



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Social Sciences, Humanities and Arts
Choice Based Credit System (CBCS) in Light of NEP-2020
M.A./M.Sc./M.A.+ Ph.D (Counselling Psychology)
Semester III (Batch 2021-2023)

COURSE CODE	CATEGORY	COURSE NAME	TEACHING & EVALUATION SCHEME								
			THEORY			PRACTICAL		L	T	P	CREDITS
			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
MSCPSY 301	CC	Counselling Psychology	60	20	20	0	0	3	0	0	3

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

- CEO 1: Develop the knowledge and attitude to demonstrate professional behavior in the profession of Counseling.
- CEO 2: Provide insights into counselling process and develop an ethical approach to counselling.
- CEO 3: Understanding the types of counselling.
- CEO 4: Familiarity with the different types of counseling approaches.
- CEO 5: Conceptualization of client problems and effectively work towards client change and growth.

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

- CO 1: Application of principles of counselling.
- CO 2: Demonstrate basic counselling skills.
- CO 3: Explain various kinds of counselling.
- CO 4: Demonstrate a few counselling techniques.
- CO 5: Application of theoretical approaches and conceptualize a case along with treatment plan.

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MSCPSY 301	CC	Counselling Psychology	60	20	20	0	0	3	0	0	3

MSCPSY301
Counselling Psychology

Contents:

Unit I

Introduction to Counseling Psychology- Definition, Goals, Historical Development; Difference between Counseling and Other Associated Helping Professions- Psychotherapy, Psychiatry, Social Work, and Guidance.

Unit II

Counselling Process- Counselling Skills, Challenges Faced by Counsellor, and Stages of Counselling; Client -Therapist Relationship: Components, Importance, and Facilitative Conditions for the Counseling Relationship.

Issues in the counselling-

(A) Counseling in Multicultural and Diverse Society (B) Ethical and Legal Issues in Counseling.

Unit III

Types of Counseling- Counselor/Counselee–Oriented Counseling, Eclectic–Counseling and Group v/s Individual Counselling.

Unit IV

Counselling Approaches- Psychoanalytic, Cognitive- Behavioral, Rational Emotive Behavior, and Existential-Humanistic.

Recent Trends- Trauma Counselling and Feminist Counselling.

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MSCPS Y301	CC	Counselling Psychology	60	20	20	0	0	3	0	0	3

Unit V

Areas of Counseling- Adolescents with Emotional Disturbance and Behavioral Problems and Patients with Terminal Disease /Chronic Illness.

Practicum: Case Conceptualization and Case study.

Recommended Readings:

- Cormier, S., & Hackney, H. (2013). **Counseling strategies and interventions** (8th International Edition). London: Pearson.
- Erford, B. (2013). **Orientation to the counseling profession: Advocacy, ethics, and essential professional foundations** (2nd Ed.). London: Pearson.
- Fouad, N.A. (2012). **APA Handbook of counseling psychology**. Washington: American Psychological Association
- Gelso, C. J., & Fretz, B.R. (2000). **Counseling psychology** (2nd Ed). KY: Cengage Learning.
- Gladding, S. T. (2014). **Counseling: A comprehensive profession**. New Delhi: Pearson Education.
- Woolfe, R., Dryden, W., & Strawbridge, S. (2010). **Handbook of counselling psychology** (3rd Ed). London: Sage Publication Ltd. Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons.

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MSCP SY302	CC	Assessment in Counselling	60	20	20	30	20	2	0	2	3

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

- CEO1: To learn the basic concept and use of different psycho-diagnostic test and assessment.
- CEO2: To acknowledge with various clinical assessment techniques and its reliability.
- CEO3: To study of classical and contemporary intellect diagnostic approaches and measurement.
- CEO4: To aware with the nature of various personality model-based inventories.
- CEO5: To provide knowledge about the characteristics of informal assessment techniques and its use.

Course Outcomes (COs): The students will be able to-

- CO1: Explain to use of different psycho diagnostics test and assessment procedure.
- CO2: Develop a basic skill about using different clinical assessment techniques.
- CO3: Demonstrate different intelligence scale in various settings.
- CO4: Apply various personality inventories and outline assessments in different settings.
- CO5: Evaluate the characteristic of a person by using informal assessment techniques.

