

# Government Degree College, Baramulla

**Semester: 6<sup>th</sup>**

**Course Title: Health Psychology**

**Course Code: BPY22C601**

**Subject: Psychology**

**Course Type: Core (Major/Minor)**

**Total Credits: 06 (Theory: 04, Practical: 02)**

## Objectives

- ✚ *To understand the various models and approaches to health and illness or the factors that influence health and wellness.*
- ✚ *To apply health psychology principles and promote health behavior change and disease prevention.*

## Course Outcome

- ✚ *Students will be able to understand how biological, psychological and social factors interact to influence health and illness.*
- ✚ *Students will have understanding of various psychological interventions aimed at promoting health and managing diseases.*
- ✚ *Students will develop interest in health psychology as a field study and research.*

## Unit 1: Introduction to Health Psychology

- Health Psychology: Concept and Need
- Historical Development of Health Psychology
- Models of Health: Biomedical, Psychosomatic Biopsychosocial, and Health Belief Model
- Current and Emerging Trends in Health Psychology

## Unit II: Stress and Health

- Stress: Concept, Models of Stress (General Adaptation Syndrome and HPA-Axis)
- Consequences of Stress: Hypertension, Coronary Heart Disease, and Cancer
- Management of Stress: Jacobson's PMR and Kabat Zinn's MBSR
- Pain: Concept, Types, Gate Control Theory of Pain and Pain Management (Guide imagery, Distraction, Acupuncture)

## Unit-III: Illness Cognitions

- Illness: Concept and Dimensions of Illness Cognitions
- Leventhal's Self-regulatory Model of Illness Cognitions
- Physical Illness as a Crisis-Coping with Illness Crisis
- Theory of Planned Behaviour in the context of Health and Illness

## Unit IV: Health Related Behaviours and Health Promotion

- Health Behaviours: Concept, Health Impairing Behaviors (Alcoholism and Smoking)
- Health Enhancing Behaviours: Exercise, Balanced Diet, and Sleep.
- Determinants of Health Related Behaviours: Behavioral, Cognitive and Cultural
- Health Behaviour Change: Cognitive-Behavioural Approach and Trans-Theoretical Model

**Practicum: Any four (04) practicums from the below listed themes, two (02) from each Unit.**

**Unit V: Practicum-I**

- Jacobson's Progressive Muscular Relaxation
- Assessment of General Health
- Biofeedback
- Assessment of Wellbeing

**Unit V: Practicum-II**

- Assessment of Health Anxiety
- Assessment of Pain
- Yoga Asanas for quality sleep
- Role of Cognitive Biases (attention, interpretation, memory) in pain

***Suggested Readings***

- 1) Sarafino, E.P (1994) *Health Psychology, Biopsychosocial Interaction*. Jhon Wiley & Sons.
- 2) Brannan, L., &Feist, J. (1996). *Health Psychology: An Introduction to Behaviour and Health*. California: Pacific Groove, Brooks Cole.
- 3) Brooge, A.K., &Liewellyn, S. (1995). *Health Psychology*. London: Chapman & Hall.
- 4) Friedman, D.M. (1989).*Health Psychology*. New York: Prentice Hall.
- 5) Taylor, S.E. (2018). *Health Psychology. 10th Edition*. McGraw Hill India.
- 6) Ogden, J. (2007). *Health Psychology. A Textbook. 4th Edition*. McGraw Hill, England.

# Government Degree College, Baramulla

**Semester: 6<sup>th</sup>**

**Course Title: Psychological Testing**

**Course Code: BPY22C602**

**Subject: Psychology**

**Course Type: Core (Major)**

**Total Credits: 06 (Theory: 04, Practicum: 02)**

## Objectives

- ✚ *To understand the concept, development and usage of different Psychological Tests.*
- ✚ *To have the understanding of applying different psychological tests in various settings.*

## Course Outcome

- ✚ *Students will be able to understand the concept, development and usage of different psychological tests.*
- ✚ *Students will be having the knowledge of applying the psychological tests in various settings.*

## Unit I: Introduction

- Psychological Test: Concept and Nature
- History of Psychological Testing
- Functions of Psychological Tests
- Types of Psychological Tests: Tests of performance, Behavior observations, Self-Reports

## Unit II: Test Development

- Test Development Process: Defining the test's purpose, Preliminary design issues, Item preparation, Item analysis, Standardization and ancillary research programs, Preparation of final materials and Publication
- Assumptions of Psychological Testing
- Psychometric Properties of a Psychological Test
- Ethical Issues in Test Development

## Unit III: Tests for Assessment

- Intelligence Tests: Stanford-Binet and Ravens Progressive Matrices (CPM, SPM, and APM)
- Personality Tests: Rorschach Ink Blot, MMPI
- Aptitude Tests: Flanagan Aptitude Classification Test (FACT) and Differential Aptitude Test (DAT)
- Achievement and Interest Tests: Kaufman Test of Educational Achievement and Strong-Campbell Interest Inventory

## Unit IV: Application of Testing

- Educational and Organizational settings
- Clinical and Counseling settings
- Computer Based Assessment
- Bias in Psychological Testing

