

M.A. - PSYCHOLOGY

In each Semester, the examination shall consist of six Papers: Four Theory Papers (Paper I to IV) consisting of 100 marks each (Total 400 marks in Theory) and Two Papers in Practical - Paper V [A] and V [B] - consisting of 100 marks each (Total 200 marks in Practicals).

In each Semester, Candidates are required to pass in theory and practical examinations separately.

Semester – I

Theory

PAPER I: Cognitive Psychology: Attention, Perception and Memory

PAPER II: Motivation and Emotion: Nature, Classification and Measurement

PAPER III: Personality Growth

PAPER IV: Research Methodology

Practical

PAPER V A: Tests and Experiments

PAPER V B: Data Collection: Quantitative Methods

Semester – II

Theory

PAPER I: Cognitive Psychology: Language, Problem Solving and Decision Making

PAPER II: Motivation and Emotion: Physiology and Theories

PAPER III: Personality Assessment

PAPER IV: Research Design and Correlational Methods

Practical

PAPER V A: Tests and Experiments

PAPER V B: Data Collection: Qualitative Methods

Semester – III

Theory

Paper I: Relationships Nature and Development

Paper II (A): Clinical Psychology: Diagnosis and Assessment

Paper III (B): Industrial Psychology

Paper IV (A): Counseling Psychology: Process and Skills

Practical

Paper V A: Experience Paper/Field Training

Paper V B: Tests and Experiments

Semester – IV

Theory

Paper I: Relationship Processes

Paper II (A): Clinical Psychology: Therapies

Paper III (B): Personnel Psychology

Paper IV (A): Counseling Psychology: Approaches

Practical

Paper V A: Dissertation

Paper V B: Tests and Experiments

Semester - I

PAPER I: Cognitive Psychology: Attention, Perception and Memory

UNIT I

- ❖ Introduction: Historical Antecedents
- ❖ Basic Concepts – Mental Representations and Processing; Artificial Intelligence.
- ❖ Scope of Cognitive Psychology – Experimental Psychology, Cognitive Science and Cognitive Neuropsychology.
- ❖ Computational Modeling – concepts and types.

UNIT – II

- ❖ Theories of Attention – Filter Theories, Capacity Theories, Features Integration Theories, Automaticity Theories, Action Slip Theories
- ❖ Depth Perception
- ❖ Perceptual Constancies
- ❖ Pattern Recognition and Theories- Bottom-Up, Top-Down, Template Matching etc.

UNIT III

- ❖ Memory- structure
- ❖ Models – Atkinson-Schiffrin Model, Levels of Processing Approach, Tulving's Model, Parallel Distributed Processing Approach
- ❖ Sensory Memory and Short Term Memory

UNIT IV

- ❖ Long Term Memory, Episodic Memory and Semantic Memory
- ❖ Everyday Memory
- ❖ Imagery- Theories of Imagery; Dual Coding Theory and Kosslyn's Theory
- ❖ Theories of Forgetting- Trace Decay, Repression, Interference Context Change Theory.

Books Recommended

- Anderson , J.R. (1985). Cognitive Psychology and Its Implications , New York, Freeman
- Best,J.B.(1995). Cognitive Psychology. Fourth Edition. West Publishing Company
- Eysenck, M. and Keane,M. (1990) Cognitive Psychology: A student's Handbook: Psychology Press
- Galotti, K.M. (2001). Cognitive Psychology In and Out of the Laboratory. Second Edition. Wadsworth Publishing Company
- Matlin,M.W.(1995). Cognition. Third Edition. A Prism India Edition
- Payne, D.C. and Wegner, M.J. (1998). Cognitive Psychology, Houghton Mifflin Co

PAPER II: Motivation and Emotion: Nature, Classification and Measurement

UNIT I: Nature

- ❖ Nature and Levels of motivation and emotion. The Developmental – Interactionist Model
- ❖ Functions of motivational – emotional system: the relationship of motivation and emotion, The Readout Hypothesis
- ❖ The arousal and measurement of ‘needs’

