

MAPSY- 301

**SEMESTER-III
PSYCHOLOGY
ADULT PSYCHOPATHOLOGY**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

UNIT I: Classification of mental disorders & Organic Mental Disorders

ICD-10 classification of mental disorders, DSM –IV TR classification of mental disorders.

Delirium, dementia and amnesic disorders.

UNIT II Disorders of adult personality and behaviour :

Eating disorders, Sleep disorders, impulse control disorders, personality disorders, Sexual and gender identity disorders.

UNIT III Anxiety, Stress – related and somatoform disorders:

Generalized anxiety disorders, panic disorder, phobic disorders, obsessive compulsive disorder, dissociative and conversion disorder, Somatization disorder, Hypochondriasis, Body dysmorphic disorder and pain disorder.

UNIT IV Mood disorders, Schizophrenia and other Psychotic disorders

Depressive disorders , bipolar disorders, Cyclothymic disorders. Schizophrenia, Schizoaffective disorders, Delusional disorder. Brief psychotic disorder, shared psychotic disorder, Culture bound psychotic syndromes.

References:

- 1. American Psychiatric Association(1994) Diagnostic and Statistical Manual of Mental disorders 4th Ed. Washington DE APA.**
- 2. Carson R and Butcher JN(1992). Abnormal Psychology and Modern life, New York Harpercollin.**
- 3. David S.Holmes(1997) Abnormal Psychology, 3rd Edition,U.S. Addison and Wesley Publishers.**
- 4. Sue G.D and Sue.S (1997) Understanding abnormal behaviour 5th Ed. Boston Houghton Mifflin.**
- 5. Davison and Neale(1998) Abnormal Psychology, Revised 7th Ed, John Wiley and Sons.**
- 6. Irwin G.Sarason and Sarason Barbara, R (1993) Abnormal Psychology 6th Ed, New York: prentice Hall.**
- 7. Ilusen.M ,Kazdin E.A and Bellack S.A (1991). The Clinical Psychology handbook. 2nd Ed New York: Pregamon press.**
- 8. Richard R. Bootzin, Joan Ross Acocelk and Lamen B. Alley (1993), Abnormal Psychology. 6th Ed New York: Mc Graw Hills.**

9. **Ronald, J Comer(1996) Fundamentals of abnormal Psychology New York : W.H Freeman and company.**
10. **Thomas F. Oltmanns and Robert, E Emery (1995). Abnormal Psychology New Jersey. Prentice Hall.**
11. **WHO (1992) The ICD 10 classification of mental and behavioural disorders, clinical descriptions and diagnostic guidelines ,Geneva ,WHO.**
12. **WHO (1993) The ICD 10 classification of mental and behavioural disorder. Diagnostic criteria for research Geneva WHO.**
13. **Barlow H. David and Durnad V. Mark(1999) – Abnormal Psychology; India, Brooks/Cole Publishing Company.**
14. **Carson C. Robert, Butcher N. James, Mineka, Susan(1998) – Abnormal Psychology and Modern life; Newyork, , Longman.**

MAPSY- 302

**SEMESTER-III
PSYCHOLOGY
PSYCHOTHERAPY**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

Unit I –Psychoanalytical interventions:

Classical psychoanalysis, Jungian Psychotherapy; Adlerian Psychotherapy

Unit II: Humanistic – Existential School based interventions:

Rogerian Person centered therapy; Reality therapy; Gestalt therapy, Logo therapy and Existential therapy

Unit III: Cross Cultural, Eclectic and Feminist Therapy:

Cross cultural therapy – issues; Eclectic therapy, Multimodal therapy of Lazarus;Gerard Egan’s Skilled Helper Model,Feminist Therapy

Unit IV - Supportive and Creative Art therapies:

Guidance, Tension control and release, Environmental manipulation, Externalization of interests, Reassurance, Prestige suggestion, Pressure and coercion, Persuasion, Confession and ventilation, Milieu therapy

Drama Therapy, Music Therapy, Dance & movement therapy.

