

<b>SEMESTER-IV</b>						
<b>Core Courses</b>						
<b>Course Category</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Hours/Week</b>			<b>Credits</b>
			<b>L</b>	<b>T</b>	<b>P</b>	
Core	PSY15401CR	Counselling Psychology	3	1	x	4
Core	PSY15402CR	Practicum	x	1	6	4
Core	PSY15403CR	Project	x	1	6	4
<b>Discipline Centric Elective Courses</b>						
DCE	PSY15404CDE	Disability Rehabilitation and its legislations	2	1	x	3
DCE	PSY15405CDE	Consumer Behaviour & Marketing Psychology	2	1	x	3
DCE	PSY15406CDE	Psychotherapeutics	2	1	x	3
DCE	PSY15407CDE	Child Psychology	2	1	x	3
DCE	PSY15408CDE	Internship/ Field Work	x	x	6	3
<b>Generic Elective Course</b>						
GE	PSY15409GE	Sports Psychology	2	1	x	3
<b>Open Elective Course</b>						
OE	PSY15410OE	Stress Management	3	1	x	3



M.A. (Psychology)-4<sup>th</sup> Semester  
Course No. PSY15401CR  
Course Name: Counselling Psychology

Total Credits = 4  
Teaching Hours = 36  
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

**Objectives:**

- To familiarize students with the nature and process of counseling.
- To acquaint students with various assessment techniques
- To expose the students to the various types of intervention and strategies.

**Unit-I**

Counselling: Concept, elements and steps. Growth and Development of Counselling profession. Types of Counselling: Individual & Group. Ethical and legal Issues in Counselling: Ethical codes (Definition & purpose); ACA Codes of Ethics & standards of Practice.

**Unit-II**

Counselling Approaches: Psychoanalytic; Humanistic; Cognitive-Behavioural; Gestalt; Eastern perspective.

**Unit-III**

Stages of Counselling Process: Preparation for Counselling Building Relationship, In-depth Exploration, Action and Termination; Variables Affecting counselling process. Skills of Counsellor.

**Unit-IV**

Counselling in various Settings: Family, Career, Marital, Special Population: PTSD, Substance Abuse, Child Abuse, ADHD, War Victims and Old Age.

**Readings**

- 1]. Board, R. D. (1983). *Counselling Skills*. England: Wildwood.
- 2]. Gelso, C. J., & Fretx, B. R. (1995). *Counselling Psychology*. Bangalore: Prism Books Pvt. Ltd.
- 3]. Hackny, H. L. & Comier, L. S. (1996). *The Professional Counsellor*. New York: Allyn & Bacon.
- 4]. Rather, A. R. *Introduction to Guidance & Counselling*. Srinagar: Gulshan Publishers.
- 5]. Steffire & Grath, W. H. (1972). *Theories of Counselling*. New Delhi: McGraw Hill Publishers.
- 6]. Wolpe, R., & Dryden, W. (Eds.). (1996). *Handbook Of Counselling Psychology*. New Delhi: Sage Publications.

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M.A. (Psychology)-4<sup>th</sup> Semester  
Course Code: PSY15403CR  
Course Name: Practicum

**Total Credits: 4**  
**Tutorial Hours=16 Practical Hours = 96**

*{Eight Practicals with weight age of ½ credit to be completed by the student from the following areas}*

1. Assessment of Mental Ability.
2. Assessment of Aptitude.
3. Measurement Manual Dexterity.
4. Relaxation Technique.
5. Assertive training.
6. Systematic Desensitization.
7. Bio feedback.
8. Assessment of personality using objective and projective techniques.
9. Assessment of Quality of health and other related issues.
10. Competency based assessment.
11. Assessment of social desirability issues in Personality.

