

Ref. No./SU/BOS/Humanities/542

Date :19/07/2023

To,

1. The Principal,  
All Concerenced Affiliated  
Colleges/Institutions,  
Shivaji University, Kolhapur

2. The Head,  
All Concerenced Department,  
Shivaji University, Kolhapur

Subject : Regarding syllabi of M. A. & M.R.S. Part II (sem. III & IV) degree programme  
under the Faculty of Humanities as per National Education Policy, 2020 (NEP)

Sir/Madam,

With reference to the subject mentioned above I am directed to inform you that the University authorities have accepted and granted approval to the revised syllabi, equivalence and nature of question paper of M. A. & M.R.S. Part II (Sem. III & IV) under the Faculty of Humanities as per National Education Policy, 2020. (NEP)

English	Hindi	Marathi	Sanskrit	History
Sociology	Economics	Political Science	Russian	M.R.S.
Bhasha Proudyogiki	Criminal and Forensic Psychology	Clinical Psychology	Counselling Psychology	Industrial Psychology

This syllabi shall be implemented from the academic year 2023-24 onwards . A soft copy containing the syllabus is attached herewith and it is also available on university website [www.unishivaji.ac.in](http://www.unishivaji.ac.in) (Online Syllabus).

For students of Distance Education this syllabi be implemented from the academic yerar 2023-24.

You are therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully

(Dr. S. M. Kubal)  
Dy. Registrar

Encl : As above

Copy to,

For Information and necessary action.

Dean, Faculty of Humanities.	Computer Center/I. T. Cell.
Chairman, B.O.S./Ad-hoc Board under faculty of Humanities.	Eligibility Section.
Director, Board of Examinations & Evaluation	P. G. Seminar Section.
Appointment Section A & B	Distance Education Section.
M. A. Exam. Section.	Affiliation Section (T. 1 & T 2)
P. G. Admission Section.	

SHIVAJI UNIVERSITY, KOLHAPUR



Accredited by NAAC 'A++' Grade

**CHOICE BASED CREDIT SYSTEM WITH MULTIPLE ENTRY AND MULTIPLE EXIT  
OPTIONS IN THE POST GRADUATE DEGREE PROGRAMMES IN PSYCHOLOGY**

**(Regulations in accordance with National Education Policy 2020**

**to be implemented from Academic Year 2023-24)**

**M.A. II CLINICAL PSYCHOLOGY**

**Programme Structure for Semester III & IV**

**Shivaji University, Kolhapur**  
Syllabus For  
**Master of Arts in Psychology**  
**(Semester III and IV)**  
**[FACULTY OF HUMANITIES]**

**1. TITLE:**

Psychology (under the faculty of Humanities)

**2. YEAR OF IMPLEMENTATION:**

Under Academic Flexibility, the New M.A. Psychology Syllabus will be implemented from June, 2023 (Academic Year 2023-24) onwards in the affiliated colleges of Shivaji University, Kolhapur.

**3. PREAMBLE:**

This course is aimed at developing knowledge and understanding the principles of fields of psychology. The course gives an edge to the psychology students to enable them to inculcate the philosophies, ideologies and methodologies of psychologist's profession. In order to fulfill this, the course covers wide range of topics pertaining to the core, supportive, interdisciplinary and elective domains of applied psychology. The course is designed with appropriate consistency within the papers and among the papers. Therefore, inter dependence of the papers is a characteristic feature of the course. The course will enable the learners to assume the role of the psychologists for the better development of individuals and society with a positive attitude.

**4. GENERAL OBJECTIVES OF PSYCHOLOGY COURSE:**

After successful completion students will be able to:

- a. Understand the ideologies, methodologies, values and ethical principles of psychologist's practices working in various settings with individuals and groups.
- b. Strengthen the theoretical understanding, expand knowledge-base, and inculcate relevant values, attitudes and skills required for a professional psychologist through the theory and practical component of the course.
- c. Develop interdisciplinary and specialized professional outlook, upheld the

dignity and esteem of the psychology profession and achieve self-actualization.

- d. Inculcate the analytical ability, research aptitude and relevant skills for professional life.
- e. To provide students' with in-depth training under supervised conditions in direct service models of assessment, and therapy in order to practice as clinical psychologists.
- f. Construct individual case formulations, diagnose clients, and recommend appropriate interventions. They will also be competent in consulting with other professionals, communicating their professional judgments, queries and concerns, and justifying their conclusions.
- g. Students will develop hypotheses and design studies that appropriately and directly address a research question.

## **5. DURATION:**

- a. The course shall be a Post-Graduate Full Time Course
- b. The duration of course shall be of Two years /Four Semesters.

## **6. PATTERN:**

The pattern of Examination will be Semester.

## **7. ADMISSION AND INTAKE:**

**i) Admission Committee:** For the admission of the M.A. Psychology course the composition of Admission committee which will be the final authority.

### **ii) Merit List for admission rounds:**

- 1. The merit list of the students shall be prepared solely on the basis of marks obtained by the candidate at the B.A. Degree in psychology (special).
- 2. In case there are two or more candidates with the equal marks, elder student will be considered first considering their date of birth.
- 3. If the tie still continues, merit position/s will be decided on the basis of alphabetical order considering surname first.

### **iii) Reservation:**

Intake Capacity of M.A. Psychology Course and Reservation quota for admission will be as per the rules of the State Government.