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MSCPSY 302	CC	Assessment in Counselling	60	20	20	30	20	2	0	2	3

MSCPSY302
Assessment in Counselling

Contents:

Unit I

History and Meaning of Assessment: Introduction, key steps of Assessment, Use of Psychometric tests, Differentiate among Diagnosis, Assessment, Measurement, Evaluation and Tests.

Unit II

Clinical Assessment: Definition and Purpose; The art and science of interviewing, Interview and its types- Intake, Crisis, Diagnostic interview; Reliability and Validity of interviews; Mental status examination; Case Study, Behavioral assessment – Nature, objectives, and Methods used.

Unit III

Assessment of Intelligence: The Stanford-Binet Scale of Intelligence–Bender-Gestalt, WAIS-IV, WISC-IV, Stanford Binet Scales and its Indian Adaptation; Diagnostic utility of intelligence tests– Scatter analysis and other techniques. Progressive Matrices, Draw a Man test, Bhatia Battery, Cattell's Culture Fair Intelligence Test.

Unit IV

Personality assessment: Psychometric and Projective tests; The MMPI-2, Revised Neo Personality Inventory (NEO-PI-R), the Rorschach, TAT, Sentence Completion Techniques. Psychological Assessment of Development: Vineland Social Maturity Scale, Developmental Screening Test Goddard's Seguin Form Board.

Unit V

Verbal and Non- Verbal Assessment: Concept, Nature and Difference between verbal and non-verbal assessment, Clinical sensitivity, Empathy, Communication strategies, Importance of rapport, Meaning and Advantages environmental assessment.

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MSCPSY 302	CC	Assessment in Counselling	60	20	20	30	20	2	0	2	3

List of Practical: (Any Five)

1. Bhatia Battery
2. MMPI
3. Sentence Completion Test
4. TAT Test
5. 16 PF
6. WAIS/WISC
7. Draw A Man Test

Recommended Readings:

1. Goldenberg, H. (1983). **Contemporary clinical psychology** (2nd Ed.) New York: Brooks & Cole.
2. Morrison, J. (2007). **Diagnosis made easier**. NY: Guilford Press.
3. Neitzel, M. T., Bernstein, D. A., & Millich, R. (1998). **Introduction to clinical psychology**. (5th Ed.). Upper Saddle River, N. J.: Prentice Hall.
4. Pridmore, S. (2000). **The psychiatric interview: A guide to history taking and mental status examination**. Amsterdam: Taylor & Francis.
5. Trull, T. J. & Prinstein, M. J. (2013). **Clinical Psychology** (8th Ed.). Wadsworth, Cengage Learning.
6. Geldard, K., Geldard, D. & Foo, R. Y. (2016). **Counselling adolescents** (4th ed.). New Delhi: SAGE Publications India Pvt. Ltd.

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MSCPSY 304-E1	DSE	Media Psychology	60	20	20	0	0	3	0	0	3

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

- CEO1: To acquaint the effect of media on culture.
- CEO2: To develop a critical vision about the role of psychology in media.
- CEO3: To study the link between advertisement and human psychology.
- CEO4: To learn the impact of media on human behavior.
- CEO5: To know the social effect of media on human psyche.

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

- CO1: Describe key concepts in psychology and its depiction in the media
- CO2: Explain the underlying psychological processes and mechanisms.
- CO3: Develop an understanding about advertisement and human psychology
- CO4: Analyze the impact of media on human behavior
- CO5: Demonstrate the relationship between social media and human behavior.

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MSCPSY 303-E1	DSE	Media Psychology	60	20	20	0	0	3	0	0	3

MSCPSY303- E1
Media Psychology

Contents

Unit I

Understanding mass media; Challenges, Issues in Media psychology; Culture and Media; Ethics and regulation of Media, Stress and Health in the Media

Unit II

Digital Technology: Audio-Visual media: TV and movies and Print media; Nature and their impact; Challenges in Media Development: fantasy Vs reality, socialization, stereotyping; Case studies in the Indian context.

Unit III

Advertising and Media: Effective program development in advertising and Media; Promotions and campaigns in Media; Case studies in the Indian context.

Unit IV

Emerging technologies: Virtual social media and interactive media; Gaming Issues of internet addiction, Role of media and human behavior, Relationship between personality and media.