Unit – II: Biological and Psychological Motives

- ❖ **Hunger-** Control of hunger mechanism: Stomach contractions; Chemical, Mechanical, Oral and Neural factors. Recent theories of the hunger mechanism; The Glucostatic hypothesis, the Thermal hypothesis.
- ❖ **Sex** – Developments in the study of sex; the nature of sexual arousal; Physiological determinants of arousability; Hormonal, Social and Environmental effects on arousability.
- ❖ **Competence** – Exploration and Stimulus seeking; the concepts of optimal stimulation, Effectance motivation and Competence. Cognitive Development and Emotional Education – Competence and Helplessness
- ❖ **Achievement** – The tendency to achieve success; the tendency to avoid failure; the approach-avoidance conflicts in achievement situations; Expectancy of success. Studies of achievement motivation.

Unit – III: Sociological Motives

- ❖ **Affiliation** – Nature; Determinants; Relationship between affiliation and anxiety
- ❖ **Approval** – Social Desirability research. The Marlowe-Crowne Scale. Approval as an evaluatively dependant behavior. Personality correlates of approval.
- ❖ **Aggression** – Nature; Kinds. Theories of aggression as innate, Environmental theories.

Unit – IV: Emotions Concomitant with Extreme Motivational States

- ❖ **Anxiety** – As the force underlying other apparent motives; Manifest anxiety; Test anxiety; Anxiety as a drive.
- ❖ **Frustration** – The necessary preconditions, Sources. Frustration as a drive: The Brown-Farber theory, The Amsel theory. Reactions to Frustration
- ❖ **Fear** – As an acquired drive and as an intervening variable; Fear as conditioned aversion; Phobias; Modifying fears.

Books Recommended

- Beck, R.C. (2005) Motivation: Theories and Principles. Fourth Edition
- Buck, R. (1987) Human Motivation and Emotion
- Cofer, C.N. and Appley, M.H. (1963): Motivation Theory and Research
- Houston, J.P. (1985): Motivation
- Weiner, B (1992) Human Motivation: Metaphors, Theories and Research
- Young, P.T. (1961): Motivation and Emotion

PAPER III: Personality Growth

UNIT I

- ❖ **Growth Psychology:** Historical Perspective, misconceptions about healthy personality, Inner Psychological Processes

UNIT II

- ❖ **Healthy Personality:** Clinical and Growth Models, Assumptions and conceptualizations. Triguna and personal growth

UNIT III

- ❖ **Existential Approach:** May and Frankl's models and their application
- ❖ **Cognitive Approach:** Kelly's theory and its application

UNIT IV

- ❖ **Humanistic Approach:** Maslow and Roger's theories and their applications

Books Recommended

- Arkoff, A.A (1985). Psychology and personal Growth
- Burger, J.M. (1986). Personality - Theories and Research. Wordsworth Pub. Co
- Dyer, W. Your Erroneous Zones
- Fadima, J. and Fager, R (1976). Personality and Personal Growth. New York: Harper and Row Publishers
- Hjelle, L.A. and Ziegler, D.J. (1976). Personality Theories. McGraw Hill and Co

- Kundu, C. (1977). *Personality Development: A Critique of Indian Studies*. Vishal Publications
- Monte, C.F. (1977). *Beneath the Mask*, Holt, Rinechart, Winston

PAPER- IV: Research Methodology

UNIT- I

- ❖ Scientific and Non- Scientific Approach to Knowledge.
- ❖ Levels of Analysis, Goals of Scientific Methods.
- ❖ Types of Scientific Method: Positivism and Anti- Positivism. Hypothetico-Deductive and Inductive Research, Nomothetic, Idiographic and Hermeneutics Research.

UNIT- II

- ❖ The Research Process: Problems and Hypothesis, Variables and Constructs.
- ❖ Sampling Issues: Representativeness and Adequacy; Sampling Strategies and Design; Probability and Non Probability; Sampling Errors (Principles and Application).