**Note:-**

1. As per G.R. No. TEM (3397)/1297 TE-1 dated 11-7-1997 the constitutional reservation should not exceed 50% and hence the necessary adjustment giving reservation to S.B.C. as per GR.
2. 3% seats are reserved for persons with disabilities as per Govt. letter no. Misc. 1003 (510/2003) Est. 1 dated 27-10- 2003 (Encl: G.R.)
3. Candidate should produce the caste certificate at the time of submission of the admission form.
4. The candidates belonging to VJA, NTB, NTC, NTD, OBC, and SBC should produce non-creamy layer certificate at the time of admission.
5. The prescribed percentage for De-reservation policy will be implemented as per Govt. of Maharashtra G.R.No. TEM- 3397/12926/ (9086)/TE-1 dtd. 11-07-1997.
6. If any difficulty arises during the admission process, the admission committee should take the appropriate decision, which should be considered as final decision.

#### **7. Eligibility: Qualifying Examination:**

1. Candidates who have passed in M.A.I subject Psychology \*special+ of Shivaji University or any other Statutory University recognized equivalent thereto, with minimum of 45 percent Marks/ Second Class.
2. The merit list of the students shall be prepared solely on the basis of marks obtained by the candidate in the examination.

#### **9. Medium of Instruction:**

The medium of instruction shall be in English. (Student will have option to write answer scripts in Marathi)

**10. STRUCTURE OF COURSE: [For Both Sem III and IV].**

Structure for Level 9 of M.A.											
Semester III											
Teaching Scheme						Examination Scheme					
Sr. N O.	Theory (TH)				Pract ical (PR)	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lecture	Hours	Credit s	---	Paper Hour s	Ma x	Mi n	Internal	Ma x	Min
1	DSC –5	4	4	4		3	80	32		20	8
2	DSC –6	4	4	4		3	80	32		20	8
3	DSE –5	4	4	4		3	80	32		20	8
4	DSE -6	-	-	4	4	3	80	32		20	8
5	SEC - III	2	2	2		2	50	20		--	---
Total		14	14	18	4	---	370	---		80	---
										SEE +IA =370+80=450	
Semester IV											
Teaching Scheme						Examination Scheme					
Sr. NO.	Theory (TH)				Practi cal (PR)	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lectures	Hours	Credit ts	---	Paper Hours	Max	Min	Internal	Max	Min
1.	DSC –7	4	4	4		3	80	32		20	8
2.	DSC –8	4	4	4		3	80	32		20	8
3.	DSE –7	4	4	4		3	80	32		20	8
4.	DSE-8	-	-	4	4	3	80	32		20	8
5.	SEC -IV	2	2	2		2	50	20		--	---
Total		14	14	18	4	---	370	---		80	

								SEE +IA = 370+ 80= 450
Sem. III & IV	36	36	36	---	---	740	---	160
Total								SEE +IA = 740+ 160= 900
Grand Total	72	72	80	---	---	1660	---	340
Sem. I, II, III & IV								SEE +IA = 1660+ 340= 2000
<b>Total Credits Required for Completing Level 9: 36 Credits</b>								
<b>Total Credits for Completing Level 8 and 9 of Master of Arts Programme : 44+36=80</b>								

<b>DSC:</b> Discipline Specific Core Course- There will be two compulsory courses for each semester.
<b>DSC:</b> Discipline Specific Elective - Students can opt any two courses (Subjects) from the group of elective courses.
<b>SEC:</b> Skill Enhancement Course, Students have to complete one SEC each in both Semesters selecting from the platforms suggested in NEP Regulations of Shivaji University, Kolhapur (Refer SUK BOS letter dt. 12 Sep., 2022) Or from the basket of SEC made available by Shivaji University, Kolhapur.

### 11. SEMESTER EXAMINATION:

The system of examination would be Semester. The examination shall be conducted at the end of each semester.

### 12. SEMESTER-Re-Examination:

In case candidates fail in any of the papers in any semester examination, they can appear for the re-examination in the subsequent semester.

### 13. Standard of Passing:

- To pass each paper 40 marks out of 100 are required.
- Semester Examination: In every theory and practical/practicum paper a candidate should obtain a minimum of 40 % of total marks i.e. 32 marks out of 80 marks.
- To pass each theory and practical paper 8 marks are required for internal assessment.
- Seminar should be presented for 20 marks for semester III & IV and assignment should be submitted for semester III & IV for each paper for

internal assessment.

#### **14. NATURE OF QUESTION PAPER AND SCHEME OF MARKING: -**

There will be four questions in the question paper each carrying 20 marks. All questions shall be compulsory.

