

REGULATIONS & SYLLABUS

**MASTER OF SCIENCE IN
CLINICAL PSYCHOLOGY
M.SC. CLINICAL PSYCHOLOGY**

2020



JSS Academy of Higher Education and Research

(Deemed to be University)

Re-Accredited "A+" Grade by NAAC

Sri Shivarathreshwara Nagara, Mysuru - 570 015, Karnataka

PRELUDE

The department of Clinical Psychology of JSS Medical College, a constituent body of JSS Academy of Higher Education & Research, feels proud to introduce a Post-graduate course in Clinical Psychology, which is one of the exclusive courses of its kind.

Post-graduation in clinical psychology as being planned by JSS Medical College, is unique in its kind as it would be housed at JSS hospital, which has various super-specialty and specialty services and is a proud wing of JSS Medical College. A good look at the content of the course as detailed in the curriculum would deepen the insight of the aspirants of the course.

The hospital has OPD being run by the departments of Clinical Psychology & Psychiatry which are in existence from more than 20 years with a facility of in-patient ward which caters to the needs of numerous patients seeking consultation, assessments and therapy administration at our OPD.

Students of this PG course get an opportunity to participate in the activities of the department providing interventions for patients with various psychological issues as a part of their clinical training under the strict supervision of faculty members, hence, interested students get a rear opportunity to build their career in Psychology by seeking this course.

*The department of Clinical Psychology, JSS Medical College is one among the four institutions in the entire state of Karnataka to run M.Phil. Clinical Psychology with a recognition of "**Rehabilitation Council of India**" and we feel proud to place on record that JSS Medical College also has a well-established research centre wherein sizable research scholars are pursuing their Ph.D. This enables us to bring in more knowledgeable, professional personnel into the field of mental health.*

ABOUT THE COURSE

The Department of clinical psychology is pleased to offer a post-graduation course in clinical psychology which is unique of its kind. The department in collaboration with its sister department of psychiatry has all the necessary impetus to ground this course on the stable platform. The department has well trained and qualified faculty members to handle this course with high academic credentials.

The course is well balanced as per UGC – CBCS system with the theory, clinical training and practicals which will ensure the necessary clinical skills in the aspirants, to strongly build their career in psychology, which would guarantee their place among the specialists.

Students of this course will get a rare opportunity of getting exposure to specialized departments like neurology, community medicine, psychiatric social work, occupational therapy, physiotherapy, sexual medicine and speech and hearing.

To make the course skill- based, their electives and internships are carefully drafted which would induce the necessary clinical competence in them to relate themselves with the specialist by the end of their course.

Clinical posting to each student is fashioned in such a way in the course where it would be possible for them to have a better hands-on experience with a better understanding towards psychopathology, assessments, interventions after completing their Master of Science in Clinical Psychology. Details as articulated in the curriculum would shed more light upon the specific aspects of the course.

Course Objectives

After completing the course, the candidate is expected to have:

Knowledge

- Understand human behaviour in deeper psychological perspective as well in the context of one's culture and social milieu.
- Understand the brain – behaviour relationship.
- Understand the essentials of mental health and psychological aspects of physical health.
- Understand the techniques of psychological assessment.
- Understand the treatment approaches to psychiatric/psychological disorders.
- Understand the principles of Psychological Counselling and Psychotherapy.
- Understand the essentials of research in clinical Psychology.

Skills:

- Develop basic skills of clinical assessment using psychological tools.
- Develop counselling and therapeutic skills.
- Develop skills of empathic and professional understanding.
- Develop professional skills to deal with multifarious psychological problems of individuals.
- Develop basic research skills.
- Develop skills for networking with other professionals and agencies.

Attitudes, Human values, and ethical practices:

- Adopt ethical principles in all aspects of his/her practice. Maintain professional honesty and integrity.
- Accept the limitations in his/her knowledge and skill and to seek for help from colleagues & specialists when needed or make referrals.
- Respect patient/client's rights and privileges.
- Inculcate humane values.

The Scope for M.Sc. Clinical Psychology course in the field:

- The course would equip the students to practice as a Psychologist and deal efficiently with general psychological issues of people in various strata of the society. The graduates can seek employment as psychologists in
- School and Educational centres as counsellors
- Community mental health programs
- Rehabilitation/day-care Centres
- Assisting Clinical Psychologists and Psychiatrists in psychometric evaluation

The candidates would be eligible, equipped and highly skilled to further pursue their M.Phil./ PDCP / Psy.D. in Clinical Psychology from an RCI recognized institution which would provide adequate clinical training and obtain their license from RCI to be eligible to practice independently as a Clinical Psychologist.

SECTION I

REGULATIONS GOVERNING M. Sc. CLINICAL PSYCHOLOGY COURSE

- **Title of the Course:**
The course of study shall be called ***Master of Science in Clinical Psychology*** leading to M.Sc. Clinical Psychology.
- **Duration of the course:**
The course will be a Two-year full-time course which consists of **Four semesters** with sufficient theoretical inputs and extensive supervised 'hands-on' clinical experience
- **Intake of students:**
The intake of students to the course shall be in accordance with the JSS AHER admission norms.
- **Eligibility for Admission:**
This course is open for only those who have done full time, regular B.A. /B.Sc. with **Psychology as one of the major subjects** with an aggregate of 50% marks in Psychology.
- **Medium of Instruction**
English is the medium of instruction for the subjects of study as well as for the examination.
- **Course of study:**
The course shall be pursued on full time basis. The course includes theory papers and Practicals/ field work/ extensive supervised 'hands-on' clinical experience.
- **Attendance:**
Candidates shall have at least attended 75% of the total number of classes conducted in each semester for theory and practicals separately from the date of commencement to the last working day as notified in all the papers collectively.
- **Monitoring Progress of Studies: Internal Assessment (IA)**
The department shall conduct tests in each semester for Internal Assessment. The marks obtained in this internal assessment shall be sent to the university examination department before each university examination. Marks of periodic tests shall be displayed on the notice board by the Head of the department without fail. If a candidate is absent from the test due to genuine and satisfactory reason, such a candidate may be given a re-test within a fortnight.

NOTE: A student must secure at least 50% of total marks fixed for internal assessment for a particular subject to be eligible to appear in university examination in that subject. The internal assessment marks **will be added** to the marks obtained in the university examination for declaration of pass.

Scheme of Curriculum

Duration: 2 years, 4 Semesters, Academics with Intensive training program attached to a hospital setting. Subjects for study and teaching hours for all semesters for M.Sc. (Clinical Psychology) course are shown in Table – I, Table-II, Table-III and Table-IV respectively. 2 years, 4 Semesters, Intensive training program attached to a hospital setting.

Table - I Distribution of Teaching Hours semester-1

M.Sc. Clinical Psychology Subjects

Subject code		Name of subject	Credit distribution (L, T, P are hours/ week)				Marks distribution		
			L	T	P	Credit	CIA	ESE	Total
Group A	MSCP 001	Theories & evolution of Modern Psychology	3	1	0	4	50	50	100
	MSCP 002	Clinical Psychology	3	1	0	4	50	50	100
	MSCP 003	Psychological Test Development & Assessment	3	1	0	4	50	50	100
Group B	MSCP 004	Psychological Assessment: Practicals & Clinical Posting - I	-	-	12	6	50	50	100
Group C	*DSE – I or DSE – II	School Mental Health	-	2	-	2	25	25	50
		Psychology of Addiction	-	2	-	2	25	25	50
	*OE – I or OE - II	Basics in Psychiatry	-	2	-	2	25	25	50
		Speech & Hearing	-	2	-	2	25	25	50
Total			9	7	12	22	250	250	500
*Any one of the two DSE and Any one the two OE papers must be opted by the students per semester.									

Table - II Distribution of Teaching Hours semester-II

M.Sc. Clinical Psychology Subjects

Subject code	Name of subject	Credit distribution (L, T, P are hours/week)				Marks distribution			
		L	T	P	Credit	CIA	ESE	Total	
Group A	MSCP 005	Child Psychopathology	3	1	0	4	50	50	100
	MSCP 006	Adult Psychopathology	3	1	0	4	50	50	100
	MSCP 007	Research Methods in Clinical Psychology	3	1	0	4	50	50	100
Group B	MSCP 008	Psychological Assessment: Practicals & Clinical Posting - II	-	-	12	6	50	50	100
Group C	*DSE – III or DSE – IV	Organizational Mental Health	-	2	-	2	25	25	50
		Psych-oncology	-	2	-	2	25	25	50
	*OE – III or OE - IV	Occupational Therapy	-	2	-	2	25	25	50
		Psychiatric Social Work	-	2	-	2	25	25	50
Total			9	7	12	22	250	250	500
*Any one of the two DSE and Any one the two OE papers must be opted by the students per semester.									