UNIT- III

- ❖ Experimental and Correlational Research: Nature and Types, Strengths and Weaknesses
- ❖ Artifacts: Demand Characteristics and Subject's Role.
- ❖ Ethical Issues

UNIT- IV

- ❖ Basic and Applied Research.
- ❖ Action Research: Types and Uses of Action Research.
- ❖ Qualitative and Quantitative Research: Types of Qualitative Research

Books Recommended

- Aronson, E and Ellsworth D.C, Carlsmith, J.M., Gonzales, M.I. (1990) Methods of Research in Social Psychology. McGraw Hill International Edition
- Breakwell, G.M., Hammond, S & Schow, C.F. (Edited) (1995). Research Methods in Psychology. Sage Publications
- Ebnes, D.G, Kantowitz, B.M, Roediger,H.L. (1989). Research Methods in Psychology. West Publishing Company
- Greenberg, J and Folger, R (1988). Controversial Issues in Social Research Method. New York. Springerverlag
- Katz,D. and Festinger,L. (1953). Research Methods in Behavioural Sciences. Holt, Rinehart & Winston, Inc
- Kerlinger, F.N. (1964). Foundations of Behavioral Research. Holt, Rinehart & Winston, Inc
- Mohsin, S.M. (1984).Research Methods in Behavioral Sciences. Orient Longman Ltd
- Schaugneasey, J.J, Zechmeister,B (1990) Research Methods in Psychology. McGraw Hill Publishing
- Sommer and Sommer,R (1997). A Practical Guide to Behavioural Research. Oxford University Press

PAPER V: PRACTICAL

A: Tests and Experiments

100 Marks

B: Data Collection: Quantitative Methods

100 Marks

Semester - II

PAPER- I: Cognitive Psychology: Language, Problem – Solving and Decision Making

UNIT – I

- ❖ Organization of knowledge, knowledge types
- ❖ Concepts Scheme: Concept theories
- ❖ Representation: Internal Vs. External
- ❖ Integrative Models for representing (ACT)

UNIT – II

- ❖ Language comprehension- sentence processing, pragmatics, inner speech
- ❖ Theories of language comprehension – Capacity theory, Discourse processing, Story processing
- ❖ Language production – speaking, writing and bilingualism

UNIT – III

- ❖ Problem solving- Structure of Problems (Well-defined and Ill-defined)
- ❖ Perspectives (Gestalt, Newell and Simon's Information Processing theory, problem space)
- ❖ Means-end heuristics, Analogy Approach

UNIT-IV

- ❖ Reasoning and types (syllogistic, conditional)
- ❖ Decision making- Types of decisions (The Representative Heuristic, Probability Heuristic)

- ❖ Factors operating in decision making (Loss aversion, Framing, Perceived justification and Anticipated regret and Self-esteem)
- ❖ Creativity- General approaches to creativity, discovery using mental models

Books Recommended

- Best, J.B. (1995). Cognitive Psychology. Fourth Edition. West Publishing Company
- Eysenck, M. V and Keane, M (1990) – Cognitive Psychology
- Matlin, M.W. (1995). Cognition. Third Edition. A Prism India Edition
- Sternberg, R.J. (1977) – Intelligence, Information Processing and Analogical Reasoning – The componential analysis of Human abilities, Hillsdale, N.J. Earlbaum
- Sternberg, R.J. (1994) (Ed.) – Handbook of Perception and cognition (Vol. 12) New York – Academic Press
- Sternberg, R.J. (1996) – Cognitive Psychology, Holt Rinehart and Winston Inc

PAPER II: Motivation and Emotion: Physiology and Theories

UNIT- I: Homeostasis and Adaptation- The Special Purpose Processing Systems

- ❖ **The Peripheral Nervous System:** The somatic nervous system; the autonomic nervous system; Synaptic transmission in the autonomic nervous system; Cannon's Emergency Theory of Emotion
- ❖ **The Endocrine System:** The traditional view: The neuropeptides; the endorphins: The "Anxiety Peptide"
- ❖ **The Immune System:** The Brain-Immune System Interaction
- ❖ **Adaptation and Stress:** Selye's stress syndrome; Hormonal effects on the Brain. Stress and Disease