References:

- 1. Sharf Richard S and Sharf (2000) Theories of Psychotherapy and Counselling Concepts and Cases, 2nd Ed., Australia, Brooks Cole Publishing Co.**
- 2. Archer,J& Mc. Carthy ,C.J (2007) .Theories of Counselling and Psychotherapy, : Contemporary application ,NewJersy : Pearson Meril Prentice Hall.**
- 3. Corey, Gerald (1996) Theory and Practice of Counselling and Psychotherapy; 5th Edition; New York, Brooks/Cole Publishing Company**
- 4. Aventure M &Shapero, D.A. (1995) Ed, Research for Psychotherapy practice. Chechester: Wiley.**
- 5. Wolman.B.B (1965) Ed Handbook of clinical Psychology New York;McGraw hill.**
- 6. S.S. Hesson. M.Kazdin A.E. (1983) International handbook of behavioural modification& therapy, New York: Plenum Press.**

7. **Bugin, A.E. & Garsied S.L. (1994), Ed, Handbook of Psychotherapy behavioural change, 4th Ed. New York: Wiley.**
8. **Joseph Vrinte (1966); The quest for inner man: Transpersonal Psychotherapy & integral Sadhana, Pondichery: Mira Trust.**
9. **Jones, C.C. (1993). Family system therapy, Chichesles Wiley.**
10. **Lane, D & Milles, A. (1992) Ed. Child & Adolescent therapy. A hand book. Milton Keynes, open Uni Press.**
11. **Levme, E.S. & Padiha, A.M. (1980) Crossing cultures in therapy. Monterey, C.A; Books/cole.**
12. **Nercross J.C. (1980). Handbook of Psychotherapy integration (Ed) New York: Basis Books.**
13. **Steven Jay & John P, Gar Ke (1985) contemporary Psychotherapy models & methods, Ohio, charles E. menitt.**
14. **Wolberg L.R. (1989). The technique of Psychotherapy Vol. I & II London Warberg & Heinemann.**
15. **Bellack A.S. & Hersen, M (1980). Introduction to Clinical Psychology; Oxford; Oxford University Press, New York: John Wiley & Son.**
16. **Bernstein, D.A - & Nietzel, M.T. (1980) Introduction to Clinical Psychology. New York: Mc Graw Hill.**
17. **Sacuzzo D.P and Kaplan.R.M(1984), Clinical Psychology, Boston: Ally and Bacon Inc.**

MAPSY- 303

**SEMESTER-III
PSYCHOLOGY
PERSONALITY THEORIES**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

**UNIT I Psychoanalytic & Neo psychoanalytic approaches:
Sigmund Freud, Carl Jung, Alfred Adler, Karen Horney, Eric Fromm**

**UNIT II Interpersonal and trait approach:
Harry Stack Sullivan, Gordon Allport, H.J. Eysenck and Raymond B. Cattell.**

**UNIT III The Humanistic, Behavioural and cognitive approaches:
Abraham Maslow, Carl Rogers, George Kelly, B.F. Skinner and Kurt Lewin**

**UNIT IV Social learning Limited domain and Indian approaches:
Albert Bandura, Julian Rotter, David Mc Clelland, Marvin Zuckerman, Trigunasand
Panchakoshas.**

References:

1. Schultz, Duane P. and Schultz, Sydney Ellen(2001), Theories of Personality, Wadsworth – Thompson Learning, U.S.A.
2. Hall, Calvin S and Lindzey G and Campbell J.B(1998) Theories of Personality, John Wiley and sons, 4th Ed New York.
3. Feist, J and Feist G.J(2002). Theories of Personality, Mc Graw Hill, Boston.
4. Vrinte, J(1995) The concept of personality in Shri Aurobindo's Integral Yoga Psychology and A. Maslow's Humanistic/Transpersonal Psychology Munshi Ram Manoharlal Publishing Pvt. Ltd., New Delhi.
5. Sinha J(1958) Indian Psychoogy, Vol 1,2 and 3.
6. Ramachandra Rao S.K(1962) Development of psychological thought in India.
7. Libert R.M and Spiegler, M.D Personality : Strategies and issues, pacific grove, California : Brooks/cols Publishing company.
8. Biscoff, L.J(1970) Interpreting personality theories New York : Harper and Roe.
9. Hall, C.S. & Tindzey, G(1978) Theories of personality 3rd Ed New york: J. Willey & sons.

MAPSY- 304

**SEMESTER-III
PSYCHOLOGY**

PSYCHOLOGICAL DISORDERS OF CHILDHOOD AND ADOLESCENCE

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

**Unit I: Developmental and Learning Disorders, Tic Disorders:
Mental Retardation – Types; Etiology Prevention and Treatment ;
Communication Disorders – Types, Etiology Treatment and Prevention
Tic Disorders – Types, Causes, Treatment and Prevention**

**Unit II: Pervasive Developmental Disorders:
– Types, Core and associated characteristics; Etiology and Treatment , Attention Deficit and
Disruptive Behaviour Disorders, etiology and management**

**Unit III: Feeding Eating and Elimination Disorders of Childhood and Adolescence:
Feeding and eating disorders of infancy and early childhood: Pica, Rumination disorder, obesity
Eating Disorders of Adolescence: Anorexia Nervosa and Bulimia Nervosa.
Elimination Disorders: Types, Causes, Treatment and Prevention**

