

SHIVAJI UNIVERSITY, KOLHAPUR



Accredited By NAAC with 'A' Grade

Choice Based Credit System Pattern

Revised Syllabus for

M. A. Part- II (Psychology) Semester - III and IV

(Faculty of Humanities)

Specialization in Counselling Psychology

Group F1 (Counselling) Paper IX to XVI

Syllabus to be implemented from

June, 2020 onwards

A] Ordinance and Regulations: (as applicable to Master of Arts Degree In Psychology)
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, 2020 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:

1. Understand the ideologies, methodologies, values and ethical principles of psychologist's practices working in various settings with individuals and groups.
2. 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.
3. Develop interdisciplinary and specialized professional outlook, upheld the dignity and esteem of the psychology profession and achieve self-actualization.
4. Inculcate the analytical ability, research aptitude and relevant skills for professional life.
5. 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.
6. 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.
7. Students will develop hypotheses and design studies that appropriately and directly address a research question.

5. DURATION:

1. The course shall be a Post-Graduate Full Time Course
2. 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:

1. 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:

I) 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
4. admission form.
5. The candidates belonging to VJA, NTB, NTC, NTD, OBC, and SBC should produce non-creamy layer certificate at the time of admission.
6. 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.
7. If any difficulty arises during the admission process, the admission committee should take the appropriate decision, which should be considered as final decision.

8. Eligibility: Qualifying Examination:

- i. Candidates who have passed in Bachelors' degree in Psychology [special] of Shivaji University or any other Statutory University recognized equivalent thereto, with minimum of 45 percent Marks/ Second Class.
- ii. 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)

STRUCTURE OF COURSE: [For Both Part I and II].
M.A. PART II, CLINICAL PSYCHOLOGY
Semester System
[To be introduced w.e.f. 2020-2021 for M. A. Part II]
COURSE STRUCTURE WITH CREDIT POINTS AND MARKS

M. A. Psychology, Part – II: Semester – III and IV [To be introduced from 2020-2021]
SEMESTER - I: CORE PAPERS

Rules regarding selection of Specialization Group and Papers for Semester – III & IV:

M.A. Psychology: SCHEME OF EXAMINATION: SEMESTER

1. NUMBER OF THEORY PAPERS AND PRACTICAL PAPERS:

The Entire M.A. Part II Psychology Course shall have 6 theory papers and 2 practicums paper each paper carrying 80 marks. Thus, entire M.A. examination shall be of 1600 total marks.

2. SEMESTER EXAMINATION:

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

3. 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.

4. Standard of Passing:

1. To pass each paper 40 marks out of 100 are required.
2. 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.
3. To pass each theory and practical paper 8 marks are required for internal assessment.
4. 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.

5. 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.

6. NATURE OF QUESTION PAPER AND SCHEME OF MARKING

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

7. COURSE STRUCTURE WITH CREDIT POINTS AND MARKS

M. A. Part – II Psychology: Semester – III CBCS Pattern

COMPULSORY / CORE PAPERS Specialization in Counselling Psychology

(To be introduced from June, 2020-2021)

Paper No.	Paper Title	Marks		
		Sem. Exam.	Internal	Total
IX	Introduction to Counselling Psychology	80	20	100
X	Psychological Testing in Counselling	80	20	100
XI	Psychotherapeutic Techniques for Counsellors	80	20	100
XII	Project	80	20	100

CBCS Pattern

M. A. Part – II Psychology: Semester – IV Specialization in Counselling Psychology

(To be introduced from 2020-2021)

Paper No.	Paper Title	Marks		
		Sem. Exam.	Internal	Total
XIII	Counselling Skills	80	20	100
XIV	Assessment Techniques in Counselling Psychology	80	20	100
XV	Introduction to Brief Psychotherapies	80	20	100
XVI	Practicum	80	20	100

EQUIVALENCE IN ACCORDANCE WITH TITLE AND CONTENTS OF PAPERS (FOR REVISED SYLLABUS)

Sr. No	Sem- III	
	Old Course	New Course
1	Paper IX : Introduction to Counselling and Guidance	Paper IX : Introduction to Counselling Psychology
2	Paper X : Psychological Assessment in Counselling	Paper X : Psychological Assessment in Counselling
3	Paper XI : Approaches to Counselling Strategies	Paper XI : Psychotherapeutic Techniques for Counsellors
4	Paper XII : Project	Paper XII : Project

Sr. No	Sem- IV	
	Old Course	New Course
1	Paper XIII : Counselling Skills	Paper XIII : Counselling Skills for Counsellors
2	Paper XIV : Psychological Assessment in Counselling	Paper XIV : Assessment Techniques in Counselling Psychology
3	Paper XV : Psychotherapeutic Counselling	Paper XV : Introduction to Brief Psychotherapies
4	Paper XVI : Practicum	Paper XVI : Practicum