UNIT-II: Central Nervous System Mechanisms

- ❖ **The Brain Stem:** Hindbrain and Midbrain; The Mechanisms of emotional expression; expressive vocalization and facial expression. Reticular formation and the Ascending Reticular Activating System. The importance of reticular formation in arousal, attention and Sleep.
- ❖ **The Hypothalamus:** Its role in eating, sexual, aggressive behavior and social attachment, hypothalamic events in humans.
- ❖ **The Limbic System:** MacLean's conceptualization of the Limbic System. The Amygdala Circuit, The Kluver-Bucy syndrome. The limbic malfunction and violent behavior. The Septal Circuit: septal stimulation, septal stimulation in human. The Hippocampus and its interactive functions.

UNIT-III: THEORIES OF MOTIVATION

- ❖ **Hull's Drive Theory:** The use of machine metaphor; The drive concept; Integration of drive and habit; Empirical support for the drive theory; Secondary drives; Incentives.
- ❖ **Lewin's Field Theory;** The life space; Structural and dynamic constructs related to the person and the environment; Levels of aspiration: The resultant valence theory; Empirical research initiated by the field theory.
- ❖ **Attributional theories:** Causal antecedents, Causal schemata, Discounting; Actor-observer perspective; The hedonic bias; Causal dimensions; external-Internal, controllable-uncontrollable, stable-unstable; Motivational dynamics of perceived arousability; Causal beliefs and learned helplessness; An attributional theory of motivation.

UNIT-IV: Development and Expression of Emotion and Theories

- ❖ **The Development and expression of Emotion:** Ontogeny and the emotional communication in primates. Temperament and emotional expressions in humans. Studies of facial expression and gesture; Introversiion-Extraversiion; Inhibitory and excitatory mechanisms. Non-verbal sending accuracy. Display Rules.
- ❖ **Discreet Emotion Theories:** Adaptive acts and kinds of languages; Evidence for discreet emotions. **Dimensional Theories of Emotion:** Bipolar vs. Unipolar dimensions of affect; Independent unipolar dimensions; Importance of dimensional analyses.

- ❖ **Cognitive theories of Emotion:** The necessity of cognitions: Cognitive-Arousal theory; Excitation-Transfer theory.
- ❖ **The Psycho-Physiological Measures of Emotions:** Electro dermal measures, the circulatory system, muscle tension, the electroencephalograph.

Books Recommended

- Beck, R.C. (2005) Motivation: Theories and Principles. Fourth Edition
- Buck, R. (1987) Human Motivation and Emotion
- Cofer, C.N. and Appley, M.H. (1963): Motivation Theory and Research
- Houston, J.P. (1985): Motivation
- Young, P.T. (1961): Motivation and Emotion
- Weiner, B. (1992) Human Motivation: Metaphors, Theories and Research

PAPER III: Personality Assessment

UNIT-I

- ❖ Psychology of Self: Indian and Western Perspective, Transpersonal view, Assessment of self.

UNIT-II

- ❖ Self-Awareness and Enhancement Techniques, Yoga, Meditation and Sensitivity Training.

UNIT-III

- ❖ Approaches to Assessment: Theoretical and empirical issues; Moral Issues- confidentiality, inviolacy, Clinical vs. Actuarial prediction

UNIT-IV: Methods

- ❖ Projective Tests – TAT
- ❖ Psychometric Tests – MMPI
- ❖ Kelly's Repertory Grid
- ❖ Response Distortion: Response style and Response bias

Books Recommended

- Kundu, C (1977) Personality Development: A critique of Indian Studies. Vishal Publications
- Lanyon, R.I and Goodstein, L.D. (1997). Personality Assessment. Wiley & Sons Publishers
- Liebert, R.M. & Spielgler, M.S. (1978) Personality Strategies and Issues: Illinois Dorsey Press
- Paranjpe, A (1989) Theoretical Psychology