Question No.	Description	Marks
Question 1:	(A) Multiple choice questions (2 Marks/Question)	10
	(B) Answer in one or two sentences (2 Marks/Question)	10
Question 2:	Short notes: (Any four out of six)	20
Question 3:	Descriptive type question with internal choice.	20
Question 4:	Descriptive type question with internal choice.	20

## 15. COURSE STRUCTURE WITH CREDIT POINTS AND MARKS

### M. A. Part – II Semester – III (CLINICAL PSYCHOLOGY)

Course No	Course Title	Credits	Marks (Written Exam + CIE)
<b>DSC - Discipline Specific Core Courses</b>			
DSC 05	Introduction to Psychopathology	04	80 + 20 = 100
DSC 06	Techniques of Psychodiagnostics	04	80 + 20 = 100
<b>DEC - Discipline Specific Elective Courses</b>			
DSC 05	Psychotherapies	04	80 + 20 = 100
DSC 06	Practical (Testing)	04	80 + 20 = 100
<b>SEC- Skill Enhancement Courses</b>			
SEC III		02	50 + NA = 50
<b>TOTAL CREDITS</b>		<b>18</b>	<b>450</b>
<b>M.A. SEMESTER IV (CLINICAL PSYCHOLOGY)</b>			
Course No	Course Title	Credits	Marks (Written Exam + CIE)
<b>DSC - Discipline Specific Core Courses</b>			
DSC 07	Psychopathology	04	80 + 20 = 100
DSC 08	Applied Psychodiagnostics	04	80 + 20 = 100
<b>DEC - Discipline Specific Elective Courses</b>			
DSC 07	Modern Psychotherapies	04	80 + 20 = 100
DSC 08	Practicum	04	80 + 20 = 100
<b>SEC- Skill Enhancement Courses</b>			
SEC IV		02	50 + NA = 50
<b>TOTAL CREDITS</b>		<b>18</b>	<b>450</b>
<b>GRAND TOTAL (SEM III + SEM IV)</b>		<b>SEM III + SEM IV 18 + 18 = 36</b>	<b>SEM III + SEM IV 450 + 450 = 900</b>
<i>Note: NA = Not Applicable</i>			

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**PAPER NO. DSC- 05 (Paper no. DSC-IX)**

**I. Title of Paper: INTRODUCTION TO PSYCHOPATHOLOGY**

Learning Objectives:

To acquaint the students with -

1. Current systems of classification of mental disorders.
2. Current paradigms in psychopathology.
3. The symptomatology of different psychological disorders.
4. Etiology and therapies of the disorders with respect to theoretical approaches.

<b>Module IV.</b>		<b>No. of Credits 04</b>
Module 1	Introduction to psychopathology	01
Module 2	Stress related disorders	01
Module 3	Disorders featuring somatic symptoms	01
Module 4	Substance related and addictive disorders	01

**V. Recommended Reading**

**A. Books for reading:**

1. Comer, R. J. (2015). *Abnormal psychology*. 9<sup>th</sup> ed. Worth publisher, New York (for Module 1 – 1.3)
2. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal psychology* 17<sup>th</sup> ed. Global edition. Pearson education ltd. (for Module 1 – 1.1, Module 2, Module 3)
3. Nevid, J. S., Rathus, S. A., & Greene, B. (2018). *Abnormal psychology in a changing world*. 9<sup>th</sup> ed. Pearson education ltd. (for Module 1 – 1.2, Module 4)

**B. Books for references:**

1. American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorder* 5<sup>th</sup> ed. (DSM 5).
2. Bennett, P. (2011). *Abnormal and Clinical Psychology*. 3<sup>rd</sup> ed. McGraw Hill.

3. Gorenstein, E. E. & Comer, R. J. (2015). *Case studies in abnormal psychology*, 2<sup>nd</sup> ed. Worth Publisher, New York.
4. Osborne, R. E. Lafuze, J. E., & David, V. (2016). *Case analysis for abnormal psychology*. 2<sup>nd</sup> ed. Taylor & Francis.
5. Speroy, L., Carlson, J., Sauerheber, J.D., & Sperry J. (2015). *Psychopathology and psychotherapy: DSM 5 Diagnosis, case conceptualization and treatment*. 3<sup>rd</sup> ed. Taylor and Francis.

## INTRODUCTION TO PSYCHOPATHOLOGY

### Module 1. Introduction to psychopathology

- 1.1 What do we mean by abnormality?
  - A) Definition of mental disorder
  - B) Indicators of abnormality.
- 1.2 How are abnormal behavior pattern classified
  - A) The DSM and models of abnormal behavior
    - i) Feature of the DSM
    - ii) Evaluating the DSM System
    - iii) Changes in the DSM-5
    - iv) Advantages & Disadvantages of the DSM System
- 1.3 What do clinical researchers do?
  - A) The case study
  - B) The correlational method
  - C) The experimental method

### Module 2 - Stress related disorders

- 2.1 Stress and Mental Health
  - A) Adjustment disorder
  - B) Posttraumatic stress disorder
  - C) Acute stress disorder
- 2.2 Posttraumatic stress disorder causes & risk factors.
- 2.3 Causal factors in posttraumatic stress disorder.
- 2.4 Prevention and treatment of stress disorder.

## Module 3 Disorders featuring somatic symptoms

- 3.1
  - A) Somatic symptom disorder
  - B) Causes of symptom disorder
  - C) Treatment of somatic symptom disorder
- 3.2 Illness anxiety disorder
- 3.3 A) Conversion disorder (Functional neurological symptoms disorder)
  - B) Range of conversion disorder symptoms
  - C) Important issues in diagnosing conversion disorder
  - D) Causes of conversion disorder
  - E) Causes of conversion disorder
- 3.4 Factitious disorder

## Module 4: Substance related and addictive disorders

- 4.1 Drugs of abuse
  - A) Depressants
  - B) Stimulants
- 4.2 Theoretical perspectives
  - A) Biological perspective
  - B) Learning perspective
  - C) Cognitive perspective
  - D) Psychodynamic perspective
- 4.3 Treatment of substance use disorders
  - A) Biological approaches
  - B) Nonprofessional support group
  - C) Psychodynamic approaches
  - D) Behavioral approaches
  - E) Relapse-prevention training

### **Note: Internal assignment work (20 marks)**

For internal 20 marks make power point presentation on any of the following topic.