**Practicum: Any four (04) practicums from the below listed themes, two (02) from each Unit.**

**Unit V: Practicum-I**

- Assessment of Mental Ability
- Assessment of Personality
- Assessment of Aptitude
- Assessment of Interest

**Unit V: Practicum-II**

- Standard Progressive Matrices (SPM)
- Item Writing
- Determination of Item Difficulty
- Determination of Item Discrimination

***Suggested Readings***

1. Miller, L. A. and Lovler, R.L. (2020). Foundations of Psychological Testing (6<sup>th</sup> Ed). Sage.
2. Murphy, K. R. & Davidshofer, C. O. (2005). Psychological Testing: Principles and Applications (6<sup>th</sup> ed.). Pearson.
3. Cooper, C. (2018). Psychological Testing: Theory and Practice. Taylor and Francis.
4. Lewis, C. A, & Lowenthal, K. M. (2020). An Introduction to Psychological Tests and Scales. (2nd Ed.). Routledge.
5. Anastasi, A., & Urbina, S. (1997). Psychological Testing. New Delhi: Printice Hall International Inc.
6. Hussain, A. (2012). Psychological Testing. New Delhi: Pearson Education Inc.
7. Cohen, J.R., & Swerdlik, M. E. (2018). Psychological Testing and Assessment: An Introduction to Tests and Measurements (9Th Ed.). New York: McGraw Hill, International Edition (Indian Reprint 2018).
8. Hogan, T.P. (2019). Psychological Testing: A Practical Introduction. (4th Ed.). Wiley.

# Government Degree College, Baramulla

**Semester: 6<sup>th</sup>**

**Course Title: Counselling Psychology**

**Course Code: BPY22C603**

**Subject: Psychology**

**Course Type: Core (Major)**

**Total Credits: 06 (Theory: 04, Practicum: 02)**

## Objectives

- ✚ *To understand the basic concepts, theories and techniques of counseling.*
- ✚ *To develop basic counseling skills.*

## Course Outcome

- ✚ *Students will demonstrate the knowledge of different counseling modalities and techniques.*
- ✚ *Students will acquire and demonstrate basic counseling skills – like attending active listening, empathy etc and ethical considerations of the practice.*

### Unit I: Introduction to Counselling

- Counseling: Concept and Historical Development of Counseling Profession
- Goals and Stages of Counseling: Initial Disclosure, In-depth Exploration, Commitment to Action, Termination and Follow-up
- Core Counseling Skills: Attending, Listening, and Communication
- Ethical Codes: Overview (Latest ACA Code), Ethical Issues in Counseling

### Unit II: Counseling Approach (Insight and Action oriented)

- Psychodynamic Approach: Psychoanalytic
- Humanistic Approach: Person-Centered
- Behavioral Approach: Classical-Conditioning
- Cognitive Approach: Rational Emotive Behavior Therapy

### Unit III: Introduction to Career Counseling

- Career Counseling: Concept, Nature and Scope
- Theories of Career Development/Choice (Parsons's Trait Factor Theory)
- Vocational Personality (Holland)
- Life Space and Life Span (Donald Super)

### Unit IV: Applications of Counselling

- Family Counseling / Marital Counseling.
- Substance Abuse
- Suicide Prevention
- Child Abuse

**Practicum: Any four (04) practicums from the below listed themes, two (02) from each Unit.**

**Unit V: Practicum-I**

- Case History and Case Formulation
- Mock Sessions in Core Counselling Skills
- Free Association / Interviewing Skill Practice
- Systematic Desensitization (Joseph Wolpe)

**Unit V: Practicum-II**

- REBT Techniques (Journaling)
- Myers-Briggs Type Indicator (MBTI) Test
- Career Preference
- Suicide ideation Test

***Suggested Readings***

1. Corey, G. (2019). Theory and practice of Counselling and Psychotherapy. (10th Ed.). Cengage.
2. Feltham, C & Hanley, T. (2017). The Sage Handbook of Counselling and Psychotherapy. Sage.
3. Gladding, S. (2020). Counselling: A Comprehensive Profession. (8th Ed.). Pearson.
4. Jones, N. (2014). Theory and Beginner's Guide to Counselling and Psychotherapy. Sage.
5. Leod, J. (2020). An Introduction to Counselling. McGraw Hill.
6. Palmer, S. (2015). Practice of Counselling and Psychotherapy. Sage.
7. Reeves, A. (2017). An Introduction to Counselling and Psychotherapy: From theory to Practice. Sage.

**Subject Tour/ Field Visit**

*A subject tour in counseling psychology is important because it helps students understand how therapy works in real-life situations. By visiting mental health clinics, schools, community centers, and rehab facilities, students can see how counseling sessions are conducted and how different therapy techniques are used. This experience makes it easier to connect what they learn in class with real-world practice. It also helps them think critically and develop empathy by seeing how counselors work with different people and problems. The tour shows how counseling psychology links to other fields like social work, psychiatry, and education, encouraging teamwork across professions. Overall, the tour improves students' learning and prepares them for careers in mental health, school counseling, and community support.*