PAPER IV: Research Designs and Correlational Method

UNIT-I

- ❖ Research Designs: Meaning and Purpose; Good and Poor Designs
- ❖ Between and Within Group Designs
- ❖ Quasi-Experimental Designs, Single Subject Designs

UNIT-II

- ❖ Analysis of Variance: Assumptions
- ❖ Randomized Group Designs and Analysis, Randomized Block Design and Analysis
- ❖ Two-Way Analysis of Variance
- ❖ Single Factor Analysis Of Variance For Repeated Measures

UNIT-III

- ❖ Multiple Comparison Tests – Duncan's Test and Newman Keul's Test
- ❖ Methods of Correlation: Biserial , Point Biserial , Phi - co-efficient and Tetrachoric
- ❖ Partial correlation

UNIT-IV

- ❖ Simple Linear Regression and Prediction
- ❖ Qualitative Analysis: Transcribing Data, Thematic Qualitative Analysis and Theory-Led Qualitative Analysis.

Books Recommended

Edwards, A.L.(1953) – Experimental Designs in Psychological Research, Rinehart and Co.Inc., New York

Kerlinger,F.N. – Foundation of Behavioral Research

Schaugneasley,J.T. & Zechmeister,B. (1990) – Research Methods in Psychology, Mc Graw Hill Publishing Company,New Delhi

Sommer,B. & Sommer,R (1997) – A Practical Guide to Behavioural Research, Oxford University Press

Broota,K.D.(2003) – Experimental Designs in Behavioral Research, New Age International

PAPER V: PRACTICAL

A: Tests and Experiments (100 Marks)

B: Data Collection – Qualitative Methods (100 Marks)

Semester III

PAPER I: Relationships Nature and Development

UNIT I

- ❖ The Self: Interactions and Relationships, Relationship as accounts or narratives.
- ❖ Theories and Models of Relationships: Exchange, Interdependence, Equity and Investment.

UNIT II

- ❖ Parent – Child Relationships in Infancy, Childhood, Adolescence and Adulthood.
- ❖ Romantic Love; Types (Sternberg's Triangular Theory of love and Lee's Classification).
- ❖ Marital Relationship, Divorce and Remarriage.

UNIT III

- ❖ Other Family Relationships: Sibling Relationship and Grandparent – Grandchild Relationships.
- ❖ Friendships- Concept, Characteristics and Identification.
- ❖ Enemyship (or Enmity) Concept, Characteristics and Identification.

UNIT IV

- ❖ Model of relationship development: The Six- Stage Model.
- ❖ Relationship Initiation: Attention and Initial Attractions, Interaction and Exchange of Rewards.

- ❖ Development of Close Relationships: Affiliation and Attachment, Self Disclosure, Trust, Intimacy and Commitment.

Books Recommended

- Hendrick, C. and Hendrick, S.S (Eds). Close Relationships- A Sourcebook, Sage Publications, Inc
- Hinde, R.S (1997). Relations- A Dialectical Perspective Psychology. UK. Taylor and Francis
- Duck, S. (1993). Social Context and Relationships. Sage Publications
- Duck, S. (1994). Dynamics of Relationships. Sage Publications
- Duck, S. (1995). Confronting Relationship Challenges. Sage Publications
- Baron, R.A and Byrne, D. (1998). Social Psychology: Understanding Human Interaction. Prentice Hall of India, New Delhi
- Josselson, R. (1996). The Space Between Us: Exploring the Dimensions of Human Relationships. Sage Publications
- Berschied, E. and Regan, P. The Psychology of Interpersonal Relationships

PAPER II (A): Clinical Psychology – Diagnosis and Assessment

UNIT – I: Introduction

- ❖ Clinical Psychology as one of the Mental Health Professions
- ❖ Developments in Clinical Psychology
- ❖ Characteristics of Clinical Psychology
- ❖ Goals of Diagnosis: Reliability & validity of diagnosis; differential diagnosis; criticisms