Table - III Distribution of Teaching Hours Semester-III

M.Sc. Clinical Psychology Subjects

Subject code		Name of subject	Credit distribution (L, T, P are hours/ week)				Marks distribution		
			L	T	P	Credit	CIA	ESE	Total
Group A	MSCP 009	Advanced Cognitive Psychology	3	1	0	4	50	50	100
	MSCP 010	Advanced Statistics	3	1	0	4	50	50	100
	MSCP 011	Counselling & Guidance	3	1	0	4	50	50	100
Group B	MSCP 012	Psychological Assessment: Practicals & Clinical Posting III	-	-	12	6	50	50	100
Group C	*DSE – V or DSE – VI	Family Interventions	-	2	-	2	25	25	50
		Neuro psychological rehabilitation	-	2	-	2	25	25	50
	*OE – V or OE – VI	Physiotherapy	-	2	-	2	25	25	50
		Neuroimaging and Brain Studies	-	2	-	2	25	25	50
Total			9	7	12	22	250	250	500
*Any one of the two DSE and Any one the two OE papers must be opted by the students per semester.									

Table - IV Distribution of Teaching Hours Semester-IV

M.Sc. Clinical Psychology Subjects

Subject code		Name of subject	Credit distribution (L, T, P are hours/ week)				Marks distribution		
			L	T	P	Credit	CIA	ESE	Total
Group A	MSCP 013	Psychotherapy	3	1	0	4	50	50	100
	MSCP 014	Applied Health Psychology	3	1	0	4	50	50	100
Group B	MSCP 015	Clinical Posting & Practicals -IV	-	-	12	6	50	50	100
	MSCP 016	Dissertation#	-	-	-	6	70	30	100
Group C	OE VII or OE-VIII	Hospital Administration		2		2	25	25	50
		Psychiatric Nursing		2		2	25	25	50
Total			6	4	12	22	245	205	450
#70 marks for Dissertation submission, 30 marks for Viva-voce end-semester examination with external examiner.									

Table - V: Summary of Credits and Marks distribution

Semester	Credit distribution (L, T, P are Hr/ week)					Marks Distribution		
	L	T	P	Dissertation	Credit	IAC	ESE	Total
I - Semester	9	7	12	-	22	250	250	500
II -Semester	9	7	12	-	22	250	250	500
III -Semester	9	7	12	-	22	250	250	500
IV -Semester	6	4	12	6	22	245	205	450
Total	33	25	48	6	88	995	955	1950

Scheme of Examination

Table – VI Distribution of Marks Semester – I

Papers	Title	Duration	Marks		
Group 'A'					
Papers	Main Subjects		CIA	ESE	Total
MSCP 001	Theories & evolution of Modern Psychology	2 hrs.	*50	50	100
MSCP 002	Clinical Psychology	2 hrs.	*50	50	100
MSCP 003	Psychological Test Development & Assessment	2 hrs.	*50	50	100
Group 'B'					
MSCP 004	Psychological Assessment Practicals & Clinical Posting – I		#50	50	100
Group 'C'					
*DSE – I or DSE – II	School Mental Health	60min	\$25	25	50
	Psychology of Addiction	60min	\$25	25	50
*OE – I or OE – II	Basics in Psychiatry	60min	\$25	25	50
	Speech & Hearing	60min	\$25	25	50
TOTAL			250	250	500

Internal assessment details:

***Group A:** 50 Marks IA would comprise of two internal assessment tests within semesters, class presentations and assignment.

#Group B: 50 marks IA would comprise of psychodiagnostic observation report submission, case presentation & practical records. 50 marks for ESE practical examinations with Viva/voce

\$Group C: 25 Marks IA would comprise of assignment submission on a given topic and class presentation.

Table – VII Distribution of Marks Semester – II

Papers	Title	Duration	Marks		
Group 'A'					
Papers	Main Subjects		CIA	ESE	Total
MSCP 005	Child Psychopathology	2 hrs.	*50	50	100
MSCP 006	Adult Psychopathology	2 hrs.	*50	50	100
MSCP 007	Research Methods in Clinical Psychology	2 hrs.	*50	50	100
Group 'B'					
MSCP 008	Psychological Assessment Practicals & Clinical Posting – II		#50	50	100
Group 'C'					
*DSE – III or DSE – IV	Organizational Mental Health	60min	\$25	25	50
	Psych-oncology	60min	\$25	25	50
*OE – III or OE – IV	Occupational Therapy	60min	\$25	25	50
	Psychiatric Social Work	60min	\$25	25	50
TOTAL			250	250	500

Internal assessment details:

***Group A:** 50 Marks IA would comprise of two internal assessment tests within semesters, class presentations and assignment.

#**Group B:** 50 marks IA would comprise of psychodiagnostic observation report submission, case presentation & practical records. 50 marks for ESE practical examinations with Viva/voce

\$**Group C:** 25 Marks IA would comprise of assignment submission on a given topic and class presentation.

Table – VIII Distribution of Marks Semester – III

Papers	Title	Duration	Marks		
Group 'A'					
Papers	Main Subjects		CIA	ESE	Total
MSCP 009	Advanced Cognitive Psychology	2 hrs.	*50	50	100
MSCP 010	Advanced Statistics	2 hrs.	*50	50	100
MSCP 011	Counselling & Guidance	2 hrs.	*50	50	100
Group 'B'					
MSCP 012	Psychological Assessment: Practicals & Clinical Posting – III		#50	50	100
Group 'C'					
*DSE – V or DSE – VI	Family Interventions	60min	\$25	25	50
	Neuropsychological rehabilitation	60min	\$25	25	50
*OE – V or OE – VI	Physiotherapy	60min	\$25	25	50
	Neuroimaging and Brain Studies	60min	\$25	25	50
TOTAL			250	250	500

Internal assessment details:

***Group A:** 50 Marks IA would comprise of two internal assessment tests within semesters, class presentations and assignment.

#**Group B:** 50 marks IA would comprise of psychodiagnostic observation report submission, case presentation & practical records. 50 marks for ESE practical examinations with Viva/voce

\$**Group C:** 25 Marks IA would comprise of assignment submission on a given topic and class presentation.

Table – VIII Distribution of Marks Semester – IV

Papers	Title	Duration	Marks		
Group 'A'					
Papers	Main Subjects		CIA	ESE	Total
MSCP 013	Psychotherapy	2 hrs.	*50	50	100
MSCP 014	Applied Health Psychology	2 hrs.	*50	50	100
Group 'B'					
MSCP 015	Psychological Assessment Practicals & Clinical Posting – III		#50	50	100
MSCP 016	Dissertation		##70	30	100
Group 'C'					
*OE – VII or OE - VIII	Hospital Administration	60min	\$25	25	50
	Psychiatric Nursing	60min	\$25	25	50
TOTAL			245	205	450

Internal assessment details:

***Group A:** 50 Marks IA would comprise of two internal assessment tests within semesters, class presentations and assignment.

#Group B: 50 marks IA would comprise of psychodiagnostic observation report submission, case presentation & practical records. 50 marks for ESE practical examinations with Viva/voce

##Dissertation: Submitted Dissertation will be evaluated internally for 70 marks and 30 marks will be based on viva voce along the ESE with an external examiner.

\$Group C: 25 Marks IA would comprise of assignment submission on a given topic and class presentation.

Dissertation:

Each candidate pursuing M.Sc. Clinical Psychology course is required to carry out research work on selected topic under the guidance of faculty of the department. The results of such a work shall be submitted in the form of dissertation.

The dissertation is aimed to train a graduate student in research methods and techniques. It includes identification of problem, formulation of a hypothesis, search and review of literature, getting acquainted with recent advances, designing of a research study, collection of data, critical analysis, and interpretation of results and drawing conclusions.

Every candidate shall submit a synopsis containing particulars of proposed dissertation work within 12 months (by the end of second semester) from the date of commencement of the course on or before the date notified by the University. The synopsis shall be sent through proper channel after getting approval of the Ethics Committee of the College.