SHIVAJI UNIVERSITY, KOLHAPUR
SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II
Introduced from June, 2014
Group - F.1. (Coun.)
SEMESTER – III

i) Paper No: IX

ii) Title of Paper: INTRODUCTION TO COUNSELLING PSYCHOLOGY

iii) Learning Objectives:

1. To understand the actual process of Counselling.
2. To make students familiar how deal with everyday problems.
3. To understand the process of counseling special children and various areas of applications of Counselling Psychology.

vi)	Module	No. of Credits
	Module 1: Introduction to Counseling Psychology	01
	Module 2: Helping People to deal with everyday problems	01
	Module 3: Counseling for special children	01
	Module 4: Areas of applications	01

v) Books for Reading:

1. Dash, M (2003). Education of Exceptional Children, New Delhi: Atlantic Pub
2. Geldard, Kathryn and Geldard, (2012). Counseling Skills in Everyday Life, Palgrave Macmillan
3. Glading, S.T. and Batra, Promila (2018). Counseling A Comprehensive profession, 8th Ed., Pearson India Edu
4. Kochar, S.K. (2010). Guidance and Counseling in college and universities, New Delhi: Sterling Pub.
5. Madhukar, Indira (2000). Guidance and Counseling, New Delhi: Authors Press,
6. Patri, V.R. (2007). Guidance and Counseling, New Delhi: Authors Press
7. Rao, N.S. (1997). Counseling and Guidance, New Delhi: Tata McGraw Hill Pub.
8. Sharma, S.P. (2006). Career Guidance and Counseling, New Delhi: Tanishqa Pub.
9. Shrivastav, K.K. (2006). Principles of Guidance and Counseling, New Delhi: Krishna Pub.
10. Siddiqui, M.H. (2008). Guidance and Career Counseling, New Delhi: APH Publishing Corp.

Books for Reference:

1. Aneja, Om Prakash (2010). Guidance and Counseling, New Delhi: KSK Pub.
2. Kottler, J. and Kottler, E. (2007). Counseling Skills for Teachers, Sage Pub., India
3. Woolfe, Dryden, Strawbridge (2003). Handbook of Counseling Psychology, U.K.: Sage Pub.

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SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II (CBCS)
Introduced from June, 2020
Group - F.1. (Coun.)
SEMESTER – III (Paper-IX)

INTRODUCTION TO COUNSELLING PSYCHOLOGY

Module 1. Introduction to Counseling Psychology

- 1.1. Nature and definition of Counseling
- 1.2. Goals of Counseling
- 1.3 Counseling as a helping profession
- 1.4 The professional counselor
- 1.5. Professional and ethical issues in counseling

Module 2 Helping People to deal with everyday problems

- 2.1. Dealing with everyday problems in Childhood
- 2.2. Dealing with everyday problems in Adolescence
- 2.3. Dealing with everyday problems in Young Adults
- 2.4 Dealing with everyday problems in Older People

Module 3. Counseling for special children

- 3.1. Learning disabilities (LD)
- 3.2. Emotionally disturbed (ED)
- 3.3. Talented or Gifted Children
- 3.4. Socially disadvantaged (SD)
- 3.5. ADHD and Autism

Module 4. Areas of applications

- 4.1. School counseling
- 4.2. Career counseling
- 4.3. Family counseling
- 4.4. Old age counseling
- 4.5. Rehabilitation counseling

Note: Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Various methods such as writing papers, review articles, presentation, seminar etc. can be suggested. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

(Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

SHIVAJI UNIVERSITY, KOLHAPUR
SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II (CBCS)
Introduced from June, 2020
Group - F.1. (Coun.)
SEMESTER – III

i) Paper No: X

ii) Title of Paper: PSYCHOLOGICAL TESTING IN COUNSELLING PSYCHOLOGY

iii) Objectives: 1. To understand the actual process of Psychological testing.
2. To make students familiar with developmental, Intelligence and Aptitude tests and their uses in counseling.

vi)	Module	No. of Credits
	Module 1: Introduction	01
	Module 2: Assessment of Development	01
	Module 3: Assessment of Intelligence	01
	Module 4: Assessment of Aptitude	01

v) Books for Reading:

1. Anastasy, A. & Urbina, Susana (2005). Psychological Testing, 7th Edition, Fifth Indian reprint, New Delhi: Pearson Education
2. Murphy, K. R. & Davidshofer, C. O. (2005). Psychological Testing – Principles and Applications, 6th Edition, New Jersey: Pearson Prentice Hall Inc.
3. Walsh, W. B. & Betz, N. E. (1997). Tests and Assessment, 3rd Edition., New Jersey: Prentice Hall Inc., Englewood Clifts

Books for Reference:

1. Climinero, A. R. (1986). Handbook of Behavioral Assessment, New York: John Wiley & Sons,
2. Cronbach, C. J. (1984). Essentials of Psychological Testing, 4th Edition, Harper and Row
3. Freeman, F. (1998). Psychological Testing; Theory and Practice, 3rd Edition, New Delhi: Oxford & TBH Pub.
4. Gregory, R.J. (2015). Psychological Testing: History, Principles and Applications, 6th edition , Second impression, New Delhi: Pearson India service Private Ltd.