UNIT –II: Intellectual Assessment

- ❖ Wechsler Scales
- ❖ Stanford – Binet Intelligence Scale, 4th and 5th Edition
- ❖ Kaufman Scales
- ❖ Interpretation of intelligence test scores

UNIT –III: Personality Assessment

- ❖ Types of Projective Tests
- ❖ Rorschach Ink – Blot Test
- ❖ Approaches to objective personality scales
- ❖ The Minnesota Multiphasic Personality Inventory

UNIT – IV: Other Forms of Assessment

- ❖ Interview
- ❖ Case Study
- ❖ Mental Status Examination
- ❖ Neuropsychological Assessment

Books Recommended

- Bankart, P. C. (1997). A History of Western & Eastern Psychotherapies, Brooks/ Cole Publishing Company

- Bohart, A. C. & Todd, J. (1988). Foundations of Clinical and Counseling Psychology; Harper Collins Publishers
- Monte, C.F. (1977). Beneath the Mask: An Introduction to theories of personality, Praeger Publishers, New York
- Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
- Newmark, C. S. (1985). Major Psychological Assessment Instruments
- Nietzel, M. T. Bernstein, D. A. and Milch, R. (1994). Introduction to Clinical Psychology, Prentice-Hall Inc.
- Phares, J. E. (1988). Clinical Psychology : Concepts, Methods & Profession, The Dorsey Press

PAPER III (B): Industrial Psychology

UNIT- I

- ❖ Nature and scope of Industrial Psychology, Time Motion Studies, Hawthorne Studies.
- ❖ Efficiency: Measurement and Determinants.

UNIT- II

- ❖ Fatigue and Monotony: Causes and mitigation, Fatigue and Production curve, Rest pauses and fatigue, Fatigue and accidents, Accident and Safety; Causes and Prevention, Accident proneness.

UNIT- III

- ❖ Work environment: Illumination, Atmospheric conditions (Temperature, Humidity And Ventilation), Noise, Music and Work Schedules.

UNIT- IV

- ❖ Job design and Human Engineering: Approaches to job design, Problem of Human Engineering, Man- Machine Systems, Equipment Control and Equipment Display.

Books Recommended:

- Arnold, J. Robertson, I.T and Cooper, C.L. (1996): Work Psychology : Understanding Human Behavior in the Work Place: MacMillan India Ltd
- Blum. M.L and Naylor, J.C (1984- Revised Edition). Industrial Psychology Its Theoretical and Social Foundation: New York: Harper & Row

- Cooper, C.L and Locke, E.A. (2000). Industrial and Organizational Psychology: Linking Theories with Practice: UK Blackwell Publishers Inc
- Dunnette, M.D and Hough, L.M (1998). Handbook of Industrial and Organizational Psychology, Vol. I and II, Delhi: Jaico Publishing House
- Mc Cormick, E.J. and Ilgen, D. R. (1984).Industrial Psychology. Prentice Hall of India Pvt. Ltd. New Delhi

PAPER IV (A): Counseling Psychology: Process and Skills

UNIT I

- ❖ Orientation: Counseling as a Profession, Approaches (Eclectic and Integrated) and Ethical Issues.

UNIT II

- ❖ Process and Skills: Process of Counseling, Goals and Necessary conditions, Counseling Skills (Listening, Relationships, Empathy, Non-Verbal Communication).

UNIT III

- ❖ Psychoanalytic Approach to Counseling: Underlying assumptions, Centrality of unconscious, Defenses, Techniques, Transference and Counter transference.
- ❖ Existential Approach to Counseling.

UNIT IV

- ❖ Behaviouristic Approach to Counseling: Underlying assumptions, Techniques (Systematic Desensitization, Assertiveness and Social Skills Training, Modeling and Visualization).

