

SHIVAJI UNIVERSITY, KOLHAPUR



Revised Syllabus for

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

(Faculty of Humanities)

Specialization in Clinical Psychology

Group F1 (Clinical) Paper IX to XVI

Choice Based Credit System Pattern

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.

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

CBCS Pattern
COMPULSORY / CORE PAPERS
M. A. Part – II Psychology : Semester – III
Specialization in Clinical Psychology
 (To be introduced from 2020-2021)

Paper No.	Paper Title	Marks		
		Sem. Exam.	Internal	Total
IX	Introduction to Psychopathology	80	20	100
X	Techniques of Psychodiagnostics	80	20	100
XI	Psychotherapies	80	20	100
XII	Project	80	20	100

CBCS Pattern
M. A. Part – II Psychology : Semester – IV
Specialization in Clinical Psychology
 (To be introduced from 2020-2021)

Paper No.	Paper Title	Marks		
		Sem. Exam.	Internal	Total
XIII	Psychopathology	80	20	100
XIV	Applied Psychodiagnostics	80	20	100
XV	Modern Psychotherapies	80	20	100
XVI	Practicum	80	20	100

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

Sr. No	Sem III	
	Old Course	New Course
1	Paper IX : Psychopathology-I	Paper IX : Introduction to Psychopathology
2	Paper X : Applied Clinical Psychology	Paper X : Techniques of Psychodiagnostics
3	Paper XI : Clinical Counselling	Paper XI : Psychotherapies
4	Paper XII : Project	Paper XII : Project

Sr. No	Sem IV	
	Old Course	New Course
1	Paper XIII : Psychopathology-II	Paper XIII :Psychopathology
2	Paper XIV : Psychodiagnostics	Paper XIV : Applied Psychodiagnostics
3	Paper XV : Psychotherapies	Paper XV : Modern Psychotherapies
4	Paper XVI : Practicum	Paper XVI : Practicum

Shivaji University, Kolhapur
M.A. (Psychology) (Part II) (Semester III)
(Choice Based Credit System)
(Introduced from June, 2020)

I. PAPER NO. IX

II. Course Title: INTRODUCTION TO 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. Te etiology and therapies of the disorders with respect to theoretical approaches.

IV. Module		No. of Credits
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*. 9th 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* 17th 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*. 9th 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* 5th ed. (DSM 5).
2. Bennett, P. (2011). *Abnormal and Clinical Psychology*. 3rd ed. McGraw Hill.
3. Gorenstein, E. E. & Comer, R. J. (2015). *Case studies in abnormal psychology*, 2nd ed. Worth publisher, New York.
4. Osborne, R. E. Lafuze, J. E., & David, V. (2016). *Case analysis for abnormal psychology*. 2nd ed. Taylor & Francis.
5. Speroy, L., Carlson, J., Sauerheber, J.D., & Sperry J. (2015). *Psychopathology and psychotherapy : DSM 5 Diagnosis, case conceptualization and treatment*. 3rd ed. Taylor and Francis.

Module 1. Introduction to psychopathology

- 1.1 What do we mean by abnormality?
 - A) Indicators of abnormality.
 - B) DSM-5 and definition of mental disorder
- 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

4.4 Gambling Disorder

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 |

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
M.A. (Psychology) (Part II) (Semester III)
(Choice Based Credit System)
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I. PAPER NO. X

II. Course Title: TECHNIQUES OF PSYCHOIAGNOSTICS

III. Objectives:

To acquaint the students with the

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

IV. Module	No. of Credits
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*. 5th 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*. 4th ed. Springer. (for Module 2 – 2.3)

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) Psychosociological 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

**For internal 20 marks make a psychological report as per the format given in module 1.
(Please refer the handbook of psychological assessment 5th ed., Author: Gary-Growth Marnet)**

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I. PAPER NO. XI

II. Course Title: 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.

IV. Module		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*. 1st ed. American Psychiatric Publishing, Inc. (for Module 4)
2. Seligman, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4th 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*. 6th 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*. 10th ed. Cengage learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies : a practitioners guide*. 3rd 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*. 2nd ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5th ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills : A Helpers manual*. 3rd ed. Sage South Asia ed.

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 centred 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 chairwork

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

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. Felthan, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2nd ed., SAGE.
3. Nelson-Jones, R. (2012). *Basic Counselling Skills : A Helpers manual*. 3rd ed. Sage South Asia

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M.A. (Psychology) (Part II) (Semester III)
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I. PAPER NO. XII

II. Course Title : PROJECT

III. Objectives

1. To acquaint the students with different types of clinical cases
2. To make the students familiar with the psychological tests used for clinical 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 clinical 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. Recommended Reading

A. Books for Reading

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

V. Structure:

1. Case Studies:

Every student or Pair (Two Students) (*****More than Two students will not be allowed to take same cases for study. It will not be acceptable***) has to visit hospital / clinic / correctional institution / NGO set up etc. to study clinical cases. He/she has to study **4 Cases with different types** of mental maladjustment. He/she has to apply appropriate assessment tools and techniques for psycho-diagnostics. After history, symptoms and diagnostics, 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 submitted for every case.

