

M. Phil (Psychology)

(Course Structure)

Subject code	Subject Name	Teaching hours			Marks		
		L	T	P	External	Internal	Total
01MPSY101	Research Methodology and statistics	3	0	0	70	30	100
01MPSY102	PERSONALITY MEASUREMENT	3	0	0	70	30	100
01MPSY103	ADVANCE PSYCHOPATHOLOGY AND MENTAL HYGIENE	3	0	0	70	30	100
01MPSY104	Intoduction To Pschotherapy and Counselling	3	0	0	100		100
Total		12	0	0	280	120	400

SEMESTER II

Subject code	Subject Name	Teaching hours			Marks		
		L	T	P	External	Internal	Total

02MPSY101	Advanced Research Methodology	3	0	0	70	30	100
02MPSY102	CLINICAL PSYCHOLOGY	3	0	0	70	30	100
02MPSY103	COUNSELING & GUIDANCE	3	0	0	70	30	100
02MPSY201	Dissertation	3	0	0	100		100
Total		12	0	0	280	120	400

PAPER I

RESEARCH METHODOLOGY & STATISTICS

Research - definition - importance and meaning of research - characteristics of research - types of research - steps in research - identification, selection and formulation of research problem – research questions - research design - formulation of hypothesis - review of literature

Unit - 02

Sampling techniques : sampling theory - types of sampling - steps in sampling - sampling and non-sampling error - sample size - advantages and limitations of sampling. Collection of data : primary data - meaning - data collection methods - secondary data - meaning - relevances, limitations and cautions.

Unit - 03

Statistics in research - measure of central tendency - dispersion - skewness and kurtosis in research. Hypothesis - fundamentals of hypothesis testing - standard error - point and interval estimates - important non-parametric tests : sign, run, kruskal - wallis tests and mann-whitney test.

Unit - 04

Para metric tests : testing of significance - mean, proportion, variance and correlation - testing for significance of difference between means, proportions, variances and correlation co-efficient. Chi-square tests - anova - one-way and two-way.

Unit - 05

Research report : types of reports - contents - styles of reporting - steps in drafting reports - editing the final draft - evaluating the final draft.

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References:

1. Kothari, C.R.(2004). Research Methodology: Methods and Techniques, New Age International Publishers, New Delhi.
2. Arya., P.P. and Pal, Y.(2001) Research Methodology in Management: Theory and Case Studies. Deep and Deep Publishers Pvt. Ltd., New Delhi

Paper II

PERSONALITY MEASUREMENT

01MPSY102

Unit I- Approaches to the study of personality

General: Introduction to the concept of personality

Biological: Type Approach – Theories of Krestschmer, Sheldon and Eysenk – A Brief Introduction.

Psychoanalytic: Approach – Theories of Freud, Jung, Adler and Murray – A Brief Introduction.

Unit II-

Behavioural & Social – cognitive Approach – Theories of Skinner, Bandura and Walter Mischel – A Brief Introduction.

Humanistic: Approach – Theories of Carl Rogers and Abraham Maslow – A Brief Introduction.

Trait Approach – Theory of Cattell – A Brief Introduction.

Evaluation: of all the Approaches.

Unit III

Self Report Methods (Inventories) : - Approaches of Inventory Construction.

Content: Validation Approach – Woodworth's Personal Data Sheet, Mooney Problem Checklist and Bell Adjustment Inventory.

Empirical: Criterion Keying Approach – MMPI and CPI

Factor: Analysis Approach – Cattell's 16 PF, Guilford – Zimmerman Temperament survey. Rational: – Theoretical Approach – Edwards Personal Preference

Schedule, Jackson's Personality Research Form (PRF)

Unit IV

Projective Techniques : Nature of Projective Techniques

Rorschach's Inkblot Test, TAT, Verbal Projective Tests,

Expressive Techniques like Play Methods and Psychodrama

Unit V

Non-Test Instruments :

Behavioural Sample Techniques – Observation Method and Situational Tests – like CEI, OSS. Rating Scales.

REFERENCES :

Lorenze □ □ A. Pervin (1990), Handbook of Personality : Theory and Research, New York : Guilford Press.

Howard □ □ S. Friedman and Miriam W. Schustach (2004),

"Personality : Classic Theories and Modern Research", Delhi :

Pearson Education Pte. Ltd., Indian Branch.

Quammer □ □ Hussain, "Personality Measurement.

Sarason, □ □ "Contemporary Research in Personality."

PAPER III

ADVANCE PSYCHOPATHOLOGY AND MENTAL HYGIENE

01MPSY103

UNIT I:

INTRODUCTION, CLASSIFICATION, AND MODLES:

Introduction: What is Abnormality? Models: Biological – Psychodynamic – Behavioural – Humanistic– Interpersonal. Classification: DSM –IV – ICD – 10.