Books Recommended

- Bohart, A.C. and Todd, J. (1998). Foundations of Clinical and Counseling Psychology, Harper Collins Publications
- Gelso, C.J. and Pretz, B.R. (1995). Counseling Psychology, Bangalore, India, Prism Books Pvt. Ltd

PAPER V: PRACTICA

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A: Experience Paper/ Field Training (100 Marks)

B: Tests and Experiments (100 Marks)

Semester IV

PAPER I: Relationship Processes

Unit I

- ❖ Decline and Dissolution of Relationship: Phases, Factors Contributing To Decline, Decline of Family Relationships and Friendships.
- ❖ Relationship Maintenance: Stability and Change, Strategies And Behaviors, Continuity Of Unhappy Relationships.

Unit II

- ❖ Interpersonal Perception : Accounts and Perception Of Relationship
- ❖ Communication: Interpersonal Communication and Relationships, Patterns, Facilitatory Factors and Barriers.
- ❖ Social Support: Concept, Social Support Networks, Perception of Social Support, Social Support Behaviours, Social Support Mobilization, Social Support Satisfaction.

Unit III

- ❖ Power: Power, Influence and Control Types, Tactics, Power In Close Relationships.
- ❖ Conflict: Nature, Sources, Factors Related To Conflict Generation And Escalation ,Tactics And Behaviours (Or Strategies)
- ❖ Satisfaction: Contributing Factors, Conceptual Models of the Bases of Satisfaction.

Unit IV

- ❖ Chronic Illness: Impact On Relational Partners And The Relationships
- ❖ Coping With Chronic Illness
- ❖ Aggression And Violence: Determinants
- ❖ Loss And Bereavement : Reactions and Coping

Books Recommended

- Canary, D.J., Cupach, W.R. and Wessman, S.J. (1995). Relationship Conflict, Sage Publications
- Devito ,J.A. (1997). Human Communication of the Basic Course. VIIth Edition. Deisow
- Duck, S. (1993). Social Context and Relationships. Sage Publications
- Duck, S. (1994). Dynamics of Relationships. Sage Publications
- Duck, S. (1995). Confronting Relationship Challenges. Sage Publications
- Hendrick, C. and Hendrick, S.S (Eds).(2000) Close Relationships- A Sourcebook, Sage Publications, Inc
- Hinde, R.S (1997). Relations- A Dialectical Perspective Psychology. UK. Taylor and Francis.
- Wesley Educational Publisher

PAPER II (A): Clinical Psychology: Therapies

Unit I: Psychodynamic Psychotherapy

- ❖ Freudian Psychoanalysis: Background and basic principles.
- ❖ The nature and meaning of symptoms.
- ❖ Metapsychology of repression.
- ❖ Techniques of Psychoanalysis.

UNIT II: Existential – Humanistic Approach

- ❖ Humanistic assumptions about human being, counseling and science (in brief).
- ❖ Carl Roger's Person Centered Therapy: Psychopathology and the Therapeutic Process; Necessary and Sufficient Conditions; Essential Qualities of the counselor – acceptance, empathy and genuineness, paraphrasing and summarizing; Reflection of meaning and feeling.
- ❖ Gestalt Therapy.
- ❖ Eclectic Treatment Combinations: A three stage model of helping. Process – Experiential Therapy.

Unit III: Cognitive – Behavioural Approaches

- ❖ Behavioural Approaches to Therapy: Principles of Learning: Development of abnormal behavior; Features common to all behavior therapies.
- ❖ Classical conditioning and Operant conditioning based methods of intervention, Social Learning methods; Behavioural Medicine.
- ❖ Beck's Cognitive Therapy
- ❖ Ellis Rational Emotive Therapy

UNIT IV: Group and Relational Approaches

- ❖ Group Therapy (in brief)
- ❖ Marital Counselling and Therapy: Techniques to clarify communication; Virginia Satir and Dysfunctional communication; Behavioural Marital Therapy.
- ❖ Minuchin's Structural Family Therapy
- ❖ Strategic and Systems Approach: Bowen and Personal Differentiation: Milton Erickson's techniques.