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SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II (CBCS)
Introduced from June, 2020
Group - F.1. (Coun.)
SEMESTER – III
Paper-X

PSYCHOLOGICAL TESTING IN COUNSELLING PSYCHOLOGY

Module 1. Introduction

- 1.1 Nature of psychological assessment
 - a) Difference between assessment and testing
- 1.2 Interview
- 1.3 Observation
- 1.4 Ethical Issues in psychological testing and assessment

Module 2. Assessment of Development

- 2.1 Nature of development
- 2.2 Vineland Social Maturity Scale (VSMS)
- 2.3 Nancy – Bailey Scales of Development (BINS)

Module 3. Assessment of Intelligence

- 3.1 Nature and theories of intelligence
- 3.2 Wechsler's Series of Intelligence:
 - a) WPPSI
 - b) WISC
 - c) WAIS
- 3.3 Raven's Progressive Matrices
 - a) S.P.M.
 - b) C.P.M.
 - c) A.P.M.
- 3.4 Cattell's Culture Fair Test of Intelligence Scale I II and III

Module 4. Assessment of Aptitude

- 1.1 Nature of aptitude
- 1.2 D. A.T.
- 1.3 Revised Minnesota Paper Form Board Test (RMFBT)
- 1.4 Scholastic Aptitude Test (SAT)
- 1.5 G. R. E.
- 1.6 Chatterji's Non-language Preference Record (CNLPR)

Note: Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Various methods such as writing papers, review articles, presentation, seminar etc. can be suggested. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

(Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

SHIVAJI UNIVERSITY, KOLHAPUR
REVISED SYLLABUS FOR
M.A. (Part - II) COUNSELLING PSYCHOLOGY
Choice Based Credit System
(Introduced from June, 2020 onwards)
PSYCHOTHERAPEUTIC TECHNIQUES FOR COUNSELLORS
SEMESTER-III

- (i) **Paper** : XI
- (ii) **Title of Paper** : **Psychotherapeutic Techniques for Counsellors**
- (iii) **Learning Objectives** : This paper has following learning objectives. Upon

successful completion of the course students:

1. will understand basic concepts advocated by various psychotherapeutic schools.
2. will gain knowledge about theoretical bases of various psychotherapies
3. will get acquainted with requisite skill sets incorporated in various psychotherapies.
4. will gain insight into various intervention strategies used in various psychotherapies.

(iv) Module	No. of Credits
Module 1: Psychoanalytic Therapy	01
Module 2: Rational Emotive Behavioural Therapy (REBT)	01
Module 3: Existential Therapy	01
Module 4: Behaviour Therapy (BT)	01

(v) Books for basic Reading:

1. Corey Gerald (2017): Theory and Practice of Counseling and Psychotherapy; Cengage Learning, US; Tenth Edition (ISBN: 978-1-305-26372-7) (For Module 1 and 3)
2. Seligman Linda and Reichenberg Lourie (2019): Theories of Counselling and Psychotherapy - Systems, Strategies and Skills; Pearson Education; 4th Edition (For Module 2 and 4)

Books for References:

1. Gilliland, B., James, R. and Bowman, J. (1989). Theories and Strategies in Counseling and Psychotherapy, 2nd Edition, USA: Allyn and Becon Inc.
2. Kaslow, H.W. (Ed.) (2002). Comprehensive Handbook of Psychotherapy (Vol. I, II, III, IV), USA: John Wiley and Sons, USA

3. Nelson-Jones, R. (2010). Theory and Practice of Counseling and Therapy, Sage Publications, UK; 5th Edition,
4. Prochaska, J. and Norcross, J. (2003). Systems of Psychotherapy – A Transtheoretical Analysis, 5th Edition, Thomson Brooke/Cole Inc., USA
5. Seligman, L and Reichenberg, L. (2010). Theories of Counseling and Psychotherapy – Systems, Strategies and Skills, 3rd Edition, PHI Learning Pvt. Ltd., New Delhi
6. Sharf, R. (2000). Theories of Psychotherapy and Counseling – Concepts and Cases, 2nd Edition, Thomson Brooke/Cole Inc., USA