The dissertation should be written under the following headings:

- I. Introduction**
- II. Aims or objectives of study**
- III. Review of literature**
- IV. Material and methods**
- V. Results**
- VI. Discussion**
- VII. Conclusion**
- VIII. Summary**
- IX. References**
- X. Tables**
- XI. Annexure**

Dissertation should be neatly typed in double line spacing on one side of paper (A4 size, 8.27" x 11.69") and bound properly. Spiral binding should be avoided. A declaration by the candidate for having done the work, along with a recent passport size color photograph of the candidate (to be affixed on the declaration sheet) should also be included, and the guide, head of the department and head of the institution shall certify the dissertation.

Four copies of Dissertation shall be submitted to the university, through proper channel, along with a soft copy (CD), 4 months before the final examination. It shall be assessed by two examiners appointed by the university, one internal and one external. Acceptance of the dissertation is a pre-requisite for a candidate to be permitted to appear for final examination. If there are corrections in the dissertation suggested by the examiner(s), the candidate may make such corrections and maybe allowed to re-submit in time and if approved can appear for the examination.

Guide:

Eligibility Criteria:

Teaching faculty of the department at the level of Asst. Professor recruited as per either RCI or UGC guidelines and above could be eligible to guide the dissertation of the students.

University Examination:

1. **Written Examination:** Written examination shall consist of three theory papers, each of three hours duration.
2. **Viva-Voce Examination** shall cover theoretical knowledge and dissertation, and aim at assessing depth of knowledge, logical reasoning, confidence, and oral communication skills.
3. **Clinical examination** shall aim at examining acquired clinical skills of candidates of Clinical Psychology profession.

Board of Examiners:

It shall consist of at least one internal and one external faculty for End Semester Examination evaluation of written examination, practicals, Viva – voce & Dissertation evaluation.

Criteria for declaring as pass in JSSAHER examination:

Candidate should secure minimum 50% marks in each subject Theory including IA marks and Practical including IA Marks separately. Theory and Practical shall be considered as separate course. If a candidate passes in practical examination but fails in theory paper, such candidate is exempted from reappearing for practical but shall have to appear for theory paper in which subject paper candidate in has failed the subsequent examinations or vice versa. Those candidates who failed in one or more subjects shall have to appear only in the subject so failed, in the subsequent examinations

A candidate securing less than 50% of marks as described above shall be declared to have failed in the examination. Failed candidate may appear in subsequent examination upon payment of examination fee to the JSSAHER.

Grading of performances:

The bridge course conducted for non-medical graduates only will have an institutional exam carrying 6 credits. The student must have procured minimum of 50% of marks in average to be eligible for obtaining full credits. The credits obtained by the student during the bridge course will not be included in the calculation for CGPA.

Letter grades and grade points allocations:

Based on the performances, each student shall be awarded a final letter grade at the end of the semester for each course.

Letter grades and grade points equivalent to Percentage of marks and performances:

Percentage of Marks Obtained	Letter Grade	Grade Point	Performance
90.00 – 100	O	10	Outstanding
80.00 – 89.99	A	9	Excellent
70.00 – 79.99	B	8	Good
60.00 – 69.99	C	7	Fair
50.00 – 59.99	D	6	Average
Less than 50	F	0	Fail
Absent	AB	0	Fail

A learner who remains absent for any subject(s) in the end semester examination shall be assigned a letter grade of AB and a corresponding grade point of zero. He/she should reappear for the same in due course.

The Semester grade point average (SGPA)

The performance of a student in a semester is indicated by a number called 'Semester Grade Point Averages. (SGPA). It is the ratio of total credit points secured by a student in various courses in a semester and the total course credits of that semester. It shall be expressed up to two decimal places. The credit point (CP) of a course is equal to Credits (C) x Grade Point (G). Total Credit Point of a semester is sum of credit points (CP) of all courses of that semester.

Thus, the SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses in a semester and the sum of the number of credits of all the courses in that semester, i.e

$$\text{SGPA} = \frac{\sum (C_i \times G_i)}{\sum C_i}$$

Where C_i is the number of credits of the i th subject and G_i is the grade point scored by the student in the i th subject. Where i indicates the subject number.

For example, if a student takes five courses (Theory/Practical) in a semester with credits C_1, C_2, C_3, C_4 and C_5 and the student's grade points in these courses are G_1, G_2, G_3, G_4 and G_5 , respectively, and then students' SGPA is equal to:

$$\text{SGPA} = \frac{C_1G_1 + C_2G_2 + C_3G_3 + C_4G_4 + C_5G_5}{C_1 + C_2 + C_3 + C_4 + C_5}$$

The SGPA shall be expressed up to two decimal places. The SGPA for each semester shall be calculated and awarded only for those students who have passed all the courses of that semester.

Cumulative Grade Point Average (CGPA)

It is a measure of overall cumulative performance of a student over all semesters. The CGPA is the ratio of total credit points secured by a student in various courses in all semesters and the sum of the total credits of all courses in all the semesters. It is expressed up to two decimal places. CGPA shall be awarded only on successful completion of the Programme (all Four semesters), and it is given in final semester grade report card/final transcript.

CGPA shall be calculated as follows:

$$\text{CGPA} = \frac{\text{CP}_1 + \text{CP}_2 + \text{CP}_3 + \text{CP}_4 + \text{CP}_5 + \text{CP}_6}{\text{C}_1 + \text{C}_2 + \text{C}_3 + \text{C}_4 + \text{C}_5 + \text{C}_6}$$

Where CP1, CP2, CP3,.. is the total credit points for semester I, II,III,.... and C1, C2, C3,.... is the total number of credits for semester I,II,III,....

Declaration of Class:

Distinction: A successful candidate passing the Deemed to be University examination in first attempt will be declared to have passed the examination with distinction if the grand total aggregate mark is 75% and above.

First class: Aggregate mark is 65% and 74%.

Pass class: Aggregate mark is 50% and 64%.

Class shall be awarded only on successful completion of the programme (all six semesters), and it is given in final semester grade report card/final transcript. The class shall be awarded on the basis of CGPA as follows:

First Class with Distinction = CGPA of. 8.00 And above

First Class = CGPA of 7.00 to 7.99

Second Class = CGPA of 6.00 to 6.99

The candidates who secure a CGPA of 8.00 or above and have passed in all the subjects in all the semesters in first attempt shall be declared to have obtained First Class with Distinction.

Carry over system:

A candidate shall be allowed to academically progress (shall attend the classes continuously from first semester to third semester regardless of examination and results). However, the candidate should have passed JSSAHER Examinations of all papers from first to third semester to enter fourth semester.

Award of Degree:

A candidate who has passed all the subjects of I semester to IV Semester shall be eligible for award of Degree

Award of Ranks/Medals:

Ranks and medals shall be awarded on the basis of final CGPA. However, candidates who fail in one or more subjects during the course shall not be eligible for the award of ranks.

Maximum Duration for completion of the course of study:

The maximum duration for the completion of the course shall be fixed as double the actual duration of the course and the students have to pass within the said period, otherwise candidate shall re-register for the course.

Revaluation/Retotaling of answer papers:

There is no provision for revaluation of the answer papers of failed candidates in any examination. However, the failed candidates can apply for re-totaling by paying prescribed fee.

COURSE CONTENT

Paper Code	Paper
Semester – 1	
MSCP 01	Theories & evolution of Modern Psychology
MSCP 02	Clinical Psychology
MSCP 03	Psychological Test Development & Assessment
MSCP 04	Psychological Assessment: Practicals & Clinical Posting - I
DSE – 1	School Mental Health
DSE – 2	Psychology of Addiction
OE – 1	Basics in Psychiatry
OE – 2	Speech & Hearing
Semester – II	
MSCP 05	Child Psychopathology
MSCP 06	Adult Psychopathology
MSCP 07	Research Methods in Clinical Psychology
MSCP 08	Psychological Assessment: Practicals & Clinical Posting - II
DSE – 3	Organizational Mental Health
DSE – 4	Psych-oncology
OE – 3	Occupational Therapy
OE – 4	Psychiatric Social Work
Semester – III	
MSCP 09	Advanced Cognitive Psychology
MSCP 10	Advanced Statistics
MSCP 11	Counselling & Guidance
MSCP 12	Psychological Assessment: Practicals & Clinical Posting - III
DSE – 5	Family Interventions
DSE – 6	Neuropsychological rehabilitation
OE – 5	Physiotherapy
OE – 6	Neuroimaging and Brain Studies
Semester – IV	
MSCP 13	Psychotherapy
MSCP 14	Applied Health Psychology
MSCP 15	Clinical Posting & Practicals -IV
MSCP 16	Dissertation#
OE – 7	Hospital Administration
OE – 8	Psychiatric Nursing

M.Sc. Clinical Psychology – Semester – I

Paper Code:

MSCP 001

Theories & Evolution of Modern Psychology

L: T: P

3: 1: 0

Syllabus:

Unit 1: Philosophical influence on psychology

- Contribution of Descartes; mechanism.
- The mind and body problems.
- Contributions of empiricism to modern psychology.