**Unit IV: Behavioural and Emotional Disorders:
ADHD, Conduct Problems, Emotional Disorders Anxiety, phobia, PTSD Acute Stress Disorder**

References:

- 1.American Psychiatric Association(1994) Diagnostic and Statistical Manual of Mental disorders
4th Ed. Washington DE APA.**
- 2.Carson R and Butcher JN(1992). Abnormal Psychology and Modern life, New York
Harpercollin.**
- 3.DavidS.Holmes(1997) Abnormal Psychology, 3rdEdition,U.S. Addison and Wesley
Publishers.**
- 4.Sue G.D and Sue.S (1997) Understanding abnormal behaviour 5th Ed. Boston Houghton
Mifflin.**
- 5.Davison and Neale(1998) Abnormal Psychology, Revised 7th Ed, John Wiley and Sons.**
- 6.IrwinG.SarasonandSarason Barbara, R (1993) Abnormal Psychology 6th Ed, New York:
prentice Hall.**
- 7.Husen.M ,Kazdin E.A and Bellack S.A (1991). The Clinical Psychology handbook. 2nd Ed
New York: Pregamon press.**
- 8.Richard R. Bootzin, Joan Ross Acocelk and Lamén B. Alley (1993), Abnormal Psychology.
6th Ed New York: Mc Graw Hills.**
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company.**

10. Thomas F. Oltmanns and Robert, E Emery (1995). Abnormal Psychology New Jersey. Prentice Hall.

11. WHO (1993) The ICD 10 classification of mental and behavioural disorder. Diagnostic criteria for research Geneva WHO.

13. Ouay and Werry (1972) – Psychopathological disorders of childhood; New York, John Wiley and Sons.

14. Barlow H. David and Durnad V. Mark (1999) – Abnormal Psychology; India, Brooks/Cole Publishing Company.

15. Carson C. Robert, Butcher N. James, Mineka, Susan (1998) – Abnormal Psychology and Modern life; New York, , Longman.

16. Mash J. Eric, Wolfe A. David (1999) – Abnormal child Psychology; Belmont, Boston, London Brooks/Cole Wadsworth.

ASSESSMENT OF PERSONALITY PRACTICAL

(To assess any 9)

- Assessment of Personality dimensions by administering Eysenck's Personality questionnaire**
- Assessment of personality by administering Neo-Five factor inventory**
- Assessment of Personality by administering IAS scale**
- Assessment of locus of control by administering –Levenson's scale for locus of control**
- Bell's adjustment inventory-Adult form**
- Assessment of self efficacy**
- Assessment of Personality by administering Cattell's 16 Personality Factor Questionnaire**
- Assessment of Personality by administering MBTI**
- Assessment of Personality by administering EPPS**
- Assessment of Empathy**

MAPSY- 401

**SEMESTER-IV
PSYCHOLOGY
BEHAVIOUR MODIFICATION**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

**UNIT I: Classical Conditioning Techniques and Bio feedback Techniques:
Behavioural assessment and behavioural analysis. Jacobson's Progressive Muscular relaxation;
Autogenic training; Systematic De-sensitization – invitro and in vivo; Flooding & Bio feedback
techniques.**

**UNIT II: Operant Conditioning Techniques:
Basic paradigm, Reinforcement,
Shaping, Extinction; Contingency contract, Token economy, Chaining, Punishment.**

**UNIT III: Assertiveness Training; Modelling & Self-control Techniques:
Assertiveness training: Components of assertive behaviour, Method of assertiveness training, steps
in assertive training
Modelling : Basic functions of Modelling, Processes inherent in Modelling, Modelling procedures.
Self – Control techniques.**

**UNIT IV: Cognitive Behaviour Modification:
Cognitive behaviour therapy of Beck
Rational Emotive Behaviour therapy of Ellis.
Michenbaum's self-instruction training and stress inoculation Training.**

References:

- 1. Kanfer, FM and Phillips, Js(1970) – Learning foundations of behaviour therapy – John Wiley and Sons.**
- 2. Rimm, D.C and Masters – J.S (1979) Behaviour therapy, Techniques and empirical findings, Academi Press.**
- 3. Bellack, A.S Hersen H. and Kazolin, A.E(1982) International Handbook of Behaviour Modification and Therapy – Plenum Press.**
- 4. Osipov, SH and Walsh, H.B strategies in counselling for behavioural change – Appleton century craft.**
- 5. Swami Sivananda(1996) – Meditation know- How Erode; N. Ananthanarayanan.**
- 6. Miltenberger R.G (2001) – Behaviour Modification, Principles and Procedures;,U.S; Wadsworth Thomson Learning.**
- 7. Sivaminathan, V.D and Kaliappam, K.V(1997), Psychology for effective living – behaviour modification, guidance, Counselling and Yoga, Chennai: Madras Psychology Society.**