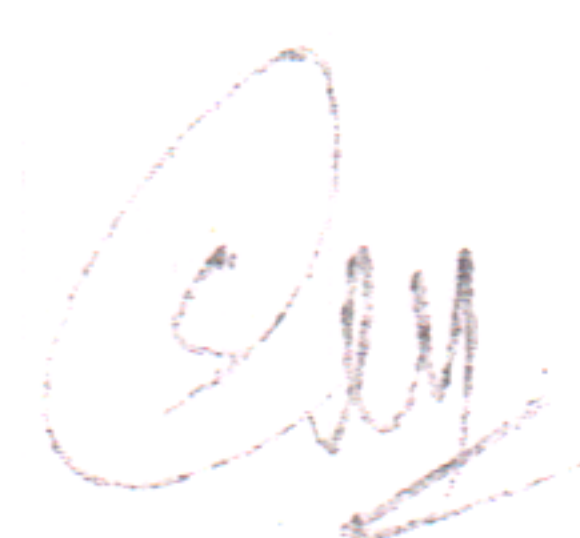




**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15403CR**  
**Course Name: Project Work**

**Total Credits: 4**  
***Tutorial Hours=16 Practical Hours = 96***

Each student is required to undertake a project ( Group or Individual level) on a topic to be decided with guide. The topic should be related either to Organizational behaviour (in an industrial setting), or to Clinical Psychology (in a hospital setting), or to Social Psychology (In a social setting). The student has to conduct a thorough study on the selected topic mainly empirical in nature and submit a project report in the Department duly certified by the candidate that the study is the original work carried out by him/her and has not been submitted earlier for award of any degree, diploma or for any other course. In addition the project report should be certified by the guide/supervisor and countersigned by the Head of the Department. The final valuation shall be done both by the guide/ supervisor and the external examiner.





M.A. (Psychology)-4<sup>th</sup> Semester  
Course No. PSY15404DCE  
Course Name: Disability Rehabilitation and its Legislations

Total Credits = 3  
Teaching Hours = 36  
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

**Objectives:**

- Demonstrate the awareness on important concepts of Disability Rehabilitation
- To understand thoroughly how Applied Behavior Analysis can be used for the enhancement of Skills in Persons with Disabilities.
- To understand thoroughly the Disability Acts & Legislations in J&K and India.

**Unit-I**

Disability Concepts and Rehabilitation Process: Early Identification, Early Intervention. Prevention of Disabilities. Pre-natal, Peri-natal and Post-natal Causes of Disabilities. Contexts: the role of Family, Society, Govt. Organizations, NGOs & INGO in the Education, Training and Rehabilitation Process with Special emphasis on PwDs of J&K.

**Unit-II**

Applied Behavioural Strategies: Concept of Applied Behaviour Analysis (ABA) and ABC Model. Techniques used in ABA: Task Analysis, Chaining, Prompting, Fading, Shaping, Reinforcement, Differential Reinforcement, Video-Modelling and Generalization. Application of Positive Behavioural Support (PBS).

**Unit-III**

Disability Acts and Legislations in India: J&K PwDs Act of 1998, Indian PwDs Act of 1995 and its amendments, National Trust Act of 1999, Rehabilitation Council of India (RCI) Act of 1992. Application of UNCRPD guidelines in Indian States.

**Readings**

- 1]. Handbook of Developmental and Physical Disabilities. Pergamon Press, New York. Vincent B. Van Hasselt, P. S. Strain, & M. Hersen (1988).
- 2]. Persons with Disabilities in Society. Jose Murickan & Georgekutty (1995). Kerala Federation of the Blind, Trivandrum.
- 3]. Culture, Socialization and human development, Saraswathi, T.S. (1999). Sage publications: New Delhi.
- 4]. Robert C. Frank Timothy R. Elliott (2000). Handbook of Rehabilitation Psychology, APA Washington.
- 5]. Indian Social Problems, Vol.1 & 2, Madan G.R (2003). Allied Publishers Pvt. Ltd., New Delhi.
- 6]. Family Theories—An Introduction, Klein, D.M. & White, J.M. (1996). Sage Publications: New Delhi.
- 7]. Mental Health of Indian Children, Kapur, (1995). Sage publications: New Delhi
- 8]. Naomi Dale (1996) Working with families of children with special needs partnership and practice. Routledge London New York.

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**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15405 DCE**  
**Course Name: Consumer Behaviour & Marketing Psychology**

**Total Credits = 3**  
**Teaching Hours = 36**  
**Tutorial Hours = 12**

*{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}*

**Unit-I**

Consumer Behaviour: definition, history and application of Consumer behaviour; interdisciplinary nature of consumer behaviour; personal and environmental factors influencing consumer behaviour; functional components of consumer attitude, ATO model and product choice.

**Unit-II**

Models: Current models of consumer behaviour. Marketing analysis, marketing segmentation; Marketer's role in customer satisfaction and dissatisfaction; Marketing with emphasis on buying patterns. Family buying influences, family life cycle and buying roles.

**Unit-III**

Advertising management: objectives and process of advertising; functions and types of advertising, role of advertising in promotion mix. Types of media available for advertising. Advertising effectiveness tests.