Unit 2: The beginnings of experimental psychology

- Helmholtz's contributions,
- Weber's work on threshold,
- Fechner's method of psychophysics
- Wilhelm Wundt's study of conscious experience and the method of introspection.

Unit 3: Schools of Psychology: An overview - I

- Structuralism: Eickner's element of consciousness and method of introspection
- Functionalism: Darwin's influence on psychology
- William James- Principles of psychology, contributions, and criticisms.

Unit 4: Schools of Psychology: An overview – II

- Behavioural school of psychology: Watson's contributions
- Gestalt school of psychology: principles of perceptual organization.
- Kurt Lewin's field theory..

Unit 5: Learning theories

- Pavlov's classical conditioning; experimental design- stimulus generalization, stimulus discrimination, higher order conditioning.
- Skinner's operant conditioning; schedules of reinforcement, shaping
- Bandura's social cognitive theory and behavior modification
- Kohler's insightful learning – experimental work on chimpanzees.

Unit 6: Personality theories

- Freud's psycho-sexual and psycho-dynamic theories
- Gordon Allport's Trait theory
- Hans Eysenck's Type theory
- Carl Jung's- Collective unconsciousness.
- Henry Murray's – Biological theories of personality, Needs and press theory

Unit 7: Humanistic and existential theories

- Abraham Maslow's theory – hierarchy of needs and self- actualization.
- Carl Roger's – Person centered theories, fully functioning person.
- Rollo May- Existential theory: contributions to clinical practice.

Unit 8: Psychology in Eastern Perspective

- Psychological Insights in Vedas and Upanishads
- Psychology in perspectives of Samkhya, Vaishehika, Mimansa
- Yoga Psychology- an overview
- Psychology in Buddhism & Jainism
- Mental health in Ayurvedic Perspective

Reference:

Rao, K.R. & Paranjape, A.C. (2016) *Psychology in the Indian Tradition*, Springer New Delhi.

Schultz, D.P. & Schultz, S.E. (2011) *A History of Modern Psychology*, 10th edition, Cengage Wadsworth, USA.

Rutherford, A. (2009). *Beyond the box: B. F. Skinner's technology of behavior from laboratory to life*. Toronto: University of Toronto Press

Rao, H.S.R & Sinha D. (1997). *Asian perspectives in Psychology (Vol. 19)*. Sage publications, New Delhi.

Krapp, K (2006) *Psychologists & their theories for Students*, Thomson Gale, USA

Kuppuswamy, B. (1990). *Elements of ancient Indian Psychology (1st ed.)*. New Delhi: Konark Publishers.

Safaya, R. (1976), *Indian Psychology – A Critical and historical analysis of the psychological speculations in Indian Philosophical literature*, Munshiram Manoharlal Publishers Pvt. Ltd. New Delhi.

M.Sc. Clinical Psychology – Semester – I

Paper Code:
MSCP 002

Clinical Psychology

L: T: P
3: 1: 0

Syllabus:

Unit – I Introduction to Clinical Psychology

- Definition, scope & Evolution of Clinical Psychology
- Concepts of Mental Health & Illness: Models of Normality & Abnormality.
- Diagnosis and Classification Issues: ICD-10, ICD -11, DSM-IV TR & DSM-5
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Unit – II Basics in Clinical Psychology Practice

- Code of conduct
- Types of Clinical Interviews
- Importance of Rapport & Relating with clients
- Communication Strategies
- Diagnostic Interviewing & Case management
- Evidence based model of clinical psychology practice & Clinical Judgement

Unit – III: Socio-cultural correlates of Mental illness

- Stigma,
- discrimination,
- poverty,
- migration,
- religion,
- gender & ethnicity

Unit - IV: Individual & Familial influences on mental health:

- self-concept,
- self-regulation,
- self-perception,
- parenting styles,
- communication & attachment styles in the family,
- attribution theory
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Unit – V: Contemporary Clinical Psychology

- Role of contemporary Clinical Psychologists in various fields
- Administration,
- recruitment boards,
- education & Training institutes,
- army & policy making.

Unit – VI: Areas of Specialization in Clinical Psychology

- Clinical Neuropsychology
- Geropsychology
- Psych oncology
- Forensic Psychology

Unit – VII Clinical Psychology – Indian Scenario

- Evolution of Clinical Psychology in India, Contributions by eminent psychologists.
- Clinical Psychology Training and Practice in India
- Cultural, legal & ethical issues in clinical psychology
- Recent Developments & Future Directions in Clinical Psychology

References:

Bhushan, B (2017) *Eminent Indian Psychologists – 100 years of Psychology in India*, Sage Publication, New Delhi.

Hecker, J. E., & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics*. Pearson Education, New Zealand.

Hunsley, J, & Lee, C.M. (2010) *Introduction to Clinical Psychology – An evidence Based Approach*, John Wiley & Sons. Inc. USA

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Plante, T.G. (2005) *Contemporary Clinical Psychology*, 2nd Edition, John Wiley & Sons. Inc. Canada

Pomerantz, M.A. (2011). *Clinical Psychology: Science, Practice & Culture*, 2nd Edition, Sage Publications, New Delhi

Trull, T.J. (2005) *Clinical Psychology*, 7th Edition, Thomson Wadsworth, USA

M.Sc. Clinical Psychology – Semester – I

Paper Code:

MSCP 003

Psychological Assessment & Test Development

L: T: P

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Syllabus:

Unit – I: Psychological Tests & Psychometry

- Evolution of Psychological Testing
- Psychometry – as a special field
- Need for Psychological Assessment

Unit –II: Test Development

- Application of results, what is being measured?
- Test construction: item writing, item formats, scale and sub-scale construction, response sets, response styles, item response theory.
- Item analysis: item scoring, item analysis, item discrimination, item characteristics.

Unit – III: Test standardization

- Reliability, types of reliability and measures
- Validity: types of validity and measures
- Development of Norms
- Test revision and documentation

Unit – IV Psychological Assessment: Process

- Planning the Assessment
- Administering the tests & Gathering Data
- Processing the assessment data
- Communicating Assessment findings

Unit - V: Dimensions of testing: Cognitive assessments

- Theories of intelligence,
- Intelligence testing & Assessment Batteries
- Achievement and Aptitude measures
- Cognitive functioning assessments
- Developmental functioning & maturity scales

Unit – VI: Dimensions of testing: Personality Assessments

- Objective methods: personality inventories and questionnaires
- Projective methods: inkblot, apperception and projective drawing, sorting

Unit VII: Dimensions of testing: Attitudes, values and interests

- Ways of studying and measuring attitudes, related scales
- Formation and changes, study of values
- Assessment of interests, adjustment,
- Assessment of knowledge, attitude and practices.

Unit VIII: Psychological assessment in Clinical setting:

- Challenges in choosing appropriate tests
- Client rated / clinician rated rating scales
- Diagnostic tests and their judicial use
- Integrating results and
- Psychodiagnostic formulation

Unit – IX: Behavioural Assessment

- Interviewing and observation methods
- Behavioural Assessment Methods
- Functional Behavioural Analysis
- Applied behaviour analysis
- Integration and decision making

Unit X: Psychological assessment: Challenges.

