R. (2004). Hospital Core Services: Hospital Administration of the 21<sup>st</sup> Century. New Delhi: Deep & Deep Publications Pvt. Ltd.
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## **Elective Course V**

### **(2) Psycho Oncology**

#### **Objectives**

- To Know the Nature of Psycho Oncology
- To understand the Behavioral & Psychological Factors of Cancer Risk
- To understand the Neuropsychological and Psychological Impacts of Cancer
- To know the Psychosocial Care Team and the need of Palliative Care
- To learn the Psychological Interventions for Specific Problems of Cancer

#### **Unit I**

**Psycho Oncology** Meaning and Definition - The History of Psycho Oncology: Historical Barriers Related to Cancer - Historical Barriers Related to Psychological Issues - Formal Beginning of Psycho-oncology - Interdisciplinary Character of Psycho Oncology: Surgery - Medicine - Pediatrics - Radiotherapy - Epidemiology - Immunology - Endocrinology - Biology - Pathology - Bioethics - Palliative Care - Rehabilitation Medicine - Clinical Trials Research and Decision Making - Psychiatry And Psychology

**Emotional Reactions & Attitudes Related to Cancer** Shock - Fear and anxiety - Sadness and Despair - Anger - Guilt or Shame - Relief - A Sense of Challenge - Acceptance - Attitudes Related to Cancer - Attitudes Related to Psychosocial Issues - Changing Health Behaviors after Treatment - Findings Benefits in Cancer

#### **Unit II**

**Behavioral & Psychological Factors in Cancer Risk** Tobacco Using Factor - Dieting Factor - Exercise Factor - Sun Exposure Factor - Socio Economic Status Factor - Psychosocial Factor - Social Environment Factors

**Psycho Social Aspects of Cancer** DSM 5 Classification & ICD-10 Criteria on Psycho Oncology - Post-Chemotherapy Cognitive Impairment - Radiation Induced Cognitive Decline - Psychosocial aspects and major advantages in Cancer Medicine - Cancer Prevention

#### **Unit III**

**Neuropsychological Impacts of Cancer** Weight and Appetite Loss - Psychological Adaptation to Cancer - Cancer Anorexia Cathexia - Psychophysiology of Cancer - Cancer Pain Management - Cancer Related cognitive dysfunction - Cancer related distress - Cancer Related Fatigue - Cancer Related Pain - Cancer related Infertility - Pharmacologic and Non pharmacologic Intervention - Cancer Related Management

**Psychological issue Related to the Various spots of Cancer** Central Nervous System Tumor - Head & Neck Cancer - Gastrointestinal Cancer - Hepatobiliary

Cancer - Lung Cancer - Genitourinary Malignancies - Gynecologic Cancer - Skin Neoplasm - Breast Cancer - Sarcoma - Hematopoietic Dyscrasias - HIV Infection & AIDs Associated Neoplasm - Tumor of Unknown Primary Site

#### **Unit IV**

**Training the Psychosocial Care Team** Training the Psychiatric and Psychologists in Psycho Oncology - Nurses in Psycho Oncology - Professional Social Works in Psycho Oncology - Communication Skills in Psycho Oncology

**Problems and Needs in Palliative Care** Building of Problem Solving Skills - Problem Solving Therapy - Family care givers - Psycho Dynamic Therapy - Acceptance and Commitment Therapy - Acupuncture - Muscle Relaxation - Behavioral Treatment - Multi Model Therapy

#### **Unit V**

**Psychological Interventions on Cancer** Psycho Education - Screening Process for Psychosocial Distress - Psychotherapy - Cognitive Therapy - Group Psychotherapy - Cognitive and Behavioral Interventions - Professional Muscle Relaxation - Art Therapy & Music Therapy - Meditation and Yoga - Religion & Spirituality - Physical Activity & Exercises - Self Management - Psychosocial Interventions for Couples & Families coping with Cancer

**Psychological Interventions for Specific Problems of Cancer** Pain - Nausea & Vomiting - Fatigue - Sexuality after Cancer - Neuropsychological Impact - Sleep - Weight & Appetitive loss - Older patients - Adolescent & Young Adult problems - Needs of Children - Bereavement

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