Please refer books for reading.

- |  |   |
|--|---|
| 1. Sexual variants, abuse and dysfunctions | 2. Neurocognitive and Aging related disorders |
| 3. Communications disorders etc.           | 4. Eating disorder                            |

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Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2022 and April, 2023 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**I. PAPER NO: DSC-06 (Paper no. DSC-X)**

**II. Title of Paper: TECHNIQUES OF PSYCHOAGNOSTICS**

**III. Objectives:**

To acquaint the students with the

- 1) Nature of clinical interview.
- 2) Personality, psychological and behavioral assessment.
- 3) To prepare treatment planning, monitoring and outcome assessment.

Module	Content	No.of Credits 04
Module 1	Context of clinical assessment	01
Module 2	The assessment interview	01
Module 3	Behavioral assessment	01
Module 4	Brief instruments for treatment planning, monitoring and outcome assessment	01

**V. Recommended Reading**

**A. Books for reading:**

1. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey. (for Module 1, Module 2, Module 3 and Module 4)
2. Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> ed. Springer. (for Module 2 – 2.3)

# **TECHNIQUES OF PSYCHOAGNOSTICS**

## **Module 1 – Context of clinical assessment**

- 1.1 Types of referral settings
- 1.2 Ethical practices of assessment
- 1.3 Psychological report
- 1.4 General guidelines
- 1.5 Format for a psychological report

## **Module 2 – The assessment interview**

- 2.1 The assessment interview and case history
  - A) General considerations
  - B) Interview tactics
- 2.2 Mental status examination (MSE)
- 2.3 Diagnostic formulations based on the clinical interview

## **Module 3 – Behavioral assessment**

- 3.1 Behavioral Assessment
- 3.2 Strategies of behavioral assessment
  - A) Behavioral interviewing
  - B) Behavioral observation
  - C) Narrative recording
  - D) Internal recording
  - E) Event recording
  - F) Ratings recording
  - D) Cognitive-behavioral assessment
  - E) Cognitive self-report inventories
  - F) Record cognitions
  - G) Psycho-sociological assessment

## **Module 4 – Brief instruments for treatment planning, monitoring and outcome assessment**

- 4.1 Selecting brief instruments
- 4.2 Symptoms Checklist-90-R (SCL-90-R) and Brief Symptom Inventory (BSI)

4.3 Beck's Depression Inventory

4.4 State Trait Anxiety Inventory

**Note: Internal assignment work (20 Marks)**

For internal 20 marks make a psychological report as per the format given in module 1.

(Please refer the handbook of psychological assessment 5<sup>th</sup> ed., Author: Gary-Growth Marnet)

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**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**I. PAPER: DSE -05 (Paper no. DSC-XI)**

**II. Title of Paper: PSYCHOTHERAPIES**

**III. Objectives:**

To acquaint the students with the

- 1) various treatment systems used in therapy
- 2) Application of psychotherapies in the treatment.
- 3) Various skills required in the therapeutic sessions.

Module IV	No. of Credits
Module 1 Treatment systems emphasizing background	01
Module 2 Treatment system emphasizing emotions and sensation	01
Module 3 Treatment systems emphasizing thoughts	01
Module 4 Brief behavior therapy	01

**V. Recommended Reading**

**A. Books for reading:**

1. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2004). *The art and science of brief psychotherapies : a practitioners guide*. 1<sup>st</sup> ed. American Psychiatric Publishing, Inc. (for Module 4)
2. Seligman, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4<sup>th</sup> ed. Pearson. (for Module 1, Module 2 and Module 3)

**B. Books for references:**

1. Capuzzi, D. & Stauffer, M.D. (2016). *Counselling and psychotherapy: theories and interventions*. 6<sup>th</sup> ed. American Counselling Association, Alexandria.
2. Conte, C. (2009). *Advanced techniques for counselling and*

*psychotherapy*. Springer Publishing Company, LLC.

3. Corey, G. (2017). *Theory and practice of counselling and psychotherapy*. 10<sup>th</sup> ed. Cengage Learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies : a practitioners guide*. 3<sup>rd</sup> ed. American Psychiatric Publishing, Inc.
5. Didonna, F. (2009). *Clinical handbook of mindfulness*. Springer.
6. Felthan, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2<sup>nd</sup> ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5<sup>th</sup> ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills: A Helpers manual*. 3<sup>rd</sup> ed. Sage South Asia ed.