- Issues of faking- Basic issues, psychometric issues,
- techniques to discourage faking, acquiescence, test anxiety, test wiseness,
- Role of computers- computer based administration, scoring and interpretation,
- adaptive testing and computers,
- ethical issues involved,
- future of computerized psychological testing

References:

Gary Growth-Marnat (2003) *Handbook of Psychological Assessment*, 4th Edition, John Wiley & Sons, Inc., Hoboken, New Jersey

Antony, M.M. & Barlow, D.H. (2010) *Handbook of Assessment and Treatment Planning for Psychological Disorders*, The Guilford Press, New York

Domino, G & Domino, M.L. (2006) *Psychological Testing – An Introduction*, Cambridge University Press, New York

Anastasi, A & Urbina, S (2010) *Psychological Testing*, 7th Edition, PHI Learning Private Ltd, New Delhi. 23

M.Sc. Clinical Psychology – Semester – II

Paper Code:
MSCP 005

Child Psychopathology

L: T: P
3: 1: 0

Syllabus:

Unit – I Introduction to Child Psychopathology

- Emergence of the field of child psychopathology
- Perspective in current diagnostic system
- Life span & multicultural perspectives
- Nature vs nurture phenomena
- Issues of exceptional children vs normal children
- Challenges in child clinical psychology practice

Unit – II Theories of Human Development

- Psychosexual Development – Sigmund Freud
- Cognitive development – Jean Piaget
- Social Learning – Bandura
- Moral development - Kohlberg
- Psychosocial development – Erik Erikson & Newman

Unit – III Developmental Disorders

- Intellectual Developmental Disorder
- Specific Developmental disorders of speech and language: Speech articulation, expressive, receptive, acquired aphasia.
- Specific developmental disorders of scholastic skills: dyslexia, dysgraphia, dyscalculia.

Unit – IV Pervasive Developmental Disorders

- Autism Spectrum Disorders
- Pervasive developmental Disorders –Asperger’s Syndrome, Childhood Disintegrative Disorder, and Rett’s Syndrome

Unit – V Behavioral Disorders among children

- Externalizing disorders: - ADHD, ODD & Conduct disorders
- Elimination disorders – Enuresis, Encopresis
- Tic Disorders, feeding disorder, Pica,
- Stereotypical movement, stuttering, cluttering

Unit – VI Emotional Disorders among children

- Communication disorders –selective & elective mutism
- Childhood depression & fear problems
- Anxiety disorders: Separation, Phobic, social anxiety
- Attachment disorders: reactive, disinhibited

Unit - VII: Adolescent & other specific issues

- Addictions: Drug, internet, social media, porn addiction, mobile addiction
- Eating disorders
- Abuse related issues: Child sexual abuse, physical abuse & neglect
- Social concerns: ragging, bullying, foster care, peer influences
- Legal & ethical issues

Unit – VIII: Psychological Issues related to children with other conditions

- Children with Epilepsy, cerebral palsy, thalassemia, and other disorders.
- Differently abled children and Exceptional children
- Institutionalized children, orphans, under foster care,
- Juvenile Offenders, children in correctional institutions.

References:

Carr, A (2006) *The Handbook of Child and Adolescent Clinical Psychology – A contextual Approach*, 2nd Edition, Routledge, Taylor & Francis Group, New York

Cicchetti, D & Cohen, D.J. (2006) *Developmental Psychopathology – Vol 1 – Theory & Method*, 2nd Edition, John Wiley & Sons Inc. USA

Mash, E.J. & Barkley, R.A. (2003) *Child Psychopathology Vol 1 & 2*, – 2nd edition, The Guilford Press, New York

Linda, W (2005), *Essentials of Child Psychopathology*, John Wiley & Sons. Canada

M.Sc. Clinical Psychology – Semester – II

Paper Code:

MSCP 006

Adult Psychopathology

L: T: P

3: 1: 0

Syllabus:

Unit – I: Understanding Psychopathology

- Historical Conceptions
- Contributions of Genetics, Neuroscience.
- Approaches to diagnosis: nomothetic vs polythetic; categorical vs dimensional.
- Overview of disorders of perception, thinking, memory, speech, motor behaviours, sensorium & Cognitive impairments.

Unit - II: Organic Mental Disorder

- Dementia: Types of dementia: Alzheimer's, Parkinson's, Vascular Dementia
- Delirium
- Organic amnestic Syndrome
- Other mental disorders and personality disturbance due to brain disease, damage or dysfunction.

Unit – III: Psychotic Disorders

- Psychosis & Schizophrenia: Types of Schizophrenia
- Schizotypal & Schizoaffective Disorder
- Persistent Delusional Disorders
- Acute & Transient Psychotic disorders.

Unit – IV: Affective Disorders

- Bipolar Affective disorder: Mania, Hypomania
- Depressive disorders: Mild, Moderate, Severe
- Recurrent Depressive Disorder
- Persistent Mood Disorders: Cyclothymia, Dysthymia

Unit – V: Anxiety Spectrum disorders

- Phobic Anxiety disorders: Social Phobia, Specific phobias
- Generalized anxiety disorders
- Panic disorders
- OCD spectrum Disorders

Unit – VI: Disorder related to stress and Adjustment:

- Acute stress reaction
- Post-Traumatic Stress and Adjustment disorders

- Dissociative Disorders
- Somatoform disorders

Unit – VII: Personality Disorders

- Paranoid, Schizoid & Schizotypal personality disorders
- Dissocial, Borderline, Histrionic & Narcissistic personality disorders
- Avoidant, Depressive & Anankastic Personality disorders

Unit – VIII: Behavioural syndromes

- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa
- Nonorganic insomnia
- Impulse control disorders: Trichotillomania, pyromania, kleptomania, pathological gambling

Unit – IX: Disorders of gender identity, sexual preferences, sexual functioning

- Gender Identity disorders: Transsexualism, Dual-role transvestism, Gender identity disorder of childhood
- Disorders of sexual preferences: Fetishism, Fetishistic transvestism, Exhibitionism, Voyeurism, Pedophilia, sadomasochism
- Sexual Dysfunctions: Lack or loss of sexual desire or aversion, Failure of genital response, Orgasmic dysfunction, Premature ejaculation, vaginismus, dyspareunia, Hyper/Hypo sexual drive.
- Sexual development related disorder: Sexual maturation disorder, Ego dystonic sexual orientation, Sexual relationship disorder

Unit – X Substance related & Behavioural Disorders

- Psychoactive Substance Dependence related disorders: Alcohol, marijuana, nicotine, opioids, cocaine: Acute intoxication, harmful use, withdrawal, dependence syndromes.
- Non- Psychoactive substance dependence
- Gaming, Internet and Mobile addiction

References:

Ahuja, N (2011). *A Short Textbook of Psychiatry*, 7th Edition, Jaypee Brothers, New Delhi

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. American Psychiatric Pub.

Carr, A & McNulty, M (2016) *The Handbook of Adult Clinical Psychology: An Evidence based Practice Approach*, 2nd Edition, Taylor & Francis Ltd, London

Davies, D. & Bhugra, D (2004), *Models of Psychopathology*, Open University Press, McGraw-Hill Education, England

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Maddux, J.E. & Winstead, B.A. (2005) *Psychopathology – Foundations for a contemporary understanding*, Lawrence Erlbaum Associates, Publishers, London

Oyebode, F. (2018). *Sims' symptoms in the mind: an introduction to descriptive psychopathology*. 6th edition, Elsevier Health Sciences.

Vyas, J.N. & Ghimire, S.R. (2016) *Textbook of Postgraduate Psychiatry, Vol 1 & 2*, 3rd Edition, Jaypee Brothers, New Delhi

World Health Organization. (1993). *The ICD-10 classification of mental and behavioural disorders: diagnostic criteria for research*, World Health Organization.

M.Sc. Clinical Psychology – Semester – II

Paper Code:

MSCP 007

Research Methods in Clinical Psychology

L: T: P

3: 1: 0

Unit I: Perspectives on research

- Clinical psychology as a scientific discipline
- Scientific research & its significance
- Selecting and writing Research Problem
- Criteria for relevant research

Unit II: Research Preparation

- Formulating research question
- Choosing the topic
- Developing the questions
- Hypothesis-testing versus Exploratory Research Questions
- Types of research questions
- Review of literature
- Writing Proposal, Consultations
- Piloting

Unit III: Research Design

- Meaning and need for research design,
- Features of good design,
- Concepts of research design,
- Types of research design- experimental and non-experimental

Unit IV: Sampling

- Considerations in sampling
- Criteria for sampling
- Characteristics for good sampling
- Probability and non-probability; various methods of sampling - simple random, stratified, systematic, cluster and multistage sampling.
- sampling and non-sampling errors and methods of minimizing these errors

Unit V: Qualitative Methods

- Historical Background
- Phenomenological Approaches
- Types of Phenomenological Research
- Social Constructionist Approaches: Background & Types of Research
- Types of qualitative research, Grounded theory, ethnographic model, narrative model, case studies,

Unit VI: Quantitative methods

- The Process of Measurement
- Domains of Variables
- Measuring Psychological Constructs
- Measurement Sources and Approaches
- Foundations of Quantitative Methods
- Positivism

Unit VII: Qualitative Data Analysis

- Within-case and Cross-case Analysis
- Preliminaries to Qualitative Data Analysis
- Processes in Qualitative Data Analysis
- Good Practice in Qualitative Analysis

Unit VIII: Quantitative Data Analysis

- Data Entry
- Data Checking
- Data Reduction
- Data Exploration
- Statistical Significance Testing for Answering the Research Questions
- Analyzing the Strength and Significance of Quantitative Effects.