UNIT II:

PERSONALITY DISORDER, ANXIETY, SOMATOFORM AND DISSOCIATIVE

DISORDERS:

Personality disorders: Clinical Features – Types – Casual Factors. Anxiety Disorders – Somatoform Disorders – Dissociative Disorders: Casual Factors.

Adjustment Disorders - Types – Clinical Features – Causes.

UNIT III: SUBSTANCE RELATED DISORDERS, SEXUAL VARIANCE & DYSFUNCTIONS:

Substance Related Disorders – Alcohol Abuse and dependence – Clinical Picture and Cause – other addictive disorder – Sexual Variance – Sexual Abuse – Sexual Dysfunctions – Pervasive Developmental Disorders: Types – Clinical Features – Causes.

UNIT IV: SCHIZOPHRENIA, MOOD DISORDERS, SUICIDE, AND COGNITIVE DISORDERS:

Schizophrenia : Subtypes – Causes – Mood Disorders – Types – Causes – Suicide – Casual Pattern –Mental Retardation – Levels – Causes – Cognitive Disorders: Types – Causes.

UNIT V: MENTAL HYGIENE:

Mental Hygiene – Mental Health Movement – Types of Prevention – Levels – Situation – Focused and Competency Focused – Site of Prevention – family – School – Community – Legal and Ethical issues in Clinical Psychology – Criminal responsibility – Civil responsibility – Marriage – Adoption – Witness _Testamentary Capacity – transfer of Property – Contract – Indian Lunacy Act 1912 – Mental Health Act 1987 – Narcotic Drugs and Psychotropic Substance Act 1985.

REFERENCES:

D.S.M. IV AMERICAN PSYCHIATRIC ASSOCIATION (1995) **DIAGNOSTIC AND STATISTICAL**

MANUAL OF MENTAL ILLNESS, (4th edition) Washington, American Psychiatric Press.

IRWIN G SARASON AND BARBARA R SARASON, (2002); **Abnormal PSYCHOLOGY – THE**

PROBLEM OF MALADAPTIVE BAEHAVIOUR (10th Edition) Delhi;
Pearson Education (Singapore)

Pvt.Ltd.

KAPLAN HJ, AND SADOCK BJ, (1998) **SYNOPSIS OF PSYCHIATRY** (8th
Edition) New Delhi: B.I.

Waverly Pvt. Ltd.

NIRAJ AHUJA (2002); **A SHORT TEXT BOOK OF PSYCHIATRY** (5th
Edition) New Delhi, Japee

Brothers.

ROBERTTHERAPY. New York: Pergamon

Paper IV

Intoduction To Pschotherapy and Counselling

01MPSY104

UNIT -I:

Introduction to Psychotherapy and Counseling: Definitions, Objectives, Training, Professional and ethical issues, planning and recording of therapy.

UNIT -II:

The Therapeutic Relationship: Client and Therapist Characteristics, Illness, Technique and other factors influencing the relationship.

UNIT -III:

Interviewing: Objectives of interviews, interviewing techniques, types of interview, characteristics of structured and unstructured interview, interviewing skills, open-ended questions, clarification, reflection, facilitation and confrontation. Silences in interviews, verbal and non-verbal components.

UNIT -IV:

Psychodynamic Psychotherapy: Origins of Psychodynamic Formulation, Stages of therapy, Process issues; Resistance, Interpretation Transference and Counter Transference, and working through and current status.

UNIT -V:

Humanistic-

Existential and Experiential Therapies: Historical context and philosophical basis, principles and types of therapy, current status. Cognitive Therapies: Introduction to Cognitive Model, basic principles and assumptions, therapeutic techniques based on Cognitive Therapy, Cognitive

SEMESTER II

02MPSY101 ADVANCED RESEARCH METHODOLOGY

Unit 1

Need for research – Meaning of Research - Characteristics of a good research- objectivity in social science research- Major steps in research.

Types of research: Pure Research-Applied Research-Action Research Ex post Facto research-Experimental research-Survey research- Evaluation research.

Unit 2

Research problem: What is a research problem?- Perceptions of research problem- Steps for developing reflective thinking- Components of a research problem- Problem of fact-Problem of value-Problem of means-Criteria for identifying a research problem- Preliminary analysis of a research problem - Steps in analysing a research problem-sources of research problem.

Unit 3

Meaning of theory and fact – Place of theory in research – Relationship of theory and facts - Meaning, Categories, Features and operational definition of concepts. scientific method: Definition, Objectives, Uses and limitations of Scientific method.

Unit 4

Types of research design – Exploratory, Diagnostic, Descriptive and Experimental research designs. Field and documentary sources of data – Primary and secondary data – Survey method – Questionnaire method – Scheduled method – Interview method – Observation method – Case study method – Pilot study and pre-testing.