## **PSYCHOTHERAPIES**

### **Module 1 – Treatment systems emphasizing background**

#### 1.1 Sigmund Freud and Classical Psychoanalysis

- A) Important theoretical concept
- B) Treatment using classical psychoanalysis
- C) Skill development: analyzing and counter transference

#### 1.2 Alfred Adler and individual psychology

- A) Important theoretical concepts
- B) Treatment using individual psychology
- C) Skill development: Analyzing earliest recollection

### **Module 2 – Treatment system emphasizing emotions and sensation**

#### 2.1 Rogers and Person-centered counselling

- A) Important theoretical concepts
- B) Treatment using person-centered counseling
- C) Skill development: Empathetic responding

#### 2.2 Gestalt therapy

- A) Important theoretical concepts

- B) Treatment using Gestalt therapy
- C) Transactional analysis
- D) Skill development: Gestalt chair work

**Module 3 – Treatment systems emphasizing thoughts**

3.1 Albert Ellis and REBT

- A) Important theoretical concepts
- B) Treatment using REBT
- C) Skill development rational emotive imagery

3.2 Aaron Beck and Cognitive therapy

- A) Important theoretical concepts
- B) Treatment using cognitive therapy
- C) Skill development: Analyzing and modifying cognitions

**Module 4 – Brief behavior therapy**

4.1 General description of behavior therapy

4.2 Behavioral assessment

4.3 Interventions

- A) Anxiety management training
- B) Exposure therapy

**Note: Internal assignment work (20 Marks)**

For internal 20 marks demonstrate various techniques used in counseling and therapeutic session mention among the following.

**Books:**

1. Conte, C. (2009). *Advanced techniques for counselling and psychotherapy*. Springer Publishing Company, LLC.
2. Feltham, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2<sup>nd</sup> ed., SAGE.
3. Nelson-Jones, R. (2012). *Basic Counselling Skills: A Helpers manual*. 3<sup>rd</sup> ed. Sage South Asia

**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2023 and April, 2024 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**I. PAPER: DSE -06 (Paper no. XII)**

**II. Course Title: Practical (Testing)**

**III. Objectives:**

- 1) To train the students to carry Journal in the different areas of clinical psychology.
- 2) To make the students familiar with the psychological tests used for clinical purposes.
- 3) To impart the knowledge and skills for administering psychological tests and writing their reports.

**IV. Books for Reading**

- 1) Coolican, H. (2017). Research methods and statistics in psychology. Psychology Press.
- 2) Barker, C., Pistrang, N., & Elliott, R. (2015). Research methods in clinical psychology: An introduction for students and practitioners. John Wiley & Sons.
- 3) Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.
- 4) Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> Ed. Springer.
- 5) Corey, Gerald (2005): "Theory and Practice of Counseling and Psychotherapy", 7<sup>th</sup> Ed., Books / Cole – Thomson Learning, Belmont, C. A., U.S.A.
- 6) Division, G. C., Neale, J.M. and Kring, A. M. (2004): "Abnormal Psychology", 9<sup>th</sup> Ed., John Wiley and Sons Inc.
- 7) Gladding, Samuel T. (2009): "Counseling", Sixth edition, Pearson.
- 8) Hecker, Jeffrey E. and Thope, Geoffrey L. (2005) "Introduction to Clinical Psychology", Pearson Education Inc.

▪ **Journal**

Students must select one test out of each of the given five test groups and administer it on appropriate examinee (client) and write a report of five cases in appropriate format. For test administration select the client from mentally ill Patient/Disabled/Challenged/Remand home/Hospitals/Normal and special schools. Student should prepare a test journal report in appropriate format.

#### A. Test of Cognition and Intelligence

- 1) WAIS – Malin’s Test
- 2) Standard Progressive Matrices
- 3) Culture Fair Scale of Intelligence
- 4) Test of Thinking
- 5) Judgment and Reasoning Tests
- 6) Emotional Intelligence Scale
- 7) Social Intelligence Scale

#### B. Personality Inventories and Related Tests

- 1) NEO - FFI
- 2) H.S.P.Q.
- 3) Type A / B Behavioral Pattern Scale
- 4) Locus of Control Scale
- 5) Self-esteem Scale
- 6) Self-efficacy Scale
- 7) The 16 PF Questionnaire

#### C. Tests for Assessing Clinical Aspects of Personality

- 1) MMPI
- 2) EPQ – R
- 3) KNPI
- 4) Adjustment Inventory
- 5) Test of Behavioral Assessment
- 6) Eight State Questionnaire
- 7) Coping Resource Inventory
- 8) Indian Adaptation of TAT
- 9) Ink – Blot Test

#### D. Tests for Assessing Various Aspects of Mental Health

- 1) Medico-psychological Questionnaire
- 2) P.G.I. Health Questionnaire
- 3) Cornell Medical Index Health Questionnaire

- 4) Anxiety Scale
- 5) Depression Scale
- 6) Stress Scale
- 7) Frustration Scale
- 8) Mental Health Inventory

E. Tests of Attitudes, Values and Other

- 1) Attitude Scale
- 2) Value Scale
- 3) Family Environment Scale
- 4) Emotional Maturity Scale
- 5) Achievement Motivation Test
- 6) Sentence Completion Test
- 7) Psychological Counseling Need Scale

▪ **Nature of Examination**

- 1) The students will be asked to administer one psychological test allotted to him/her on the subject and to write its full report.
- 2) Students have to bring his/her subject for practical examination.
- 3) Practical examination will be held at the end of the semester III.

▪ **Scheme of Marking**

**Total - 80 Marks**

Sr. No.	Content	Marks	Description
1	Journal	40	30 Marks assessment by HOD/Concerned teacher and 10 Marks assessment by External Examiner
2	Report Writing	20	20 Marks assessment by External Examiner
3	Viva	20	20 Marks assessment by External Examiner

**Note: Internal assignment work (20 Marks)**

For internal 20 marks assignment student should administrate and score any above test on a mentally ill patient. Write and submit a report in the appropriate format.