Unit IX: Interpretation

- Meaning of Interpretation
- Need for Interpretation
- Understanding the Meaning of the Findings
- Strengths and Limitations of the Study
- Scientific and Professional Implications
- Technique of Interpretation
- Precaution in Interpretation

Unit X: Dissemination of research

- Dissemination
- Academic article
- Writing up
- Publication
- Authorship Issues
- Utilization

References:

Barker, C., Pistrang, N. & Elliott, R. (2002) *Research Methods in Clinical Psychology – An Introduction for Students and Practitioners*, 2nd Edition, John Wiley & Sons, Ltd, USA

Kothari, C.R. & Garg, G. (2019) *Research Methodology – Methods and Techniques*, 4th Edition, New Age International Publishers, New Delhi

Singh, A.K. (2017) *Tests, Measures and Research Methods in Behavioural Sciences*, Bharati Bhawana Publishers & Distributors, New Delhi

M.Sc. Clinical Psychology – Semester – III

Paper Code:

MSCP 009

Advanced Cognitive Psychology

L: T: P

3: 1: 0

Unit – I: Advanced Cognitive Psychology

- Definition & Scope of cognitive psychology
- Major Principles & Paradigms
- Influence of technological advancements in brain studies in cognitive psychology
- Role of Psychophysics & psychometrics

Unit – II: Primary Cognitive Functions:

- Definition, classification, Theories, Models & assessments of Attention & Concentration
- Sensation & Perception
- Memory
- Consciousness

Unit – III: Higher order cognitive functioning:

- Definition, classification, Theories, Models & assessments of Problem Solving
- Reasoning & Decision making
- Language processing
- Intelligence
- Meta-cognition

Unit - IV: Introduction to Neuropsychology

- Definition & Scope of Neuropsychology
- Emergence of Neuropsychology
- Localization & Lateralization
- Integrated theories of brain function
- Modern neuropsychology and emerging areas

Unit – V: Central Nervous System: structure & functions

- Organization and functions of the Nervous system
- Spinal Cord & Anatomical sub-Divisions of Brain
- Lobes of Brain
- Cytoarchitecture & modular organization
- Biochemistry of Brain – an overview

Unit VI: Clinical Neuropsychology

- Frontal lobe syndrome
- Temporal lobe syndrome
- Occipital lobe syndrome
- Parietal Lobe syndrome

Unit VII: Assessment Methods in Neuropsychology

- Role of Neuroimaging techniques – CT, PET, MRI, fMRI
- Brain Studies,
- Neuropsychological assessment- Batteries and tests,
- Approaches to neuropsychological assessments.
- Issues and challenges in neuropsychological assessment.

Unit VIII: Neuropsychological Rehabilitation

- Principles, objectives and methods
- Rehabilitation in TBI and other psychiatric conditions
- Computer based retraining

References:

Beaumont, J.G. (2008), *Introduction to Neuropsychology*, 2nd Edition, The Guilford Press, New York

Zillmer, E.A., Spiers, M.V. & Culbertson, W.C. (2008) *Principles of Neuropsychology*, 2nd Edition, Thomson Wadsworth, USA

Clark, D.L., Boutros, N.N., & Mendez, M.F (2010), *The Brain and Behavior: An Introduction to Behavioral Neuroanatomy*, 3rd Edition, Cambridge University Press, Cambridge

Hebben, N. & Milberg, W (2009) *Essentials of Neuropsychological Assessment*, 2nd Edition, John Wiley & Sons, Inc. New Jersey.

Galotti, K.M. (2013). *Cognitive Psychology: In and Out of the Laboratory*. 5th Edition. Sage Publications Inc.

Eysenck, M.W. & Keane, M.T. (2015) *Cognitive Psychology: A Student's Handbook*. 7th Edition. Psychology Press.

Kellogg, R.T. (2007) *Fundamentals of Cognitive Psychology*. Sage Publications

Guilford, J. P. (1954). *Psychometric methods: By J.P. Guilford*. 2d ed. New York: McGraw-Hill.

M.Sc. Clinical Psychology – Semester – III

Paper Code:

MSCP 010

Advanced Statistics in Psychology

L: T: P

3: 1: 0

Syllabus:

Unit – I: Statistics & Psychology

- Basic Concepts in statistics
- Probability distributions
- Measures of Central tendency & Dispersion

Unit – II: Hypothesis Testing concepts & Procedures

- Formulation & Types
- Steps of Hypothesis testing
- Type I and Type II errors
- level of significance, power of the test & p-value.
- Concept of standard error and confidence interval.

Unit – III: Parametric Statistics

- Requirements
- Comparing Means – t tests, z tests
- Analysis of Variance & covariance – One Way, Two-Way, repeated measures ANOVA & ANCOVA
- Linear Correlation & Regression Analysis

Unit – IV: Non-Parametric Statistics

- Requirements
- Tests for goodness of fit & Chi-square Test
- one-sample tests; two-sample tests – Kolmogorov-Smirnov test,
- k-sample tests - Kruskal Wallis test, and Friedman test,

Unit – IV Multivariate Statistics

- Multivariate regression analysis
- factor analysis, cluster analysis,
- discriminant function analysis, path analysis,
- MANOVA

Unit - V: Epidemiological statistics

- Rates- Prevalence and incidence; Types- Prospective and retrospective studies.
- Diagnostic Efficiency Statistics (sensitivity, specificity, predictive values).
- Risk Estimation- odds ratio and survival analysis.

Unit – VI: Interpretation, Presentation & current trends

- Technique of Interpretation
- Precaution in Interpretation
- Reporting results
- Oral Presentation and graphical presentation of analysis & results.

Unit – VII: Use of Computers for statistical analysis & SPSS

- Choosing appropriate software
- Precautions in using software packages
- Data entering and analysis
- Graphical Representations

References:

Mangal, S.K. (2004) *Statistics in Psychology & Education*, 2nd edition, PHI Learning Private Ltd, New Delhi.

Aron, A., Aron, E.N. & Coups, E.J. (2012) *Statistics for Psychology*, 4th Edition, Pearson Prentice Hall, New Delhi

Jewell, N.P. (2009) *Statistics for Epidemiology*, Chapman & Hall/CRC, New York

M.Sc. Clinical Psychology – Semester – III

Paper Code:

MSCP 0011

Counselling & Guidance

L: T: P

3: 1: 0

Unit – I: Introduction

- Definitions of Counselling
- Types of Counselling
- Foundations of Counselling
- Scope of counselling
- Legal and ethical issues in counselling

Unit – II: Counselling skills and techniques

- Counsellor's Competence, education & training
- Effective Communication skills
- Counselling micro-skills
- Non-verbal & Metaphorical Techniques
- Expressive Techniques: Art, Dance, Drama etc.

Unit – III: Individual Counselling – Theoretical approaches

- Psychoanalytical Approach
- Client-centered approach
- Cognitive behavioural approach
- Existential, Humanistic & Gestalt approaches
- Transactional analysis

Unit – IV: Group Counselling & its dynamics

- Definitions, Concept & Principles
- Group process: stages of development
- Leadership & membership dynamics
- Organizing and evaluating group activity
- Group Counsellor Competencies

Unit – VI: Counselling in Educational Settings

- Counselling at various levels: elementary school child, middle and secondary school levels,
- Educational Counselling and curriculum
- Role of various stake holders: teachers, parents, peers in counselling
- Handling various emotional and behavioural problems of children
- Parent- teacher – child interaction to promote school mental health

Unit – VII: Career Guidance & Counselling

- Theories of career development
- Process of vocational/ career counselling

- Exploration of interests and contract setting
- State of critical decision
- Difference between career counselling and career guidance
- Counsellor's role in career counselling

Unit – VIII: Couple, Marital & Family Counselling

- Family group consultation
- Counsellor skills and competencies in family counselling
- Approaches to family, couple counselling
- Pre-marital Counselling
- Marriage Counselling
- Dynamics of family counselling.

Unit – IX: Correctional Counselling

- Scope and purpose of Correctional Counselling
- Punishment vs Treatment
- Focus of Correctional counselling
- Applying Restorative Justice models in the correctional process
- Restorative justice conferencing with juvenile offenders.