List of Clinical Tests / Scales / Techniques

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) Judgement 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 Behavioural 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 Behavioural 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 Counselling Need Scale

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

VI) Nature of Examination:

Following will be the pattern of final examination:

Structure	Examination Material	Evaluation Authority and Marks to be assigned	
		College Teacher (Internal)	External Examiner
Case Analysis and Remedy	Each student will be given ONE hypothetical case of mental maladjustment 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. <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 Case Studies Report during semester/ Case Analysis and Remedy written during examination etc.	Nil	20
Case Studies and 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	

VII) For internal 20 marks visit and report writing on Regional Mental Hospital/Rehabilitation Centre/ Mentally Challenged School/Learning Disability School/Rehabilitation NGO (any one)

 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
M.A. (Psychology) (Part II) (Semester IV)
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I. PAPER NO. XIII

II. Course Title : 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.

IV. Module		No. of Credits
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*. 9th 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* 17th 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*. 9th 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*. 3rd ed. McGraw Hill.
2. Gorenstein, E. E. & Comer, R. J. (2015). *Case studies in abnormal psychology*, 2nd ed. Worth publisher, New York.
3. Osborne, R. E. Lafuze, J. E., & David, V. (2016). *Case analysis for abnormal psychology*. 2nd ed. Taylor & Fransis.
4. Speroy, L., Carlson, J., Sauerheber, J.D., & Sperry J. (2015). *Psychopathology and psychotherapy : DSM 5 Diagnosis, case conceptualization and treatment*. 3rd ed. Taylor and Fransis.

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
- B) Casual Factors in unipolar mood disorders
 - i) Psychological causal factors
- 1.2 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) Sociocultural views
 - i) Multicultural factors
 - ii) Social labelling
 - iii) Family dysfunction
 - 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

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

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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M.A. (Psychology) (Part II) (Semester IV)
(Choice Based Credit System)
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I. PAPER NO. XIV

II. Course Title : 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.

IV. Module

No. of Credits

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*. 5th ed. John Wiley & Sons, Inc., Hoboken, New Jersey.

B. Books for reference :

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

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

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

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
M.A. (Psychology) (Part II) (Semester IV)
(Choice Based Credit System)
(Introduced from June, 2020)

I. PAPER NO. XV

II. Course Title: MODERN 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.

IV. Module		No. of Credits
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 practitioners guide*. 1st ed. American Psychiatric Publishing, Inc.
2. Seligman, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4th ed. Pearson.

B. Books for references:

1. Capuzzi, D. & Stauffer, M.D. (2016). *Counselling and psychotherapy: theories and interventions*. 6th 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*. 10th ed. Cengage learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies : a practitioners guide*. 3rd 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*. 2nd ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5th ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills : A Helpers manual*. 3rd ed. Sage South Asia ed.

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

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, 2020 and April, 2021 for the benefit of repeater students.

Shivaji University, Kolhapur
M.A. (Psychology) (Part II) (Semester IV)
(Choice Based Credit System)
(Introduced from June, 2020)

I. PAPER NO. XVI

II. Course Title : PRACTICUM

III. Objectives

1. To develop skills among students related to design Training Programme in the field of clinical psychology to address and solve individual or group or 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.

IV. Recommended Reading

A. Books for Reading

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

B. Books for References

2. Barlow, D. H. and Durand, V. M. (1999) : "Abnormal Psychology, 2nd Ed., Pacific Grove, Books / Cole.
3. Capuzzi, David and Gross, Douglas, R. (2007) : "Counseling and Psychotherapy : Therapies and Interventions", 4th Ed., Pearson Education India.
4. Carson, R. C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007) : "Abnormal Psychology", 3rd Ed., Pearson Education, India.
5. Corsini, R. J. and Wedding, D. (Eds.) (1995) : "Current Psychotherapies", Itasca, Ill : F. E. Peacock.
6. Mathur, S. S. (1985) : "Clinical Psychology", Vinod Pustak Mandir, Agra.
7. Neizal, M. T., Bernsten (1995) : "Introduction to Clinical Psychology", 2nd Ed.
8. Weiner, B. (1983) : "Clinical Methods in Psychology", N. Y., John – Wiley and Sons.

V) Structure:

1. Training Programme:

Every Single student or a Pair (Two Students) (*Special Note: Maximum number per One Training Programme Module should not exceed Two students. It will not be acceptable.*) should visit any mental hospital / clinical institution / correctional institution / NGO working in mental health field etc. to find out problem of mental health of specific group/community. After finding comprehensive details, he/she has to design his/her own Training Programme (TP) (Minimum 6 Hours) to solve psychological problems of that group/community and execute it on the target group (Minimum 6). 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 and causes related to problem, researches and previous training programmes carried out; Characteristics of Target Group; Conductance of Need Analysis; Design of Components of Training Programme; Use of Methods and Techniques (like Workshop, Demo, Group Discussion, Role Playing, Presentation and many other relevant techniques); Use of Aids and Tools (like Self-reflecting exercises, Questionnaire, Checklists, Audio-Videos, Books and many other relevant tools) and their description; Demographic information of Actual Participants; Time Schedule of Programme; Procedure and Conductance of Programme; 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

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

(VI) Nature of Examination:

Following will be the pattern of final 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 or disease. 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 lecture, Workshop, Demo, Group Discussion, Role Playing and many other relevant techniques); Aids and Tools to be Used (like Questionnaire, Checklist, Audio-Videos, Books and many other relevant tools; Sequential Stages involved in actual execution; Possible outcomes of intervention.	Nil	20
Viva	Based on Training Programme executed during semester/Training Programme designed during examination	Nil	20
Training Programme Development and Execution	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	

(VII) For internal 20 marks: Writing review of Report/Book/Movie/Drama related to Mental Problems and Health.

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.