Books Recommended

- Bohart A. C and Todd J. (1988). Foundations of Clinical and Counselling Psychology; Harper Collins Publishers
- Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
- Newmark C. S. (1985). Major Psychological Assessment Instruments. Allyn and Bacon, Inc
- Nietzel, Michael T, Bernstein, Douglas A. and Milch Richard (1994). Introduction to Clinical Psychology, Prentice-Hall Inc
- Phares, Jerry E. (1988). Clinical Psychology : Concepts, Methods & Profession, The Dorsey Press

PAPER III (B): Personnel Psychology

UNIT I

- ❖ Personnel Selection And Placement: Job Analysis; Technique Of Job Analysis, Selection Methods: Interview, Biographical Data, Application Blanks, Reference Reports, Psychological Tests In Personnel Selection, Basic Selection Model.

UNIT II

- ❖ Job evaluation: Scope And Methods, Performance Appraisal Methods; Ratings and Behavioural Checklist.
- ❖ Training: Types and Methods Of Training For Workmen, Supervisors and Higher Level Personnel.

UNIT III

- ❖ Work Motivation and Job Satisfaction: Theories of Work Motivation: Maslow, Alderfer, Herzberg, Vroom and Adams, Financial and Non Financial Incentives. Job Satisfaction; Determinants (Personal And Organizational), Employees Morale: Techniques Of Enhancing Employees Morale, Determinants.

UNIT IV

- ❖ Supervision: Production Oriented Vs Employee Oriented Supervision
- ❖ Industrial Conflict: Causes and Control of Industrial Conflict
- ❖ Occupational Stress and Health: Sources and Coping Strategies, Effect of Occupational Stress on Health

Books Recommended

- Arnold, J. , Robertson , I.T. & Cooper, C.N.(1996), Work psychology: Understanding Human Behavior in the Work Place, McMillan India Ltd
- Blum. M.L and Naylor, J.C (1984- Revised Edition). Industrial Psychology Its Theoretical and Social Foundation: New York: Harper & Row
- Hersey, P. and Blanchard, K. (1986), Management of Organizational Behaviors: Utilizing Human Resources, Prentice Hall of India
- Landey, F.J. and Trumbo, B.A. (1976); Psychology of Work Behaviors. The Dorsey Press, Homewood II Illinois
- Maier, N. R.F (1965).Psychology in industry, Oxford and IBH publishing Co
- Vroom, V.H. (1964): Work Motivation: New York John Wiley Sons, Inc

PAPER IV (A): Counseling Psychology: Approaches

UNIT I: Cognitive approach to Counseling

- ❖ Ellis Rational Emotive Therapy, Irrational Beliefs, The ABCDE Paradigm.
- ❖ **Beck's Cognitive Therapy**- Cognitive Distortions, Cognitive Therapy for Anxiety and Depression, Techniques (De-catastrophizing, Reattribution, Redefining, De-centering)

UNIT II: Gestalt and Transactional Analysis

- ❖ Perl's Gestalt Therapy : Theoretical assumptions ,Organismic Self Regulation, Exercises and Games
- ❖ Philosophical Assumptions of Berne's Transactional Analysis Therapy, Ego state Analysis, Life positions, Transactions, Ego state.
- ❖ Pathology, Games and Script analysis.

UNIT III: Person Oriented Approach to Counseling

- ❖ Roger's assumptions of Client Centered Therapy.
- ❖ Incongruence, Congruence and the Fully Functioning Person
- ❖ Experiential Knowing And Pre-Requisites Of Therapy
- ❖ Therapeutic Process

UNIT IV: Systemic Approaches to Counseling

- ❖ Wholeness and Interdependence
- ❖ Circular Causality
- ❖ Homeostasis and Change
- ❖ Techniques- Congruent Communications, Structural Family Therapy, Strategic Approach.

Books Recommended

- McLeod, J.C. (1998): An Introduction to Counseling (2nd Ed.)
Buckingham Philadelphia Open University Press
- Patterson, C.H. (1986): Theories of Counseling and
Psychotherapy
- Richard, M.J. (1982): The Theory and Practice of Counseling
Psychology, N Y Holt Rinehart and Winston

PAPER V: PRACTICAL

A: Dissertation (100 Marks)

B: Tests and Experiments (100 Marks)