**Readings**

- 1]. Khan (2006). *Consumer behaviour & advertising management*, New Age International (P) Ltd., Publishers
- 2]. Singh N. (2011). *Industrial Psychology*. Delhi, India: Tata Mc Graw hill Education private limited.
- 3]. Schiffman, L. G., Kanuk, L. L., S, R. K., & Wisenblit, J. (2010). *Consumer behaviour*. Pearson publications.
- 4]. Loudon, D.L. and Della Bitta, A.J. (2002) *Consumer Behaviour* (fourth edition) Tata McGraw Hill.



**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15406 DCE**  
**Course Name: Psychotherapeutics**

**Total Credits = 3**  
**Teaching Hours = 36**  
**Tutorial Hours = 12**

*{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}*

**Objectives:**

- *To enhance the knowledge and understanding of the students regarding the therapeutic developments*
- *Familiarizing students to possible applications of these therapeutic developments*

**UNIT-I**

Psychotherapy: Individual and Group Psychotherapy; Psychodynamic Psychotherapy (Expressive and supportive related psychotherapies).

**UNIT-II**

Cognitive Behaviour Therapy: Assessment, Formulation, Therapeutic stages, Termination and relapse. Application of CBT: Anxiety Disorders, Depression, Eating Disorders and Personality Disorders. REBT: Assessment, Formulation, Therapeutic stages, Termination and relapse.

**UNIT-III**

Group intervention Models: Support and process oriented groups; self help groups, caregiver groups, large group dynamics, Interpersonal and Client centred approach, Cognitive behavioural Group Therapy.

**Readings**

- 1]. Beck, J (2011) Cognitive Behavior Therapy: Basics and Beyond. 2nd ed. NY: The Guilford Press.
- 2]. Corey, G. (2009). Theory and Practice of Counseling and Psychotherapy. Eight editions. Thomson Brooks.
- 3]. Dryden, W. (1995) Rational Emotive Behaviour Therapy: A reader. NY: Sage.
- 4]. Ellis, A. and Dryden, W. (2007). The Practice of Rational Emotive Behaviour Therapy. NY: Springer.
- 5]. Kleinberg, J (ed.) (2012) The Wiley Blackwell handbook of Group psychotherapy. NY: Wiley Blackwell.
- 6]. Leahey, R (2003) Cognitive therapy techniques: A practitioner's guide. NY: The Guilford Press.
- 7]. Dowson, J. H., Grounds, A. (1995). Personality disorders: Recognition and clinical management, Cambridge University Press.



**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15407DCE**  
**Course Name: Child Psychology**

**Total Credits = 3**  
**Teaching Hours = 36**  
**Tutorial Hours = 12**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- Understand how various aspects of child psychology are studied.
- Demonstrate the understanding of different milestones with regard to child and adolescent development.

**Unit-I**

Understanding origins and purpose of child psychology: Theories of child development (Vygotsky's influential Socio-cultural model; Bandura's notion of reciprocal determinism); Models of gene environment interaction.

**Unit-II**

Child Psychopathology: DSM-5 criteria of child psychopathology; Assessment, Diagnosis and Treatment strategies; an overview of child psychopathology in India.

**Unit-III**

Oppositional Deviant Disorders: Attention Deficit /Hyperactivity Disorder; Conduct disorder; Separation Anxiety disorder; Autism Spectrum Disorders. Child abuses: Physical, Sexual and Neglect of the child.

**Readings:**

- 1]. Papalia, D. (2009). Human Development (11th Edition). New York, McGraw-Hill.
- 2]. Mash, E. J. & Wolfe, D.A. (2007). Abnormal Child Psychology (4th edition).
- 3]. Achenbach, T. M. (1982). Developmental Psychopathology (3<sup>rd</sup> edition). New York: Wiley. John Sons, Inc
- 4]. Vasta, R., Haith, M. M., & Miller, S. A. (1999). Child Psychology: The Modern Science (3rd edition). John Wiley & Sons Inc.
- 5]. Bee, H. (1999). The Growing Child: An Applied Approach (2<sup>nd</sup> edition). Longman Publications.
- 6]. Bernstein, D. K., & Tiegerman-Faber, E. (1997). Language and Communication Disorders in Children (4<sup>th</sup> edition). Allyn and Bacon Publications
- 7]. Macdonald, G. (2001). Effective Interventions for Child Abuse and Neglect. John Wiley & Sons Inc.
- 8]. Tandon, P. K. (2004). Child Psychology. APH Publishing Corporation.