Unit V

Media and its effects: media violence and aggression in youth, prosocial effects of media exposure, Para social and online social relationships

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MSCPSY 303-E1	DSE	Media Psychology	60	20	20	0	0	3	0	0	3

Recommended Readings:

- Dill, K.E. (2009). **How Fantasy becomes Reality Seeing Through Media Influence**. New York: Oxford University Press.
- Giles, D. (2003). **Media Psychology**. New Jersey: Lawrence Erlbaum Associates Publishers.
- Haugtvedt, C. P., Herr, P. M., & Kardes, F. R. (Eds.). (2008). **Handbook of Consumer Psychology**. NY: Psychology Press.
- Jansson-Boyd, C. V. (2010). **Consumer Psychology**. England: Open University Press..
- Kirsh, S.J. (2006). **Children Adolescents and Media Violence**. New York: Sage.
- Wood, R.N. (1983). **Mass Media and Individual**. Minnesota: Woods.

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MSCPSY 303-E2	DSE	Workplace Psychology	60	20	20	0	0	3	0	0	3

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

CEO1: To understand the concepts of psychology and its application at the workplace along with workplace counselling.

CEO2: To provide the awareness of sexual harassment at workplace and their prevention.

CEO3: To gain knowledge of workplace conflicts and stress and its management.

CEO4: To explain the concept of work life balance and to know how to maintain it.

CEO5: To recognize the importance of organizational Culture and the role development and sustainability within the organization.

Course Outcome (Cos):

CO1: Apply Psychological concepts in order to grow in the workplace.

CO2: Enable to differentiate between violence and sexual harassment at workplace.

CO3: Develop the skill to resolve the conflicts and cope up with workplace stress.

CO4: To outline the enhancing factors for making balance between work and life.

CO5: Evaluate organizational culture and to utilize the knowledge for enhancing the mental health at workplace through various approaches of counselling.

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MSCPSY 303-E2	DSE	Workplace Psychology	60	20	20	30	20	3	0	0	3

MSCPSY303- E2
Workplace Psychology

Contents

Unit I

Definition and Concept of Workplace Psychology, Features and Types of Organization, Nature and Characteristics of Work Environment. Concept of Organizational Behaviour.

Unit II

Sexual harassment at workplace, Dynamics of sexual harassment Preventing Sexual harassment. Violence at workplace: Nature and Handling ways of Violence at workplace.

Unit III

Conflict and Stress at Workplace: Nature and Types of Conflict, Strategies to Manage Workplace Conflict. Stress at Workplace: Nature, Meaning and Types of Stress, Causes and Consequences of Stress. Management of Stress.

Unit IV

Organizational Culture and Development: Meaning, Characteristics and Types of Organizational Culture, Organizational Development and Sustaining, Need and Benefits of Organizational Development.

Unit V

Workplace Psychology: Workplace Counselling, Ethical Issues in Workplace Counselling, Setting up Counselling at Workplace: Need and Importance. Work-Life Balance, Current Trends in Workplace Counselling. (Practical Approach of Counselling)

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MSCPSY 303-E2	DSE	Workplace Psychology	60	20	20	30	20	3	0	0	3

Recommended Readings:

- Collins, S. (2009). **Managing conflict and workplace relationship**, 2nd edition, USA
- Edelman, R. (2000). **Interpersonal conflict at work**, New Delhi Boland, M (2005) Sexual harassment in the Workplace, 1st Edition, USA
- Carroll, M. (2002). **Workplace Counselling** Sage Publications, New Delhi Gladding, S.L. (2010) Psychology A Comprehensive Professions. Pearson Publications, New Delhi.
- Rathus, S and Navid, J (2012). **Psychology and the Challenges of Life – Adjustment in the New Millennium**, John Wiley and Sons, USA
- Pareek, U. (2010). **Understanding organizational behavior**. Oxford: Oxford University Press.

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MSCPSY 303-E3	DSE	Health Psychology	60	20	20	0	0	3	0	0	3

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs):

CEO1: To aware with the nature and significance of the emerging area of health psychology along with the importance of social psychological processes in the field of health psychology.

CEO2: To understand the relationship between psychological factors and physical health.

CEO3: To know and analyse the behavior of individuals and mental health management.

CEO4: To relate Health Psychology with the major concepts within the field, Health behaviours and stress.

CEO5: To develop understanding about health promotion and prevention.

Course Outcomes (COs):

CO1: Develop thinking to learn ways to improve quality of life.

CO2: Define and explain one or more key models, principles or theories in Health Psychology that are used to change health behavior.

CO3: Critically evaluate the role of psychological, social, and behavioral factors in health and illness.