- 8. Swami Rama RudoloBallenture and Swami Ajaya(1993) – Yoga and Psycho therapy the evolution of consciousness; Honesdale, Pennsyloania; Himalayan International Institute of Yoga Science and Philosophy.**
- 9. PhulgendaSinha(1976) – Yogic Cure for common diseases; New Delhi, Orient Paperbacks.**
- 10. Ananda(1998) – The Complete Book of Yoga Harmony of Body and Mind ; New Delhi; Orient Paperbacks.**
- 11. Karen.R.L (1974) – An Introduction to behaviour theory and its application; New York, Harper and Row, Publishers.**
- 12. Wolpe, Joseph (1973) The practice of Behaviour Therapy 2nd Ed New York, Pergamon Press Inc**
- 13. Kiran Kumar S.K(2002) Psychology of Meditation, A contextual approach Mysore; University of Mysore.**

MAPSY- 402

**SEMESTER-IV
PSYCHOLOGY
AREAS OF COUNSELLING**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

Unit I: Vocational counselling and guidance:

Definition, difference between career, vocation, and occupation. Career development, factors affecting career development, theories of career development, gender and career development and issues in career counseling

Unit II Marital Counselling:

Definition of marriage, premarital counseling, nature of couple relationship, variables characteristic of couple relationship, areas of symptom formation in couple relationship. Types of couple counseling, counseling the divorced & counseling the Separated.

Unit III Counselling for Family Problems and Approaches to Family Counselling:

Definition of family, need for family counseling, family strengths, family conflicts nature of family counseling. Systems and Development: The context for Understanding Family Problems; Families in operation; The change process in family counseling;

Family systems therapy – Intergenerational family therapy (Murray Bowen); Structural family therapy (Salvador Minuchin); Humanistic Experiential Family Therapy (Virginia Satir)

Unit IV Counselling the aged and terminally ill :

Counseling the aged – definition of aging, health and morbidity in later years, problems of the aged, counseling the care recipient and the care giver, empty nest syndrome.

Counseling the terminally ill – meaning of death, reaction of the terminally ill patient to impending death, role of counselor in counseling the dying. Grief counseling- stages in grief. Normal and prolonged reactions

Reference:

1. Linda Seligman (2000) – Developmental career Counselling and Assessment ; Thousand oaks, London, New Delhi: Sage Publications.
2. Sharf Richard S and Sharf (2000) Theories of Psychotherapy and Counselling Concepts and Cases, 2nd Ed., Australia, Brooks Cole Publishing Co.
3. Archer,J& Mc. Carthy ,C.J (2007) .Theories of Counselling and Psychotherapy, : Contemporary application ,NewJersy : Pearson Meril Prentice Hall.
4. Corey, Gerald (1996) Theory and Practice of Counselling and Psychotherapy; 5th Edition; New York, Brooks/Cole Publishing Company
5. Street, Eddy (1994) Counselling for Family Problems, New Delhi, Sage Publications
6. Adams J.J (1968): Counselling and Guidance- Mac.Milan.
7. Lakshmi K.S (2000) : Encyclopaedia of Guidance and Counselling- 4 volumes –New Delhi- Mittal Publications.

8. **Douglas Hopper and Weindey Deyden(1991)- Couple therapy a hand book:Philadelphia Open University Press Milton Keynes.**
9. **Dame Cicely Saunders and Mary Baeries(1983): Leaving with dying the management of terminal disease: (1993) London, Thousand oaks, New Delhi:Sage Publications.**
10. **Paul Brown.J – Counselling with senior citizens: Prentice Hall, Inc. Engle woodcliff,N.J.**
11. **William Worden.J(1982) – Grief Counselling and Grief Therapy New york:Spreinger Publishing company.**
12. **Charles J.O’ Leary (1999) : Counselling couples and family – A person- centered approach: London , Thousand oaks, New Delhi: Thousand oaks, New Delhi- Sage Publications.**
13. **India Jai.Prakash(1999) – Psychological Gerontology- training material for Mental Health Professionals: Bangalore: Bangalore University.**

MAPSY- 403

**SEMESTER-IV
PSYCHOLOGY
SOCIAL PSYCHOLOGY**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

Unit I: Introduction and Social Cognition:

Definition, new perspectives in Social Psychology and methods.