**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15408DCE**  
**Course Name: Internship/Fieldwork**

***Total Credits = 3***  
***Practical Hours = 96***

Each student has to visit at least one Psycho-social/Clinical/Organisational setting for 20 working days and submit a report to the department duly authenticated by the supervisor allotted to the candidate at the concerned psycho-social/ organisational setting. The submitted report shall be evaluated by the internal and external examiners of the department.



M.A. (Psychology) 4<sup>th</sup> Semester  
Course No. PSY15409GE  
Course Name: Sports Psychology

Total Credits = 3  
Teaching Hours = 36  
Tutorial Hours = 12

{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}

**Objectives:**

- To help individuals understand the psychological principles behind athletic performance.
- To help individuals understand the social context of sport

**Unit-I**

Sports Psychology: Meaning, History and definitions. International and Indian Perspectives. Individual differences and Sports Performance: Motor Skills Learning. Attention, Arousal, Focusing and concentration. Role of Sports Psychologist.

**Unit-II**

Cognitive Psychology and Sport: Cognitive style and Sport, Self efficacy, Attentional style and performance, Attribution of self and Others, Situational and interactional approaches to sport behavior

**Unit-III**

Understanding Motivation: Intrinsic and extrinsic motivation, Theories of motivation, Pathological motivation and sport. Team cohesion and team building. Feedback and Reinforcement.

**Unit-IV**

**Arousal, Stress, and Anxiety:** Definitions of arousal, anxiety and stress, Factors inducing anxiety and stress, the relationship between arousal and performance, the relationship between anxiety and performance, Managing Stress.

**Readings:**

- 1]. Moran, A.P. (2004). Sport and Exercise Psychology, A Critical Introduction. New York: Routledge,
- 2]. Kremer, J., & Scully, D. (2001). Psychology in Sport. Taylor and Francis Publishers.
- 3]. Smith, L. H., & Kays, T. M. (2010). Sports Psychology for Dummies.
- 4]. Weinberg, R & Gould, D. (2006). Foundation of Sport and Exercise psychology (4<sup>th</sup> Ed). Human Kinetics Publishers.
- 5]. David Lavalke; John Krener, Aidan P. Moran and Mark Williams (1994), Sports Psychology: Contemporary Themes.
- 6]. Mohan, J. (2010), Sports Psychology: Emerging Horizons, New Delhi: Friends Publishers.
- 7]. Mohan, J. and Sehgal, M. (2005), Readings in Sports Psychology, New Delhi: Friends..
- 8]. Murphy, S.M. (1995), Sports Psychological Interventions, Champaign: Human Kinetics.
- 9]. Nicholas T. Gallucci (2008), Sports Psychology, New York: The Psychology Press.
- 10]. Richard, H. Cox (2002), Sports Psychology, New York: Palgrave Macmillan, (eighth edition).
- 11]. Thelma, S. H. (1992), Advances in Sports Psychology, Illinois: Human Kinetics.



**M.A. (Psychology)-4<sup>th</sup> Semester**  
**Course No. PSY15410OE**  
**Course Name: Stress Management**

**Total Credits = 3**  
**Teaching Hours = 36**  
**Tutorial Hours = 12**

**{Note: Each Unit Carry 1 Credit Value with 12 Hours Teaching & 4 Hours Tutorial}**

**Objectives:**

- To help individuals understand the psychological principles behind athletic performance.
- To help individuals understand the social context of sport.

**Unit-I**

Stress and its Physical Consequences: Main Sources of Stress, Measurement of Stress. Stress and Cardiovascular disorders, Cancer and Diabetes. Job Stress and Burnout.

**Unit-II**

Stress Management: Coping and types of coping strategies. Theories of coping. Hardiness, psychological support; Measurement of coping with stress.

**Unit-III**

Counselling for stress management; Meichenbaum's Stress Inoculation Training; Self Instructional approach; Jacobson's Progressive Muscle Relaxation; Autogenic Training; Concept of mindfulness & Psychological Resilience.

**Readings**

- 1]. Joshi, B.K. (2007). *Stress Management*. Pointer Publishers: Jaipur
- 2]. Ciccarelli, S. & Meyer, G.E. (2008). *Psychology*. Pearson Publications: India.
- 3]. Weller S. (2000) *The Breath Book: 20 Ways to Breathe Away Stress, Anxiety and Fatigue*, Thorsons.
- 4]. White J. (1997) *Stresspac*, The Psychological Corporation.
- 5]. Wilkinson G. (1999) *Family Doctor Guide to Stress*. Dorling Kindersley.