SHIVAJI UNIVERSITY, KOLHAPUR

M.A. (Part - II) COUNSELLING PSYCHOLOGY

Choice Based Credit System

(Introduced from June, 2020 onwards)

PSYCHOTHERAPEUTIC TECHNIQUES FOR COUNSELLORS

SEMESTER-III (PAPER – XI)

Module 1: Psychoanalytic Therapy

1.1. Key Concepts:

View of Human Nature; Structure of Personality; Consciousness and the Unconscious; Anxiety; Ego-Defense Mechanisms; Development of Personality; Comparison of Freud's Psychosexual Stages and Erikson's Psychosocial Stages;

1.2. The Therapeutic Process Therapeutic Goals; Therapist's Function and Role

1.3. Application: Therapeutic Techniques and Procedures

Difference between Psychoanalytic/Psychodynamic therapy from traditional psychoanalysis; Maintaining the Analytic Framework; Free Association; Interpretation; Dream Analysis; Analysis and Interpretation of Resistance; Analysis and Interpretation of Transference

1.4. Jung's Perspective on the Development of Personality

1.5. Limitations and Criticisms of Psychoanalytic Approaches

Module 2: Rational Emotive Behavioural Therapy (REBT)

2.1. Albert Ellis and Development of REBT

2.2. Theoretical Concepts: Human Development and Emotional Health (Self- Acceptance; Origin of Emotional Disturbance); Secular Humanism; Thoughts as route to Change (Focus on Present Thought, Insight, Emotions, Behaviour); Irrational Beliefs

2.3. Format of Sessions

2.4. Treatment through REBT:

- a. Goals; Therapeutic Alliance
- b. Identifying, Assessing, Disputing and Modifying Irrational Beliefs
- c. Approaches to disputing Irrational Beliefs
- d. Other Intervention Strategies (Cognitive, Behavioural, Affective)

2.5. Evaluation of REBT (Limitations, Strengths and Contributions)

Module 3: Existential Therapy

3.1. Key Concepts

View of Human Nature; The Capacity for Self-Awareness; Freedom and Responsibility; Striving for Identity and Relationship to Others; The Search for Meaning; Anxiety as a Condition of Living; Awareness of Death and Nonbeing

3.2. The Therapeutic Process

Therapeutic Goals; Therapist's Function and Role;

3.3. Application: Therapeutic Techniques and Procedures

Phases of Existential Counseling; Clients Appropriate for Existential Counseling; Application to Brief Therapy; Application to Group Counseling

3.4. Existential Therapy from a Multicultural Perspective; Strengths from Diversity Perspective

3.5. Contributions of the Existential Approach

Module 4: Behaviour Therapy (BT)

- 4.1.
 - a. Importance and Advantages of Focusing on Actions in counselling and psychotherapy
 - b. Basic assumptions shared by Action-Focused Therapies

4.2. History of Behaviour Therapy:

Pavlov; Watson; Skinner; Dollard-Miller; Wolpe, Bandura

- 4.3.
 - a. Goals of BT
 - b. Planning and Implementing Behaviour Change (8 Steps)

4.4. Cognitive-Behavioural Strategies and Interventions:

Stress Inoculation Training; Behavioural Activation Therapy; Habit Reversal Training; Exposure; Eye Movement Desensitization and Reprocessing; Problem Solving Therapy

4.5. Dialectical Behaviour Therapy (DBT):

- a. Development; Dialectics; Worldview; Biopsychosocial view

b. DBT Treatment (Four Stages)

4.6. Evaluation of CBT:

Strengths, Contribution and Limitations

Note: Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Various methods such as writing papers, review articles, presentation, seminar etc. can be suggested. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

Following guideline may be helpful to teacher for assigning the work to students.

- Studying of 'Case illustrations' given in every chapter and counselling real life case and write report.
- Study 'Contemporary Trends' in Module 1 (Object-Relations Theory, Self-Psychology and Relational Psychoanalysis) and Module 4 (Acceptance and Commitment Therapy and Mindfulness-Based Cognitive Therapy) and prepare a paper or presentation.
- Looking at 'Skill Development' Section in Module 2 and Module 4 and exercise it in practice and write the experience.
- Understand Multicultural Perspective of various therapies and write a reportage.
- Any 'Other References' considered to be appropriate

(Note: Question papers as per pre-revised syllabi will be set at the examination to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

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REVISED SYLLABUS FOR
M.A. (Part - II) COUNSELLING PSYCHOLOGY
Choice Based Credit System
(Introduced from June, 2020 onwards)
PROJECT
SEMESTER-III

(i) Paper : XII

(ii) Title of Paper : Project

(iii) Learning Objectives :

1. To acquaint the students with different types of counseling cases
2. To make the students familiar with the psychological tests used for counseling purposes.
3. To impart the knowledge and skills for administering tests and writing their reports.
4. To prepare the students in taking history of, and making diagnosis of cases
5. To train students to apply appropriate psychotherapeutic techniques for mental problems.
6. To teach students to write detailed and standard case study reports.