Unit – X: Contemporary status of counselling & Guidance in India

- Present Status Counselling practice in India
- Online Counselling the new trend.
- Legal & Ethical issues
- Role of counsellors in legal aspects.

References:

Corey, G (2012), *Theory & Practice of Group Counselling*, 8th Edition, Brooks/Cole, Cengage Learning, USA

Manthei, R. (2005) *Counselling: The Skills of Finding Solutions to Problems*, Routledge, Taylor & Francis e-Library, New Zealand

Palmer, S. (2000) *Introduction to Counselling and Psychotherapy- The essential guide*, Sage Publications, Great Britain

Thompson, R.A., (2003), *Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families, and Our Environment*, 2nd Edition, Routledge Taylor & Francis Group, New York

Kottler, J.A. & Shepard, D.S. (2008), *Introduction to Counseling - Voices from the Field*, 6th Edition, Thomson Brooks/Cole, USA

Nathan, R. & Hill, L (2006), *Career Counselling*, 2nd Edition, SAGE Publications Ltd,

New Delhi.

Flanagan, J.S. & Flanagan, R.S. (2004) *Counseling and Psychotherapy theories in context and Practice*, John Wiley & Sons, Inc, New Jersey.

Rao, S.N & Sahajpal, P (2013) *Counselling & Guidance, 3rd Edn*, Tata McGrawHill Edu Pvt. Ltd, New Delhi.

M.Sc. Clinical Psychology – Semester – IV

Paper Code:
MSCP 0013

Psychotherapy

L: T: P
3: 1: 0

Syllabus:

Unit – I: Introduction to Psychotherapy

- Counselling vs Psychotherapy
- Definition & Scope of psychotherapy
- Therapeutic relationship
- Psychotherapy formulation
- Psychotherapist's orientation & Competence

Unit – II: Psychodynamic Psychotherapies & Psychoanalysis

- Development of Psychoanalysis
- Psychodynamic Psychotherapy – concepts & Techniques
- Brief dynamic Psychotherapy
- Interpersonal Psychotherapy
- Ego analysis
- Psychoanalysis – a critical review

Unit – III: Humanistic, Experiential Therapies

- Humanistic & Existential Psychotherapies – theoretical concepts & Methods
- Gestalt Therapy
- Client Centered Therapy

Unit – IV: Behavior Therapy Techniques

- Emergence of Behaviour therapies
- Behaviour Therapy – Theoretical concepts
- Behaviour Analysis
- Conditioning & Counter Conditioning methods
- Social Skills training
- Behaviour modification techniques

Unit – V: Cognitive Modification Procedures

- Rational Emotive Behavior Therapy
- Cognitive Therapy & Cognitive restructuring
- Cognitive Behavior Therapy – principles and techniques

Unit – VI: Third wave- evidence based Psychotherapies –

- Mindfulness based psychotherapies
- Acceptance & Commitment Therapy
- Holistic Approaches

Unit – VII: System Oriented Therapies:

- Family Therapy: Techniques & Dynamics
- Couple Therapy
- Interpersonal psychotherapy
- Systemic Therapy approaches

Unit – VIII: Other evidence based conventional Therapies

- Transactional Analysis
- Narrative Therapy
- Reality Therapy
- Play & Expressive Art Therapy
- Reminiscence & Bibliotherapy

References:

Hecker, G.L. & Thorpe, J.E. (2011) *Introduction to Clinical Psychology- Science, Practice & Ethics*, Pearson Publications, New Delhi, India

Seligman, L. & Reichenberg, L.W. (2011) *Theories of Counselling & Psychotherapy – Systems, Strategies & Skills*, 3rd Edition, PHI Learning Private Limited, New Delhi, India

Pomerantz, M.A. (2011). *Clinical Psychology: Science, Practice & Culture*, 2nd Edition, Sage Publications, New Delhi

Beck, J.S. (2011) *Cognitive Behaviour Therapy – Basics & Beyond*, 2nd Edition, New Guilford Press, New York

Lemma, A (2003) *Introduction to The Practice of Psychoanalytic Psychotherapy*, Wiley, England

Sharf, R (2012) *Theories of Psychotherapy and Counseling: Concepts and Cases*, Brooks/Cole, Cengage Learning, USA

Wolberg, L.R. (1995). *The techniques of psychotherapy* (4th ed.). New York: Grune & Stratton.

M.Sc. Clinical Psychology – Semester – IV

Paper Code:
MSCP 0014

Applied Health Psychology

L: T: P
3: 1: 0

Syllabus:

Unit – I: Introduction to Health Psychology

- Definition & Scope of health psychology
- Major principles and models of health psychology
- Mind Body Relationship
- Bio-psycho-social Model in Health psychology
- Systems of the body and sub fields of health psychology.
- Role of Psychologists in Healthcare setting

Unit – II Health Behaviour and Primary Prevention

- Health behaviour: enhancing and compromising behaviours
- Changing Health Habits
- Stages of behavioural change
- Cognitive behavioural approaches to promote health behaviour
- Health habit & Lifestyle modification.

Unit - III: Patient & Treatment Setting

- Medical Communication – Doctor & Patient perspectives
- Empathy & Listening
- Breaking the bad news
- Care-giver management
- Promoting Treatment adherence
- Practitioner well-being

Unit – IV Stress & Coping

- Stress: definition, types and theories.
- Moderators of Stress experience
- Role of stress in various illness
- origins, physiology of stress, dimensions,
- Stress and illness, sources of chronic stress.

Unit V – Stress Management:

- Stress and resilience, locus of control
- Coping- external resources, outcomes, interventions
- Social support - Effects, bio-psycho-social pathways, enhancement
- Stress management: need, strategies

Unit VI- Coping with health conditions

Identifying psychosocial risk factors, consequences and Management of

- Diabetes and hypertension,
- Heart disease,
- Stroke,
- Insomnia.
- Obesity & Unhealthy Habits

Unit VII – Psychological aspects and management of pain

- Unidimensional conceptualization of chronic pain – biomedical, psychogenic, secondary gain models & behavioural conceptualizations
- Integrative, multidimensional model – Gate control theory
- Psychology of pain- Affective and cognitive factors, Proprioception
- Cognitive Behavioural approaches to pain and Multidisciplinary pain rehabilitation programs.

Unit –IX – Psychological aspects and Management of chronic and terminal illness.

- Personal issues and Emotional responses to chronic health disorders
- Coping and co-management
- HIV and AIDS – psychosocial impact and coping
- Cancer – Identification of psychosocial issues and factors & management.
- Psychological issues in advancing and terminal illness –psychological issues and stages of adjustment, problems of survivor

Unit X- Psychological aspects and management related to death and suicide

- Meaning of death across lifespan,
- death anxiety,
- bereavement psychological issues and stages of adjustment,
- problems of survivor
- Grief counselling

References:

Dimatteo, M.R., & Martin, L.R. (2002). *Health Psychology*. New Delhi: Pearson.

Ogden, J, (2003) *Health Psychology – A Textbook, 2nd Edition*, Open University Press, UK.

Lambert, M.J (2004). *Handbook of Psychotherapy and behaviour change* (5th ed.). New York: John Wiley and Sons.

Taylor S.E. (1999) *Health Psychology*, 4th Edition, McGraw Hill, New Delhi

Feldman, M.D. & Christensen, J.F. (2008) *Behavioural Medicine – A Guide for Clinical Practice*, 3rd Edition, McGraw Hill, New Del

M.Sc. Clinical Psychology – Semester – I

Paper Code:

DSE - I

School Mental Health

L: T: P

0: 2: 0

Syllabus:

Unit I: Introduction to School Mental Health

- Relevance and Significance,
- School Mental Health Movement in India,
- Central and State government policies,
- Changing and expanding the role of psychologists; collaborations with schools.
- models and methods; consultation issues.
- Opportunities and challenges for a school mental health professional.

Unit II: Scope of School Mental Health Profession:

- Identification and management of developmental disorders of school children.
- Psychological signs and characteristics of various emotional and behavioural problems,
- Children with Special Needs, Inclusive Education and related challenges.
- School as a venue of managing and preventing psychological problems,
- Early identification of physical and psychological disorders in the school settings.
- Legal and Ethical issues, Bullying, Abuse, Neglect, discrimination, Punishment vs constructive behaviour modification
- Role of Clinical psychologist as a school mental health promoter handling the dynamics of teaching, parenting and childhood psychological challenges.