▪ **Note:**

- 1) There shall be two practical's of 4 periods each per week per batch consisting of 10students.
- 2) Eligibility for the practical examination is subject to certification of journal report as well as assignment writing by the student, duly signed by teacher in charge and HOD.

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Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2022 and April, 2023 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**I. PAPER: DSC – 07 (Paper no. XIII)**

**II. Title of Paper: PSYCHOPATHOLOGY**

**III. Objectives:**

To acquaint the students with -

1. Current systems of classification of mental disorders.
2. Current paradigms in psychopathology.
3. The symptomatology of different psychological disorders.
4. The etiology and therapies of the disorders with respect to theoretical approaches.

**Module  
IV**

		No. of Credit-04
Module 1	Mood Disorder: Unipolar depressive disorders	01
Module 2	Schizophrenia	01
Module 3	Personality Disorder	01
Module 4	Abnormal behavior in childhood and adolescence	01

**V. Recommended Reading**

**A. Books for reading:**

1. Comer, R. J. (2015). *Abnormal psychology*. 9<sup>th</sup> ed. Worth publisher, New York (for Module 2 – 2.3)
2. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal psychology* 17<sup>th</sup> ed. Global edition. Pearson education ltd. (for Module 1, Module 2, Module 3)

3. Nevid, J. S., Rathus, S. A., & Greene, B. (2018). *Abnormal psychology in a changing world*.

9<sup>th</sup> ed. Pearson education ltd. (for Module 1 – 1.1 (A) iv and Module 4)

**B. Books for references:**

1. Bennett, P. (2011). *Abnormal and Clinical Psychology*. 3<sup>rd</sup> ed. McGraw Hill.
2. Gorenstein, E. E. & Comer, R. J. (2015). *Case studies in abnormal psychology*, 2<sup>nd</sup> ed. worth publisher, New York.
3. Osborne, R. E. Lafuze, J. E., & David, V. (2016). *Case analysis for abnormal psychology*. 2<sup>nd</sup> ed. Taylor &Fransis.
4. Speroy, L., Carlson, J., Sauerheber, J.D., & Sperry J. (2015). *Psychopathology and psychotherapy: DSM 5 Diagnosis, case conceptualization and treatment*. 3<sup>rd</sup> ed. Taylor and Fransis.

## **PSYCHOPATHOLOGY**

### **Module 1** Mood Disorder: Unipolar depressive disorders

#### 1.1 A) Unipolar depressive disorders

- i)Major depressive disorder
- ii)Persistent depressive disorder (Dysthymia)
- iii) Other forms of depression
- iv) Premenstrual dysphoric disorder

#### 1.2 A) Casual Factors in unipolar mood disorders

- i) Psychological causal factors

##### A) Bipolar and related disorder

- i) Cyclothymic disorder
- ii) Bipolar (I & II)
- iii) Features of bipolar disorder

#### B) Causal factors in bipolar disorders

- i) Biological causal factors
- ii) Psychological causal factors

#### 1.3 Treatment and Outcome

- A) Pharmacotherapy
- B) Alternative biological treatment

## c) Psychotherapy

### Module 2 Schizophrenia

#### 2.1 Schizophrenia

- A) Origins of the schizophrenia construct
- B) Clinical picture

#### 2.2 Other psychotic disorder

- A) Schizoaffective disorder
- B) Schizophreniform disorder
- C) Delusional disorder
- D) Brief psychotic disorder

#### 2.3 How do theorists explain schizophrenia?

- A) Biological views
  - i) Genetic factors
  - ii) Biochemical abnormalities
- B) Psychological views
  - i) Psychodynamic explanation
  - ii) The behavioral view
  - iii) Cognitive view
- C) Socio cultural views
  - i) Multicultural factors
  - ii) Social labeling
  - iii) Family dysfunctionins
  - iv) R. D. Laing's view

#### 2.4 Treatments and outcomes

- A) Pharmacological approaches
- B) Psychosocial approaches

## Module 3 - Personality Disorder

### 3.1 Clinical features of personality disorders

#### 3.2 A) Cluster A personality disorders

#### B) Cluster B personality disorders

#### C) Cluster C personality disorders

### 3.3 Treatment and outcomes of personality disorders

## Module 4 – Abnormal behavior in childhood and adolescence

### 4.1 Autism and autism spectrum disorder

#### A) Features of autism

#### B) Theoretical perspectives of autism

#### C) Treatment of autism

### 4.2 Intellectual disability

#### A) Causes of intellectual disability

#### B) Interventions

### 4.3 Learning disability and ADHD

#### A) Understanding and treatment of learning disability

#### B) Attention-deficit/Hyperactivity disorder

### **Note: Internal assignment work (20 Marks)**

For internal 20 marks make power point presentation on any of the following topic.

Please refer books for reading.

1. Law and Mental Health

2. Technology and Mental Health

3. Mental Health, Business and Economics

4. Anxiety, Obsessive Compulsive & related Disorder

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Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2022 and April, 2023 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: IV)**  
**Choice Based Credit System with MEME**  
**Introduced from June, 2023**

**i. Paper: DSC 08 (Paper no. XIV)**

**ii. Title of Paper : APPLIED PSYCHODIAGNOSTICS**

**iii. Objectives**

To acquaint the students with the

- 1) Nature of clinical and diagnostic tests.
- 2) Application of projective techniques.
- 3) Neuropsychological impairment.