(iv) Structure:

1. Group Testing:

Each student has to administer following tests to at least 5 cases from school and college students. He/she should prepare comparative profile of the group, conduct group/sub-group counselling according to the results obtained during testing and write the detail report.

A) Personality Inventory

B) Interest Inventory

C) GMAT

2. Case Studies:

Case Number 1

Case Number 2

Each candidate (***No Two or more students are allowed to take same cases. It will not be acceptable***) has to take **2 Case Studies** and prepare Case Profile with professional standards. He/she has to write demographic details, describe symptoms of the case, diagnose the problem with key psychological concepts and suggest session-wise intervention strategy and techniques in detail. The comprehensive report writing should be done with Mental Health Professional language. General language writing will be discredited.

Note :

- 1) There shall be two practicals of 4 periods each per week per batch consisting of 10 students.
- 2) Practical examination will be held at the end of the Semester III.
- 3) Duly signed Journal Report File submission is compulsory for eligibility to appear for Practical Examination

(v) Nature of Examination:

Structure	Examination Material	Evaluation Authority and Marks to be assigned	
		College Teacher (Internal)	External Examiner
Case Analysis and Remedy	A hypothetical case will be provided by University to candidate. He/she has to write demographic background of the case, describe symptoms of the case, diagnose the problem properly with key psychological concepts and suggest session-wise intervention strategy and techniques in detail. A comprehensive psychological report in standard format covering all above aspects should be written. <i>The language should be of Mental Health Professional with use of psychological concepts and jargon. General language will be discredited.</i>	Nil	20
Viva	Based on Testing Profiles and Case Studies Report during semester/ Case Analysis and Remedy written during examination etc.	Nil	20
Testing Profiles and Case Studies Reports	Work and guidance to be provided by College Teacher during Semester Period and the submission is duly certified by HOD or Authorized Teacher.	30	10
Internal Marks	Assignments and guidance to be provided by College Teacher during Semester Period	20	Nil
Total Marks		50	50
Grand Total		100 Marks	

(vi) Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper. Following guideline may be helpful to teacher for assigning the work to students.

- Career Counselling of three cases and prepare a report in detail or a Field Visit and reporting by candidate.

(Note: Question papers as per pre-revised syllabi will be set at the examination to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

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SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II (CBCS)
Introduced from June, 2020
Group - F.1. (Coun.)
SEMESTER – IV
Paper-XIII

i) Title of Paper: COUNSELING SKILLS FOR COUNSELLORS

ii) Objectives:

1. To understand the actual process of counseling.
2. To make students familiar with professional skills in counseling.
3. To understand the collaborative working in counseling.
4. To learn to deal with complex situations in counseling.

iii) Module	No. of Credits
Module 1 Nature of counseling	01
Module 2 Counseling Menu and Setting the Scene	01
Module 3 Counseling Space and Collaborative Working	01
Module 4 Effective Conversations and Methods of Dealing	01

iv) Books for Reading:

1. McLeod, John (2007). Counseling Skills, First edition, UK: Open University Press,
2. Rosie, March-Smith (2005). Counseling Skills for Contemporary Therapists, First edition, UK: Open University Press, Books for Reference:
3. Feltham, C. & Dryden, W. (2006). Brief Counseling: A Practical, Integrative Approach, UK: Open University Press,
4. Kottler, J. & Kottler, E. (2007). Counseling Skills for Teachers, Sage Pub., India
5. Nelson-Jones, R. (2012). Basic Counseling Skills: A Helper's Manual, Third Edition, Sage South Asia Pub.,
6. Noonan, Ellen (1983, 2000). Counseling Young People, Tavistocki Routledge, London, First edition.

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SYLLABUS OF COUNSELLING PSYCHOLOGY
M. A. Part II (CBCS)
Introduced from June, 2020
Group - F.1. (Coun.)
SEMESTER – IV
Paper-XIII
COUNSELING SKILLS FOR COUNSELLORS

Module 1. Nature of counseling

- 1.1. Definition and Significance
- 1.2. Counselling as a specialist professional role
- 1.3. Basic principles of embedded counseling unit

Module 2. Counseling Menu and Setting the Scene

- 2.1 Clarifying person's goals
- 2.2 Methods of Counseling
- 2.3 Personal readiness and organizational groundwork
- 2.4 Building personal and professional support network

Module 3. Counseling Space and Collaborative Working

- 3.1 Counselling space, trust, confidentiality
- 3.2 Opening and closing counseling space
- 3.3 Building safe relationships
- 3.4 Working collaboratively

Module 4. Effective Conversations and Methods of Dealing

- 4.1 Emphatic engagement
- 4.2 Discursive positioning
- 4.3 Narrative perspective on behavioral change
- 4.4 Dealing with difficult situation
 - a) Ethical Dilemmas
 - b) Risk and self-harm

Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper. Following guidelines may helpful in assigning work:

- Becoming a part of Professional Psychologists' and Support Networks (Online and Offline) and writing about one's own participatory experience
- Attending Mental Health Skill Building Workshops (Online and Offline) and writing reportage.