Unit III: Promotion of Mental Health in school settings

- Comprehensive Mental Health Care.
- School based mental health promotion models,
- Promoting quality of life among school age children,
- Promotion of mental health among Teachers, parents and school personnel.
- Handling Peer relationships issues among children and preventing deviant behaviours.

References:

Brown, R.T (2004), *Handbook of Pediatric Psychology in School Settings*, Lawrence Erlbaum Associates Publishers, London

Weist, M. D., Evans, S. W., & Lever, N. A. (Eds.). (2008). *Handbook of school mental*

health: Advancing practice and research. Springer Science & Business Media.

Weist, M. D., Lever, N. A., Bradshaw, C. P., & Owens, J. S. (Eds.). (2013). *Handbook of school mental health: Research, training, practice, and policy.* Springer Science & Business Media.

M.Sc. Clinical Psychology – Semester – I

Paper Code:

DSE - II

Psychology of Addiction

L: T: P

0: 2: 0

Unit – I: Addiction and theories of addiction:

- Definition and process; concept of disease vs choice
- Subjective aspects of drug use: Craving, intoxication, tolerance, withdrawal and cognitive deficits.
- Theories of addiction

Unit – II: Psychoactive substances:

- Introduction, history and theoretical basis of psychoactive substances- alcohol Nicotine, Cannabis, Stimulant, volatile solvents.
- Genetic influences related to substance use.
- Pharmacological and psychological management of psychoactive substance use disorder; recovery and Relapse prevention,
- Support groups and other management strategies

Unit – III: Internet and other addiction-

- Introduction to the Psychology of Technology; Consequences of Watching Violence on Videos, Movies and Online Gaming.
- Internet And Gaming Addiction. Introduction, Scope; Warning Signs, Assessment and Causes; Typology-Subtypes.
- Cyber-sex Addiction, Cyber-Relations Addiction, Net Compulsions, Information Overload and Computer Addiction; pornography addiction. Treatments And Intervention

References:

Fields, R. (2013). *Drugs in Perspective: Causes, Assessment, family, Prevention, Intervention and Treatment*, (8th Edition). McGraw-Hill Companies Inc.

Galanter M & Kleber HD (Eds.) (2004) *Textbook of Substance Abuse Treatment*, 3rd edition. Washington DC: American Psychiatric Press.

McKim, W. A. (2013). *Drugs and Behavior*. Chapter 4: Neurophysiology, neurotransmitters, and the nervous system.

Heyman, G.M., (2015) *Opiate Use and Abuse, History of*. In: James D. Wright (editor-in-chief), *International Encyclopedia of the Social & Behavioral Sciences*

M.Sc. Clinical Psychology – Semester – II

Paper Code:

DSE - III

Organizational Mental Health

L: T: P

0: 2: 0

Unit I: Introduction:

- Importance and significance of mental health in organizations.
- Identification and early assessment of issues.
- Everyday wellbeing and stressors at work and organizations.
- Psychological well-being measures,
- Organizational mental health movement and policy matters.

Unit II: The effects of work stress on mental health

- Physiological risk factors; stress on behavioral outcomes- smoking and caffeine ingestion,
- Sleep disturbances, Absenteeism, the role of goals and aspirations in the stress process,
- Reducing goals as a way of reducing stress,
- Balanced commitment vs resentful adaptation

Unit III: Job control, physical health and psychological well-being:

- Job stress and work- Design theories,
- Job characteristics model,
- Concept of job control,
- Effects of job control on health and well-being, health behaviour,
- Impacts of job control on home life, personality variables,
- Concept of psychological contract and well-being,
- Flexibility at work and employee health,
- stress of work and its impact on women,
- Common coping assumptions, burnout and job stress, well-being in the 21st century.

Reference:

Schabracq, M.J., Winnubst, J.A.M. & Cooper, C.L (2003) *The Handbook of Work and Health Psychology*, Second Edition, John Wiley & Sons, Ltd, England

M.Sc. Clinical Psychology – Semester – II

Paper Code:

DSE - IV

Psych-oncology

L: T: P

0: 2: 0

Unit – I Introduction:

- Introduction to psycho-oncology and oncology,
- types of cancer, etiologies of cancer, myths, and misconceptions about cancer
- Cancer epidemiology Psychiatric co-morbidities and cancer - Anxiety, depression, body dysmorphic disorder, personality disorder, stress, insomnia
- Prevalence, assessment and management

Unit – II Psychosocial issues and Distress Management in Cancer:

- Symptoms of distress, Fear vs. anxiety and feelings- psychodynamics perspective,
- Existential problems causing suffering, Detection, screening for distress and management of distress Quality of life,
- grief reaction and management, fear of treatment, side effects, abandonment, recurrence,
- Resilience, breaking the bad news, visible Physical changes and Invisible changes

Unit – III: Psychosocial Interventions:

- Various therapeutic Methods for supporting Cancer Patients,
- Mindfulness based intervention, Relaxation training –
- Effectiveness for stress reduction, symptom regulation and emotional balance
- Latest research findings. Support group, Cancer prevention and health promotion.
- Palliative care and bereavement.

References:

Brennan, J. (2014) *Cancer in Context: A Practical Guide to Supportive Care* (Oxford Medical Publications Holland,

J., M.D et al. *Psycho-Oncology* 3rd edition; www.oxfordmedicine.com

Jennifer Barraclough *Cancer and Emotion: A Practical Guide to Psycho-oncology*, 3rd Edition; 2002.

Quick reference for oncology clinicians: the psychiatric and psychological dimensions of cancer symptom management. Edited by Jimmie ... International Psycho-Oncology Society (IPOS) Press

Wilber, K. Grace and Grit (1991) *Spirituality and healing in the life and death*, Shambhala Publications, Inc. Boston

M.Sc. Clinical Psychology – Semester – III

Paper Code:

DSE - V

Family Interventions

L: T: P

0: 2: 0

Unit I: Introductions:

- Foundations of Family Therapy,
- Using Genograms in Family Therapy.
- Conceptualizing Families as Human System:
- Foundations of Systems Theory. Applications of Systems Theory.

Unit – II: The Fundamentals of Process of Family Therapy:

- The Developmental Lifecycle of Couples and Families,
- Systemic and Behavioral Treatment Planning,
- Ethics in Family Therapy.

Unit – III: Family intervention – approaches:

- Diagnosis in Family Therapy,
- Strategic Family Therapy,
- structural family therapy,
- Narrative and Postmodern
- Approaches to Family Therapy Bowenian Family Therapy.

References:

Smith-Acuna, S. (2011). Systems Theory in Action: Applications to Individual, Couples, and Family Therapy. ISBN 978-0-470-47582-9.

Patterson, J., Lee Williams, L. Grauf-Grounds, C., Charnow, L. (2009). Essential Skills in Family Therapy: From the First Interview to Termination. ISBN: 978-1-60623-305-4

Walsh, W.M. & McGraw, J.A. (2002). Essentials of Family Therapy: A Structured Summary of Nine Approaches (Second Edition). ISBN 0-89108-297-2

M.Sc. Clinical Psychology – Semester – III

Paper Code:

DSE - VI

Neuropsychological Rehabilitation

L: T: P

0: 2: 0

Unit I: Recovery of cognitive/behavioral functions after brain injury:

- Neuroplasticity and functional reorganization of human brain,
- Measuring effectiveness of neuropsychological interventions-
- Efficacy vs effectiveness,
- Goal setting in neuropsychological rehabilitation

Unit II: Rehabilitation of patients with memory dysfunction:

- Effectiveness of memory rehabilitation and recommendations,
- Individual vs group therapy of memory disorders,
- Computerized and non-computerized methods in memory training,
- Internal and external memory rehabilitation strategies

Unit – III: Assessment of attention disorders and planning rehabilitation Interventions:

- Specific approach in assessment and rehabilitation of attention disorders
- Methods in specific attention disorders rehabilitation

References:

Kolb B., Whishaw I. (2003). Fundamentals of human neuropsychology. New York: Worth Publishers. Chapter 25 (pp. 670-696)

Helm-Estabrooks, N., Albert, M. L., & Nicholas, M. (2013). Manual of aphasia and aphasia therapy (3rd ed.). Austin, TX: Pro-Ed. Chapters 14, 16 (pp.181- 194, 207-228)

Wilson B. (2009). Foreword. Neuropsychological rehabilitation. 19 (6), 785–789

Bartolomeo, P. (2013). Attention disorders after right brain damage. Living in halved worlds. Springer. Chapter 9 (pp. 159-174)