Credits 04

**IV. Module**

Module 1	Minnesota Multiphasic Personality Inventory (MMPI)	01
Module 2	The Rorschach Ink blot Test	01
Module 3	Thematic Apperception Test (TAT)	01
Module 4	Screening for Neuropsychological Impairment	01

**iv. Recommended Reading**

**A. Books for reading:**

1. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.

**B. Books for reference:**

1. Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> ed. Springer.

**APPLIED PSYCHODIAGNOSTICS**

## Module 1 – Minnesota Multiphasic Personality Inventory (MMPI)

### 1.1 MMPI

A) Administration

B) Interpretation Procedure

### 1.2 MMPI-2 Context scales

### 1.3 MMPI-A Context scales

### 1.4 MMPI-2 and MMPI-A Supplementary scales

## Module 2 – The Rorschach Ink blot Test

### 2.1 The Rorschach

### 2.2 Administration

### 2.3 Scoring

### 2.4 Interpretation: Location, Determinants, Content

## Module 3 – Thematic Apperception Test (TAT)

### 3.1 Thematic Apperception Test

### 3.2 Administration

### 3.3 Typical themes elicited

### 3.4 Scoring procedures

### 3.5 Interpretation

## Module 4 – Screening for Neuropsychological Impairment

### 4.1 Introduction

### 4.2 Interviewing for brain impairment

### 4.3 Domains of neuropsychological functioning

### 4.4 Bender Visual Motor Gestalt Test

#### A) Administration

#### B) Motor and perception procedures

#### C) Scoring

#### D) Interpretation guidelines

### **Note: Internal assignment work (20 Marks)**

For internal 20 marks write a brief review on any one diagnostic test – California Personality Inventory (CPI), Million Clinical Multi-axial Inventory, Wechsler Scales, any other clinical diagnostic test.

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Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2022 and April, 2023 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M.A. (Clinical Psychology) (Part II) (Semester IV)**  
**(Choice Based Credit System)**  
**(Introduced from June, 2023)**  
**Group – F.1. (Clinical)**

**I. PAPER: DSC 07**  
**(PAPER no. XV)**

**i. Title of Paper: MODERN PSYCHOTHERAPIES**

**ii. Objectives:**

To acquaint the students with the

- 1) various treatment systems used in therapy
- 2) Application of psychotherapies in the treatment.
- 3) Various skills required in the therapeutic sessions

Module IV.		No of Credits 04	
Module 1	Family system approaches		01
Module 2	Interpersonal Psychotherapy		01
Module 3	Mindfulness Therapy		01
Module 4	Solution-focused brief therapy		01

**V. Recommended Reading**

**A. Books for reading:**

1. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2004). *The art and science of brief psychotherapies: a practitioner's guide*. 1<sup>st</sup> ed. American Psychiatric Publishing, Inc.
2. Seligman, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4<sup>th</sup> ed. Pearson.

## **B. Books for references:**

1. Capuzzi, D. & Stauffer, M.D. (2016). *Counselling and psychotherapy: theories and interventions*. 6<sup>th</sup> ed. American Counselling Association, Alexandria.
2. Conte, C. (2009). *Advanced techniques for counselling and psychotherapy*. Springer Publishing Company, LLC.
3. Corey, G. (2017). *Theory and practice of counselling and psychotherapy*. 10<sup>th</sup>ed. Cengage learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies: a practitioner's guide*. 3<sup>rd</sup> ed. American Psychiatric Publishing, Inc.
5. Didonna, F. (2009). *Clinical handbook of mindfulness*. Springer.
6. Felthan, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2<sup>nd</sup> Ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5<sup>th</sup> ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills: A Helpers manual*. 3<sup>rd</sup> ed. Sage South Asia Ed.

# **MODERN PSYCHOTHERAPIES**

## **Module 1 – Family system approaches**

### **1.1 Family therapies that focus on background**

- A) Adlerian family therapy
- B) Multigenerational family therapy

### **1.2 Family therapies that focus on emotions**

- A) Virginia Satir
- B) Emotional focus couple theory

### **1.3 Family therapies that focus on thought and actions**

- A ) Behavioral and cognitive- behavioral therapy
- B) Skill development: Genogram

## **Module 2 – Interpersonal Psychotherapy**

### **2.1 Essential characteristics of interpersonal psychotherapy**

- A) Interpersonal relationship
- B) Interpersonal conceptualization
- C) Time limit during acute treatment
- D) The therapeutic relationship in Interpersonal psychotherapy

### **2.2 Structure of interpersonal psychotherapy**

## **Module 3 – Mindfulness Therapy**

### **3.1 Mindfulness**

- A) Therapeutic mindfulness
- B) Mindfulness and mindlessness
- C) Forms of practice

### **3.2 Practical applications for psychotherapy**

- A) Psychological process
- B) Mindfulness meditation
- C) How we construct our experience