(Note: Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

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REVISED SYLLABUS FOR
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Choice Based Credit System
(Introduced from June, 2020 onwards)
PSYCHOLOGICAL ASSESSMENT TECHNIQUES IN COUNSELLING PSYCHOLOGY

SEMESTER-IV

- (i) **Paper** : XIV
- (ii) **Title of Paper** : **ASSESSMENT TECHNIQUES IN COUNSELLING PSYCHOLOGY**
- (iii) **Learning Objectives** : This paper has following learning objectives. Upon successful completion of the course students:

1. will apply different tests for different purposes such as: identification, intervention and prevention.
2. will apply various psychological assessment techniques..

(iv)	Module	No. of Credits
Module 1:	Assessment of Personality	01
Module 2:	Projective Techniques	01
Module 3:	Individual Tests	01
Module 4:	Computerized Test Administration & Interpretation	01

(v) Recommended Reading:

1. Anastasy, A. & Urbina, Susana (2005). Psychological Testing, 7th ed, Fifth Indian reprint, New Delhi: Pearson Education
2. Murphy, K. R. & Davidshofer, C. O. (2005). Psychological Testing – Principles and Applications, 6th ed, New Jersey: Pearson Prentice Hall Inc.
3. Walsh, W. B. & Betz, N. E. (1997). Tests and Assessment, 3rd ed., New Jersey: Prentice Hall Inc., Englewood Clifts

Books for Reference:

1. Climinero, A. R. (1986). Handbook of Behavioural Assessment, New York: John Wiley & Sons,
2. Cronbach, C. J. (1984). Essentials of Psychological Testing, 4th ed., Harper and Row
3. Freeman, F. (1998). Psychological Testing; Theory and Practice, 3rd ed, New Delhi: Oxford & TBH Pub

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Choice Based Credit System
(Introduced from June, 2020 onwards)
ASSESSMENT TECHNIQUES IN COUNSELLING PSYCHOLOGY
SEMESTER-IV (PAPER XIV)

Module 1. Assessment of Personality

- 1.1 Types of personality assessment
- 1.2 Historical background of personality testing
- 1.3 Cattell's Personality Questionnaires
 - a) CPQ
 - b) HSPQ
 - c) 16 PF
- 1.4 EPQ – R
- 1.5 NEO – PI-R

Module 2. Projective Techniques

- 2.1 Nature of Projective Techniques
- 2.2 Rosenzweig Picture- Frustration Study (RPFs)
- 2.3 Indian adaption of projective tests
 - a) CAT
 - b) TAT
- 2.4 Rotter's Sentence Completion Test (RSCT)

Module 3. Individual Tests

- 3.1 Kaufman Assessment Battery for Children (K-ABC)
- 3.2 Kaufman Adolescent and Adult Intelligence Test (KAIT)
- 3.3 Kaufman Brief Intelligence Test (K-BIT)
- 3.4 Draw a Man Test

Module 4. Computerized Test Administration & Interpretation

- 4.1 Use of computers in Testing
- 4.2 Computerized Test Administration
- 4.3 Computerized Adaptive Testing
- 4.4 Computer based Test Interpretation

Note: Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Various methods such as writing papers, review articles, presentation, seminar etc. can be suggested. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

(Note: Question papers as per pre-revised syllabi will be set at the examination to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

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REVISED SYLLABUS FOR
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INTRODUCTION TO BRIEF PSYCHOTHERAPIES
SEMESTER-IV

- (i) **Paper** : XV
- (ii) **Title of Paper** : Introduction to Brief Psychotherapies
- (iii) **Learning Objectives** : After successful completion of the course students
- will understand basic concepts associated with various brief psychotherapies.
 - will gain knowledge about theoretical principles of various brief psychotherapies
 - will learn about requisite skill sets for brief psychotherapies.
 - will gain insight into various intervention techniques used in brief psychotherapies.