CO4: Construct an understanding of application of various strategies to cope with stress.

CO5: Identify various health promotion activities and describe the health prevention and control techniques.

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MSCPSY 303-E3	DSE	Health Psychology	60	20	20	0	0	3	0	0	3

MSCPSY303-E3
HEALTH
PSYCHOLOGY

Contents:

UNIT-I

Introduction: Nature, Aim and Need of Health Psychology; Biosychosocial Model of Health: Biomedical Model, Health Belief Model, Precaution Adoption Model, Traditional Indian Healing Systems, Health Care Network in India.

UNIT -II

Biological Foundations of Health and Illness: Brief Concept of The Nervous System, The Endocrine System, The cardiovascular system, The Respiratory System, The Digestive System, The Renal system, The Reproductive system, The Immunesystem.

UNIT-III

Stress and Coping: Nature, Types and Sources of Stress, Effects of Stress on Physical and Mental Health, Stress and Illness, Management of Stress.

Coping Interventions.; Coping with Stress and Resilience, Coping Style, Problem-Focused Coping, Coping Outcomes and Interventions-Mindfulness and Mediation Cognitive-Behavioral Techniques.

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Choice Based Credit System (CBCS) in Light of NEP-2020
M.A./M.Sc./M.A.+ Ph.D (Counselling Psychology)
Semester III (Batch 2021-2023)

COURSE CODE	CATEGORY	COURSE NAME	TEACHING &EVALUATION SCHEME								
			THEORY			PRACTI CAL		L	T	P	CREDITS
			END SEM University	Two Term Exam	Teachers Assessment	END SEM	Teachers Assessment				
MSCPSY303-E3	DSE	Health Psychology	60	20	20	0	0	3	0	0	3

UNIT-IV

Health Behaviours: Health Behaviours and Health Habits, Changing Health Behaviours Through Social Engineering, Health-Promoting Behaviors: Exercise, Healthy Diet, Sleep, Accident Prevention, Vaccinations and Screening

UNIT-V

Research in Health Psychology: Conducting and Evaluating Research in Health Psychology, Health and wellness, Health- Compromising Behaviours: Obesity, Smoking, Alcohol Abuse Internet Addiction. Application of Health Psychology to Chronic Illness.

Recommended Readings:

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling Kindersley.
- Hamilton-West, K. (2010). *Psychobiological Processes in Health and Illness*. . Sage Pub. @ www.sagepublications.com
- Marks, D. F.(2010). *Health Psychology: Theory, Research and Practice (3rd Ed.)*. . Sage Pub.@ www.sagepublications.com
- Misra,G. (1999).Stress and Health. New Delhi: Concept
- Pitts, M., Phillis, K. (2003). *The psychology of Health; An introduction*. E-library: Taylor &Fransis
- Taylor, S.E. (1991). *Health Psychology* . N.Y. McGraw Hill.

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			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
MSCPSY304	P/D/I	Major Research Project-I	0	0	0	100	0	0	0	0	2

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

MSCPSY304
Major Research Project-I/
Dissertation

Course Educational Objectives (CEOs):

- CEO1: To train special degree the students in Counseling Psychology writing of their final year research proposals, with emphasis on research problems, hypotheses, literature review and research designs.
- CEO2: To enable the students to learn practical aspects of research.
- CEO3: To train the students in the art of behavioral science analysis and writing.

Course Outcomes (Cos):

At the successful completion of this course students will be able to:

- CO 1: Review and analyze critically research in a specific area of clinical psychology.
- CO 2: Acquire knowledge and competency in the design and completion of research studies in counseling psychology.
- CO 3: Explain and apply skills in critical analysis Learned in the class room as well as through practical exposure methods and techniques of field research.

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			THEORY			PRACTICAL		L	T	P	CREDITS
			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
MSCPSY305	P/D/I	Internship	0	0	0	100	0	0	0	0	4

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

***Teacher Assessment** shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

MSCPSY305
Internship

Each Student would be placed in the field of their chosen specialization at least for 30 days during the summer vacations. The internship would be carried out under the joint supervision of a supervisor and faculty supervisor. Students would produce documented evidence of their work.

Internship Report: Each student shall prepare a report on basis of guidelines provided by the supervisors and submit same to the supervisors for authentication and further evaluation.

** The student will have to submit a detail report of internship program. The report should be written in American Psychological Association (APA) format.

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