### **3.3 Mindfulness and meditation**

#### **A) What is meditation?**

- B) Obstacles to meditation
- C) Deeping meditation

D) Mindfulness meditation

3.4 Mindfulness and feeling of emptiness

A) Psychology and emptiness

B) The feeling of emptiness as an indicator of psychopathology

C) Overcome the feeling of emptiness

Module 4 – Solution-focused brief therapy

4.1 What is solution-focused brief therapy?

4.2 The practice of solution-focused brief therapy

Note: Internal assignment work (20 Marks)

For internal 20 marks watch short videos of application of various psychotherapies and write a review.-----

Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2022 and April, 2023 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(Choice Based Credit System)**  
**(Introduced from June, 2023)**  
**Group F.1. (Clinical)**

**I. PAPER: DSC 08 (Paper no. XVI)**

**II. Title of Paper: PRACTICUM**

**III. Objectives:**

- 1) To acquaint the students with different types of clinical cases.
- 2) To diagnose mental health problems.
- 3) To prepare the students in taking case history, and making diagnosis of clinical cases, and writing its report.

**IV. Recommended Reading**

**A. Books for Reading**

1. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal psychology* 17<sup>th</sup> ed. Global edition. Pearson education ltd.
2. Nevid, J. S., Rathus, S. A., & Greene, B. (2018). *Abnormal psychology in a changing world*. 9<sup>th</sup> ed. Pearson education ltd.
3. Comer, R. J. (2015). *Abnormal psychology*. 9<sup>th</sup> ed. Worth publisher, New York
4. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.
5. Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> ed. Springer.

**B. Books for References**

- 1) Barlow, D. H. and Durand, V. M. (1999): "Abnormal Psychology, 2nd Ed., Pacific Grove, Books / Cole.
- 2) Capuzzi, David and Gross, Douglas, R. (2007): "Counseling and Psychotherapy: Therapies and Interventions", 4th Ed., Pearson Education India.
- 3) Carson, R. C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007): "Abnormal Psychology", 3rd Ed., Pearson Education, India.

- 4) Corsini, R. J. and Wedding, D. (Eds.) (1995): "Current Psychotherapies", Itasca, III: F. E. Peacock.
- 5) Mathur, S. S. (1985): "Clinical Psychology", Vinod Pustak Mandir, Agra.
- 6) Neizal, M. T., Bernstein (1995): "Introduction to Clinical Psychology", 2nd Ed.
- 7) Weiner, B. (1983): "Clinical Methods in Psychology", N. Y., John – Wiley and Sons.

- **Case Study**

Every student or pair of students has to visit Hospital/Clinic/Correctional Institution/ NGO set up /Rehabilitation centers etc. to study clinical cases. He/She has to study comprehensively any four different types of clinical cases in consultation with the concerned subject teacher. He/She has to apply appropriate psychological assessment tools (tests/scales from provided list) and techniques for psycho-diagnosis. After history, symptoms and diagnosis, He/She has to apply appropriate psychotherapeutic techniques to solve the problem. After completion of case work comprehensive psychological report in standard format covering all above aspects should be submitted for every case.

**Note- More than two students are not allowed to take same cases to study.**

- List of Clinical Tests / Scales / Techniques

- 1) WAIS – Malin’s Test
- 2) Standard Progressive Matrices
- 3) Culture Fair Scale of Intelligence
- 4) Test of Thinking
- 5) Judgment and Reasoning Tests
- 6) Emotional Intelligence Scale
- 7) Social Intelligence Scale
- 8) NEO - FFI
- 9) H.S.P.Q.
- 10) Locus of Control Scale
- 11) The 16 PF Questionnaire
- 12) MMPI
- 13) EPQ – R
- 14) KNPI
- 15) Adjustment Inventory
- 16) Test of Behavioral Assessment
- 17) Eight State Questionnaire

- 18) Coping Resource Inventory
- 19) Indian Adaptation of TAT
- 20) Ink – Blot Test
- 21) Medico-psychological Questionnaire
- 22) P.G.I. Health Questionnaire
- 23) Cornell Medical Index Health Questionnaire
- 24) Anxiety Scale
- 25) Depression Scale
- 26) Stress Scale
- 27) Frustration Scale
- 28) Mental Health Inventory

### ▪ Nature of Examination / Question Paper

Each student will be given TWO hypothetical clinical case (one based on the patient description and one based on the Test profile) by university. He / She has to write brief history, describe symptoms and make diagnosis of the case. After diagnosis, he / she has to apply appropriate psychotherapeutic techniques to solve the problem. A comprehensive psychological report in standard format covering all above aspects should be written.

### ▪ Scheme of Marking

Sr. No.	Content	Marks	Description
1	Case Study Report	50	40 Marks assessment by HOD and 10 Marks assessment by External Examiner
2	Case Analysis	10	10 Marks assessment by External Examiner
3	Presentation project and Viva	20	20 Marks assessment by External Examiner

### ▪ Total : 80 Marks

### **Note: Internal assignment work (20 Marks)**

For internal 20 marks students visit and write its full report on Regional Mental Hospital/Rehabilitation Centre/ Mentally Challenged School/Learning Disability School/Rehabilitation /NGO etc. (any one).

### ▪ Note :

- 1) There shall be two practicum sessions of 4 periods each per week per batch consist of 10students.
- 2) Eligibility for the practicum examination is subject to certification of case study report as well as visit report written by the student, duly signed by teacher in charge and HOD.
- 3) Practicum examination will be held at the end of the Semester IV.