(iv)	Module	No. of Credits
Module 1:	Cognitive Therapy/Cognitive Behaviour Therapy	01
Module 2:	Solution-Focused Brief Therapy	01
Module 3:	Attachment and Play Therapy	01
Module 4:	Mindfulness and Well-Being	01

(v) **Recommended Reading:**

a) Basic Reading:

1. Annellen M. Simpkins and C. Alexander Simpkins (2016): Core Principles of Meditation for Therapy: Improving the Outcomes for Psychotherapeutic Treatments; John Wiley & Sons, Inc., US; First Edition; **(ISBN 978-1-118-68959-2)(For Module 4)**
2. Cathy A. Malchiodi and David A. Crenshaw (Ed.) (2014): Creative arts and Play therapy for attachment Problems; The Guilford Press, US; First Edition **(ISBN 978-1-4625-1270-6) (For Module 3)**
3. Mantosh J. Dewan, Brett N. Steenbarger and Roger P. Greenberg (Ed.) (2018) : The Art and Science of Brief Psychotherapies - A Practitioner's Guide; American Psychiatric Association Publication Inc., US; Third Edition **(ISBN 9781615370795) (For Module 1 and 2)**

b) References:

1. Kapur, Malavika (2011): *Counselling Children with Psychological Problems*, Dorling Kindersley (India) Pvt. Ltd.; First Edition (ISBN 9788131730447; e ISBN 9789332500938)
2. Mace, Chris (2008): *Mindfulness and Mental Health - Therapy, theory and science*; Routledge Pub.; USA; First Edition (ISBN: 978-1-58391-787-9; ISBN: 978-1-58391-788-6).
3. Wells, R. and Giannetti, V. (Ed.) (1993): *Casebook of the Brief Psychotherapies* Plenum Press, New York; First Edition (ISBN 0-306-44392-9; ISBN 0-306-44393-7)

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INTRODUCTION TO BRIEF PSYCHOTHERAPIES

SEMESTER-IV (PAPER – XV)

Module 1: Cognitive Therapy/Cognitive Behaviour Therapy (CT/CBT)

- 1.1. Origins of Cognitive Therapy
- 1.2. Cognitive Theory of Psychopathology
- 1.3. Principles of Cognitive Therapy
- 1.4. Structure of the Therapeutic Interview
- 1.5. Cognitive Therapy Techniques: Problem Solving, Graded Task Assignments, Activity Monitoring and Scheduling, Psycho-education, Giving Credit, Guided Discovery, Thought Record, Behavioural Experiments, Responding to Patients' Valid Thoughts, Weighing Advantages and Disadvantages, Coping Cards, Imagery Work, Graded Exposure, Response Prevention, Modification of Underlying Beliefs,

Module 2: Solution-Focused Brief Therapy (SFBT)

- 2.1. What Is Solution-Focused Brief Therapy (SFBT)? and distinctive elements of SFBT
- 2.2. Does SFBT Work? and degree of its effectiveness
- 2.3. The Practice of Solution-Focused Brief Therapy: Inquiry Into Pre-session Change, Use of the Miracle Question, Search for Exceptions to Problem Patterns, Use of Scaling Questions, Positive Feedback and Homework, Subsequent Sessions of Therapy

Module 3: Attachment and Play Therapy

- 3.1. Overview of Attachment Theory and Findings from Field Research
- 3.2. Attachment Theory and the Circle of Security (COS) Model
- 3.3. The Benefits of Secure Attachment: Supporting Evidence; Blocks of Secure Attachments

- 3.4. Circle of Security (COS) Model: Dimensions of the COS, the Importance of Observation, COS Cues and Miscues
- 3.5. Circle Of Security (COS) -informed intervention: The COS as a Roadmap for Play Therapy, The COS as a Roadmap for Filial Work and Parent Consultation

Module 4: Mindfulness and Well-Being (Open Focus and No-Focus Meditation)

- 4.1. Open Focus Meditation (OFM): Mindfulness
 - a. Introduction and brief history of mindfulness in context
 - b. Mindfulness research and Overview
- 4.2. Exercises and Techniques of OFM: Staying in the Present Moment; Developing the Non-judgmental Attitude; Fostering Mindfulness by Accepting Yourself from Head to Toe; Accepting Something Neutral, Unpleasant and Pleasant
- 4.3. Practicing Mindfulness (OFM)
 - a. Mindfulness of Body: Noticing Body Positions; Exploring a Body Position; Following Mindfulness of Body;
 - b. Mindfulness of Feelings: Accepting Emotions
 - c. Mindfulness of Thinking: What You Are Thinking; Qualities of Thought; Meditating on Your Thought Process
 - d. Bringing All Together: Mindfulness in the Moment
- 4.4. No-Focus Meditation (NFM): Emptiness and Letting Be
 - a. Introduction
 - b. Neuroscience of No Focus
- 4.5. Free Flow of the Unconscious Mind (NFM): Begin with Quiet Sitting; Letting Your Mind Wander; Inviting the Flow (Attention to Your Hands); Free Flow of Attention Exercise
- 4.6. Clearing the Mind (NFM): From Free Flow to Still Mind; Allowing Thoughts to Settle with an Image; Mirror Mind Meditation; Classic Zen Meditation

Note: Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Various methods such as writing papers, review articles, presentation, seminar etc. can be suggested. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

Following guideline may be helpful to teacher for assigning the work to students.