Social Cognition: Heuristics; Schemas; Automatic and controlled Processing; Social life in a connected world; potential sources of error in social cognition; Affect and cognition; Emotions and social cognition.

Cognitive Dissonance

Unit II: Social perception: .

Social perception: Nonverbal communication, attribution, impression formation and impression management. Social Cognition; Attitudes and Attitude Change; Violence and Aggression; Pro social Behavior; Social Influence; Interpersonal Relationships;; Halo effect; bystander apathy.

Unit III: Aspects of social identity and interpersonal attraction:

Social identity, the Self, Gender

The beginning of attraction, becoming acquainted, moving toward friendship

Unit IV: Application of Social Psychology:

Groups, how groups affect-individual performance, coordination in groups, perceived fairness in groups, decision making in groups

Social psychology in legal system, health related behaviour, and the world of work.

References:

- 1. Baron, R. A., & Byrne, D. (2003).Social Psychology (10th Ed). New Delhi: Prentice-Hall of India pvt.Ltd.**
- 2. Mayers ,D.G. (1999).Social Psychology New York McGraw-Hill CollegeWard, C.D. (1970)Laboratory Manual in Experimental Social Psychology Holt, Rinehart And Winston INC**
- 3. Giles, B (2002), Introducing Social Psychology, London, The Brown Reference Group Plc.**
- 4. Forsyth, D.R (1997) Group Dynamics, India Edition, Delhi, Thomson WadsworthMyers,**
- 5. D.G. Social Psychology (2005), Eighth Edition, Boston,McGraw Hill**
- 6. Franzoi, S.L.(1996), Social Psychology, London, Brown & Benchmark**

7. **Baron R.A. & Branscombe N.R. (2015) Social Psychology (13th Ed.) Social Psychology, Delhi, Pearson**

MAPSY- 404

**SEMESTER-IV
PSYCHOLOGY
ORGANIZATIONAL DEVELOPMENT**

**Lecture: 4 hrs/week
Exam duration: 3 hours**

**End semester: 60
Mid Semester:20
Quiz: 20
Total Marks=100**

UNIT I – INTRODUCTION TO ORGANIZATIONAL CHANGE AND DEVELOPMENT:

Organizational Change, Nature of Organizational Change, Forces of Change, Process of Change, Change Cycles, Organizational Growth and Change, General Strategies for Effecting Changes in Human Systems- Rational Empirical Approaches, Normative Re-Educative Approach, Power Coercive Approach, Resistance to Change, Sources of Resistance, Managing Resistance to Change, Organizational Development, Organizational Transformation, Definition of Organizational Development, History of Organizational Development, Values, Assumptions and Beliefs in OD.

Unit II – THEORY AND MANAGEMENT OF ORGANIZATIONAL DEVELOPMENT AND TRANSFORMATIONS:

Models and Theories of Planned Change, Systems Theory, Participation and Empowerment, Teams and Teamwork, Parallel Learning Structures, OD and Applied Behavioural Science, OD and Action Research, History and Varieties of Action Research, Managing OD Process Diagnosis, Action and Programme Management , OD Value Cycle and Fast Cycle OD.

UNIT III – OD INTERVENTIONS:

Nature of OD Interventions, Classification of OD Interventions

Team Interventions : Teams and Work Groups, Formal Groups and Special Groups, Laboratory Training and T-Groups, Formal Group Diagnostic Meeting, Formal Group Team Building Meeting, Process Consultation Intervention, Gestalt OD, Techniques and Exercises Used in Team Building , Behaviour Modeling, Life And Career Planning, Coaching and Mentoring, Inter Group Team Building Interventions, Third Party Peace Making Interventions, Organization Mirror Intervention, Partnering.

Comprehensive OD Interventions: Search and Future Search Conferences, Conferences, Beckhard's Confrontation Meeting, Strategic Management Activities, Real Time Strategic Change Intervention, Stream Analysis, Survey Feedback (System 4T) , Appreciative Inquiry, Grid OD, Schein's Cultural Analysis.

Structural Interventions: Socio Technical Systems, Building Learning Organizations, Self Managed Teams, Work Redesign, Management by Objectives (MBO), Quality Circles, Quality of Work Life Projects, Parallel Learning Structures(Collateral Organizations), Physical Settings, Total Quality Management, Re-Engineering, High Involvement and High Performance Work Systems, Large Scale Systems Change, Centers of Excellence.

UNIT IV – KEY CONSIDERATIONS AND ISSUES IN OD:

Change Agents and Role of Change Agents, Issues in Consultant Client Relationships, System Ramifications Issues, Power Politics, and Organizational Development, The Future of Organizational Development.