Unit 5

Computer software packages (SPSS etc.) Logical Methods: Method of agreement – Method of difference – Joint Method – Method of Residue - Method of concomitant variation – Deductive and Inductive methods – Difficulties of Logical methods. Statistical Methods – Definition, Characteristics – Basis – Functions – Process – Importance of research – Limitations of statistical methods – Statistical tools .

PAPER II 02MPSY102 CLINICAL PSYCHOLOGY

UNIT I:

Clinical Psychology & Mental Health: History of Clinical Psychology and its role in understanding and alleviation of mental illness, promotion of mental health and rehabilitation of the mentally ill or handicapped; training of Clinical Psychologists and issues concerning scientist professional model; role and function of Clinical

UNIT II:

Psychologists in community mental health/rehabilitation programme, in mental hospitals/psychiatric institutions, NGO set-up; broader perspective of clinical psychology to help minorities, the social disadvantaged, women in special condition.

UNIT III:

Psychosocial aspects of mental health and illness: The role of self-concept, self-image and self-perception in the development of behavior; attribution theory; social skill and interpersonal models of mental health/illness.

UNIT IV:

Social Pathology: Crime and delinquency, suicide, addictive behavior, social aggression with special reference to Indian context.

UNIT V:

Culture, Mental Illness and Role of Family : Social class; social change; culture shock; migration, religion and gender related issues with special reference to India; role of family in mental health and illness; communication problems and emotional adaptation/ maladaptation in family set-up; stress-burden/mental illness among care-givers in the family; expressed emotions and relapse.

Disability and Rehabilitation: Psychosocial aspects of disability and rehabilitation in Indian context; the role of family and society in the education, training and rehabilitation of disabled.

Ancient Indian thought: Ancient Indian concept of cognition, emotion, personality, motivation and their disorders; social identity and stratification (including Varnashram Vyavastha).

Introduction to psychopathology: Etiology of mental disorders – psychosocial models.

PAPER-III 02MPSY103

COUNSELING & GUIDANCE

UNIT - I:

Introduction to Psychotherapy and Counseling: Definitions, Objectives, Training, Professional and ethical issues, planning and recording of therapy.

UNIT - II:

The Therapeutic Relationship: Client and Therapist Characteristics, Illness, Technique and other factors influencing the relationship.

UNIT - III:

Interviewing: Objectives of interviews, interviewing techniques, types of interview, characteristics of structured and unstructured interview, interviewing skills, open-ended questions, clarification, reflection, facilitation and confrontation. Silences in interviews, verbal and non-verbal components.

UNIT - IV:

Psychodynamic Psychotherapy: Origins of Psychodynamic Formulation, Stages of therapy, Process issues; Resistance, Interpretation Transference and Counter Transference, and working through and current status.

UNIT - V:

Humanistic-Existential and Experiential Therapies: Historical context and philosophical basis, principles and types of therapy, current status.

Cognitive Therapies: Introduction to Cognitive Model, basic principles and assumptions, therapeutic techniques based on Cognitive Therapy, Cognitive Behavior Therapy and Rational Emotive Therapy. Application issues.

Supportive Psychotherapy: Definition, goal indications, techniques. Directive and non-directive psychotherapy, current forms of "e-" and tele-counseling.

Brief Psychotherapy: Historical context, characteristics of brief psychotherapy, selection criteria, process issues, effectiveness.

Crisis Intervention: Definition of Crisis, phases of Crisis, Techniques, Stages of crisis work, Applications.

Group Therapy: Historical origins, theoretical models, types groups, stages of group therapy, process issues including role of the therapist, techniques, applications of group therapy.

Family Therapy: The development of family therapy, schools of family therapy, models for the assessment of families, common family problems and their treatment, treatment goals, methods of therapy, terminating treatment, research in family therapy, ethics in family therapy.

Marital Therapy: Development of marital therapy, current approaches, divorce and mediation, pre-marital counseling.

Sex Therapy: Individual and couple sex therapy, techniques, sex counseling, current approaches, issues related to research.

Therapy with children: Introduction to different approaches, Psychoanalytic therapies (Ana Freud, Melanie Klein, Donald Winnicott); Special Techniques (Behavioral and Play) for developmental internalizing and externalizing disorders.

Therapy in special conditions such as psycho-physiological and chronic physical illness; Parent and Family Counseling, Therapy with adolescents.

Therapy in Special Conditions: Therapies and techniques in the treatment of Deliberate self harm, Bereavement, Personality Disorders, Chronic Mental illness and Medical conditions such as Cancer, Cardiovascular Diseases, HIV/AIDS, and other terminally ill conditions. Physical, sensory and intellectual disabilities.

Psychotherapy in the Indian Context: Historical perspective in psychological healing practices from the Vedic period and the systems of Ayurveda and Yoga, Contemporary perspectives. Socio-cultural issues in the practice of psychotherapy.

PAPER-IV DISSERTATION