- Viewing Videos on applications of brief psychotherapies and elaborating on skills sets required for therapist.
- Study and apply Music therapy, Drama therapy, Play therapy, Art therapy on children and prepare a paper or presentation.

- Exercising Mindfulness techniques on one and others and sharing their experiences through writing narratives in detail.
- Any 'Other References' considered to be appropriate

(Note: Question papers as per pre-revised syllabi will be set at the examination to be held in October, 2020 and April, 2021 for the benefit of repeater students.)

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PRACTICUM
SEMESTER-IV

(i) Paper : XVI

(ii) Title of Paper : Practicum

(iii) Learning Objectives :

1. To develop skills among students related to design Training Programme in the field of psychology to address and solve societal problems.
2. To develop professional competencies among students regarding execution of training programmes for better mental health.
3. To teach students to apply various interactive training methods and aids during therapeutic training settings.
4. To develop competencies in carrying out self-exploration journey by students through psychological tools and techniques and work on it for their professional development.

(iv) Structure:

1. Training Programme:

Every student has to design his/her own Training Programme (Minimum 6 Hours) to solve psychological problems of society/community and execute it on the target group (Minimum 8). The detail report of the Training Programme should be written and submitted.

The design of Training Programme should include following components:

The conceptual framework of selected problem/area; Review of theories, researches and previous training programmes carried out; Characteristics of Target Group; Conductance of Need Analysis; Design of Components of Training Programme; Use of Methods, Techniques and Tools and their description; Time Schedule of Programme; Demographic information of Participants; Outcome of the Training Programme; Feedback from Participants about the Training Programme; Trainer's Learning from the Whole Exercise; Limitation of the Training Programme; Suggestions for Improvement; References and Appendices.

2. Self-Exploration Journey for Professional Development as Psychologist:

Each student has to carry out Self-Exploration Activities through different psychological tools (for example, introspection, testing, SWOC Analysis, transference, Life Scripts, Defense Mechanisms and many others) and work on findings for his/her own professional development as psychologist. The detailed Progress Report of this exercise should be written and submitted.

The format of report should contain following points:

Area of Self-Exploration; Why the Need is felt?; Tools and Techniques used for Self-Exploration Journey; Findings explained; Actions taken for improvement and professional development; Effect and Impact of the whole exercise on personality; References and Appendices.

- Note :** 1) There shall be two practicals of 4 periods each per week per batch consisting of 10 students.
 2) Practical examination will be held at the end of the Semester III.
 3) Duly signed Journal Report File submission is compulsory for eligibility to appear for Practical Examination

(v) Nature of Examination:

Structure	Examination Material	Evaluation Authority and Marks to be assigned	
		College Teacher (Internal)	External Examiner
Designing of Training Programme	Development of Training Programme: University will provide student a group or societal problem related to mental health. He/she has to design 'A Training Programme' (TP) to solve it. The skeleton of the TP should be prepared and presented in writing in following format: Nature of problem; Severity of problem and possible consequences on concerned group or society at large; Characteristics of Target Group; Steps in conducting Need Analysis; Areas to be addressed to solve problem; Components to be included in Training Programme; Description of Methods and Techniques (like Workshop, Demo, Group Discussion, Role Playing, Presentations and many other relevant techniques); Aids and Tools to be Used (like Questionnaire, Checklist, Audio-Videos, Books, Self-reflecting exercises and many other relevant tools); Sequential Stages involved in actual execution; Possible outcomes.	Nil	20
Viva	Based on Training Programme executed during semester/ Training Programme designed during examination/Self-exploration journey for professional development etc.	Nil	20
Training Programme Execution and Professional Development	Work and guidance to be provided by College Teacher during Semester Period and the submission is duly certified by HOD or Authorized Teacher.	30	10
Internal Marks	Assignments and guidance to be provided by College Teacher during Semester Period	20	Nil
Total Marks		50	50
Grand Total		100 Marks	

(vi) Internal assignment work (20 Marks)

Student has to submit the internal assignment given by the concerned teacher. Students should note that submission of Internal Assignment is mandatory and he/she has to obtain requisite marks for passing internal examination separately from the theory paper.

Following guideline may be helpful to teacher for assigning the work to students.

- Surfing and writing a brief report on any five websites related to Psychology
- Book/Report/Movie review highlighting psychological aspects

(Note: Question papers as per pre-revised syllabi will be set at the examination to be held in October, 2020 and April, 2021 for the benefit of repeater students.)
