



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

SVISSHA

B.A. Hons – Psychology

COURSE CODE	CATEGORY	COURSE NAME	L	T	P	CREDITS	TEACHING & EVALUATION SCHEME				
							THEORY			PRACTICAL	
							END SEM University Exam	Two Term Exam	Teachers Assessment*	ENDSEM University	Teachers Assessment*
BAHNPSY 401	Compulsory	Counselling Psychology	5	0	2	6	60	20	20	30	20

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C – Credit; Q/A

– Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objectives (CEOs): The students will be able to:

- Acquaint the importance of guidance of persons with disability.
- Define the counseling psychological concepts.
- Guide about the need for counseling and apply psychological counseling skills with persons with disability and family members.
- Distinguish counseling from guidance.

Course Outcome (Cos): The students should be able to:

- Validate the purpose of guidance and counseling.
- Get an overview of different types of counseling specialties.
- Appreciate counseling theories.
- Apply counseling psychological understandings of ourselves and society in order to better understand both.
- Describe the counseling process and appreciate ethical practices in counseling.
- Describe applications of counseling psychology.



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BAHNPSY401

COUNSELLING PSYCHOLOGY

UNIT I

Introduction to Counselling Psychology: Meaning, and process of Counselling. Education and training of professional counsellors.

UNIT II

Approaches to Counselling: Psychoanalytic, Behavioral, Cognitive techniques.

Types of Counselling: Directive, Non-directive and Eclectic, Individual and Group Counselling.

UNIT III

Counselling Applications: Special areas (rehabilitation of victims of abuse and violence, women empowerment, suicide and legal offenders).

UNIT IV

Techniques of counselling: Indian techniques (yoga and meditation), Counseling and technology and Expressive techniques: art, music, play and dance.

UNIT V

Trends of counseling: The role of government of India and universities, Present status and movements of counseling.

List of Practicals:

- Career preferencerecord
- Psychological counseling need scale
- Multidimensional Aptitudetest
- Coping strategyscale

Recommended Readings:

- Gelso, C. J. and Pretz, B.R. (1995). **Counselling Psychology**. Bangalore: Prism Books Pvt.Ltd.
- Gibson, R. L. & Mitchell, M.H. (2005). **Introduction to Counseling and Guidance**. (6th Ed.). Pearson Education.
- Patri, V. R. (2008). **Counselling Psychology**. New Delhi: AuthorsPress.
- Rao, S. N. (1991). **Counselling and Guidance**. (28th ed.). New Delhi: TataMcGraw Hill.
- Rai, A & Asthana, M. (2003). **Guidance and Counseling (Concepts, Areas and Approaches)**. New Delhi: Moti Lal BanarsiDas.
- Woolfe, R., Dryden, W. and Strawbridge, S. (2003). **Handbook of Counselling Psychology** (2nd Ed.). London: Sage PublicationLtd.



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BA 403	Compulsory	Psychopathology	4	0	2	5	60	20	20	30	20

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objectives (CEOs): The student will be able to:

- Study the ethical and moral principles and concepts and theoretical and practical models in the field of Psychopathology, from a professional perspective of innovative and trans-disciplinary intervention.
- Know the psychological and psychobiological principles of functioning of human as individual and groups, in the family, school, health and social spheres, from the centrality of the dynamics of the child's interaction with his/her environment from the perinatal period.

Course Outcomes (COs): The student should be able to:

- Apply the methods of evaluation, diagnosis and treatment in the field of psychopathology applicable from various professional and competency-based areas.



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BA403

Psychopathology

Unit I

Introduction to Psychopathology: Concept of Abnormality, Historical Background, Classification system (DSM-V).

Unit II

Psychological Models of Psychopathology: Biological, Psychodynamic, Behavioral, Cognitive and Humanistic.

Unit III

Neurotic Disorders: Anxiety, Phobias, Obsessive Compulsive Disorder and PTSD

Unit IV

Mood Disorder and Psychotic Disorders – Depression and Bipolar affective disorder. Schizophrenia (Simple, Paranoid, Catatonic, Hebephrenic, Residual).

Unit V

Personality Disorders: (a) Dissociative (b) Anti-Social (c) Borderline (d) Avoidance (e) Dependent Personalities.

List of Practical:

- Seguin FormBoard
- Problem CheckList
- Fear CheckList
- Self-Concept
- AdjustmentScale

Recommended Readings:

- Buss, A.H. (1999). **Psychopathology**. New York: JohnWiley.
- Carson, R.C., Butcher, J. N. and Mineka, S. (2010). **Abnormal Psychology and Modern life**. Pearson Education, Inc. and Dorling Kindersley PublicationsInc.
- Sarason, G. I. and Sarason, R. V. (2007). **Abnormal Psychology: The Problem of Maladaptive Behaviours** (11th Edition). Pearson Education Inc. and Dorling Kindersley PublishingInc.
- Singh, A. K. **Adhunik Asamanya Manovigyan**. Patna: Moti Lal BanarsiDas.



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BAHN404	Compulsory	Comprehensive Viva Voce	0	0	0	4	0	0	0	100	0

BAHN404
Comprehensive Viva Voce

Viva voce will be conducted towards the end of the semester which will be covering the complete syllabus. This will test the student's learning and understanding during the course of their post graduate programme. In doing so, the main objective of this course is to prepare the students to face interview both at the academic and the industrial sector.

Course Educational Objectives (CEOs): -The students will be able to:

- Provide an opportunity for students to apply theoretical concepts in real life situations
- Enable students to manage resources, work under deadlines, identify and carry out specific goal-oriented tasks
- Acquire speaking skills and capabilities to demonstrate the subject knowledge.

Course Outcomes (Cos): The students should be able to:

- Exhibit the strength and grip on the fundamentals of the subjects studied during the semester
- Comprehend for all the courses studied in the entire programme.



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BAHN405	Compulsory	Field Study/Book Review/Case Study	0	0	10	5	60	20	20	0	100

BAHN405
Field Study/Book Review/Case Study

Course Educational Objectives (CEOs): The student will be able to:

- Provide an opportunity for students to apply theoretical concepts in real lifesituations.
- Enable students to manage resources, work under deadlines, identify and carry out specific goal-oriented tasks.
- Expose the students on various field studyconcepts.

Course Outcomes (COs) - The student should be able to:

- Acquire research skills and capabilities to take up the projectwork.

The work serves the twin purposes of providing critical insights to students and providing industry with graduates of a high caliber who are ready to get ahead in the world from day one. There will be continuous evaluation of the student on the basis of work assigned and regular submissions. The students need to complete the work in the stipulated time.