



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

SVISSHA

MScC- Psychology

COURSE CODE	CATEGORY	COURSE NAME	L	T	P	CREDITS	TEACHING & EVALUATION SCHEME				
							THEORY		PRACTICAL		
							END SEM University	Two Term Exam	Teachers Assesme	END SEM University	Teachers Assesme
MScCPSY 301	Compulsory	Counselling Psychology	4	1	0	5	60	20	20	0	0

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Objectives (CEOs):-The students will be able to:

- Familiarize the students with various approaches, techniques and skills of counseling and Psychotherapy in mental health problems.
- prepare the students to conduct different types of counseling and psychotherapies with different clinical and sub-clinical population.
- Familiarize the students with the major counseling approaches categorized as humanistic experiential, learning/cognitive, and psychoanalytic/psychodynamic.
- Knowledge of the therapist’s role and the values by which the therapist conducts counseling.
- Be familiar with the core premises of psychodynamic therapy such as transference, counter transference, resistance, and interpretation.
- To help them in identifying the processes of therapy and therapeutic changes.

Course Outcomes (Cos): The students should be able to:

APA Ethical Principles of Psychologists and Code of Conduct, the ACA Code of Ethics, and Nebraska State Laws as they pertain to the practice of psychology and counseling. be familiar with the reasons ethical codes were developed. Students should be familiar with the Regulatory bodies that have jurisdiction over the practice of counselors and mental health practitioners, and the sanctions each of these regulatory bodies can impose.

- Show proficiency in six major content areas in the discipline of psychology: developmental, social, personality, abnormal, cognitive, biological psychology.
- Compose a theoretically-based essay.
- Demonstrate interpersonal awareness and sensitivity to differences and similarities in the way people are treated due to gender, race, ethnicity, culture, class, and sexual orientation.



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MScCPSY301
Counselling Psychology

Unit I

Counselling: Historical perspective. Educational, developmental, and preventive models; ethical issues in counselling.

Unit II

Counsellor and the Counseee: Expectations and goals; characteristics of counseee and counselors; role and functions of the counselors.

Unit III

Counselling approaches: Psychoanalytic, person-centered, existential, and cognitive-behavioral approaches.

Unit IV

Counselling process: External conditions and preparation; structuring the counselling relationship; counselling interview and degrees of lead by the counselor; nonverbal behavior.

Unit V

Areas of counselling: Educational, career, marital and gerontological; stress management oriented counselling; Counselling for terminal disease patients: cancer and HIV /AIDS.

Recommended Readings

- Cormier, S., & Hackney, H. (2013) **Counseling strategies and interventions** (8th International Edition). London: Pearson.
- Erford, B. (2013) **Orientation to the counseling profession: Advocacy, ethics, and essential professional foundations** (2nd Ed.). London: Pearson.
- Fouad, N.A. (Ed) (2012) **APA Handbook of counseling psychology**. Washington: American Psychological Association
- Gelso, C. J., & Fretz, B .R. (2000). **Counseling psychology** (2nd Ed). KY: Cengage Learning.
- Gladding, S. T. (2014). **Counseling: A comprehensive profession**. New Delhi: Pearson Education.
- Woolfe, R., Dryden, W., & Strawbridge, S. (Eds.) (2010). **Handbook of counselling psychology** (3rd Ed). London: Sage Publication Ltd.



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MScC PSY 302	Compulsory	Psychodiagnostics	4	0	2	5	60	20	20	30	20

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objectives (CEOs):-The students will be able to

- Learn of the current world ethical standards of psychological diagnostics and assessment activity.
- Test reliability determination that obtained by different Psycho-diagnostics methods
- Studying of classical and contemporary intellect diagnostic approaches Psycho-diagnostics of personality characteristics, talent potential and achievements potential of the person.

Course Outcomes (Cos): The students should be able to

- Master the technology of getting “informed consent” with a client about Psycho diagnostics and assessment procedure.
- Assess the compliance of the proposed Psycho-diagnostics programs with the final testing objectives.
- Understand the variety of ways to assess different characteristics of a person.
- Understand the possibilities of Psycho-diagnostics of this or that characteristic of a person with use of various diagnostic techniques.

MScCPSY302 Psychodiagnostics

Unit I

Psychodiagnostics: Nature and scope; Process and stages of diagnostic assessment; Differential diagnosis

Unit II



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Clinical assessment: Definition and purpose; The art and science of interviewing, Interview and its types- intake, crisis, diagnostic interview; reliability and validity of interviews; mental status examination; case history; Behavioral assessment – Nature, objectives, and methods used.

Unit III

Assessment of intelligence: The Stanford-Binet Scale of intelligence – 5th ed., WAIS-IV, WISC-IV; Diagnostic utility of intelligence tests – scatter analysis and other techniques.

Unit IV

Personality assessment: Psychometric and projective tests; The MMPI-2, Revised Neo Personality Inventory (NEO-PI-R), the Rorschach, TAT, Sentence completion techniques.

Unit V

Neuropsychological assessment: Bender-Gestalt and Wechsler Memory Scale-III.

List of Practicals:

- MMPI
- NEO-PI
- Sentence completion test
- WAIS/WISC
- Binet Intelligence Scale

Recommended Readings

- Goldenberg, H. (1983). **Contemporary clinical psychology** (2nd Ed.) New York: Brooks & Cole.
- Morrison, J. (2007). **Diagnosis made easier**. NY: Guilford Press.
- Neitzel, M. T., Bernstein, D. A., & Millich, R. (1998). **Introduction to clinical psychology**. (5th Ed.). Upper Saddle River, N. J.: Prentice Hall.
- Pridmore, S. (2000). **The psychiatric interview: A guide to history taking and mental status examination**. Amsterdam: Taylor & Francis.
- Trull, T. J. & Prinstein, M.J. (2013). **Clinical Psychology** (8th Ed.). Wadsworth, Cengage Learning.



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MScC PSY 303	Compulsory	HEALTH PSYCHOLOGY	3	1	0	4	60	20	20	0	0

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objectives (CEOs):-The students will be able to:

- understand the relationship between psychological factors and physical health.
- To understand and analyze the behavior of individuals and mental health management.
- Health Psychology as they relate to major topics within the field: health behaviours and stress.
- Understanding health promotion and prevention.

Learning Outcomes: The student should be able:

- Learn how to improve quality of life.
- Define and explain one or more key models, principles or theories in Health Psychology that are used to change health behavior.
- Critically evaluate the role of psychological, social, and behavioral factors in health and illness.

MScCPSY303

HEALTH PSYCHOLOGY

UNIT-I

Introduction: Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.



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UNIT -II

Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

UNIT-III

Stress: Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

UNIT-IV

Health Management: Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviour, Illness Management.

UNIT-V

Managing stress-I: Methods - yoga, meditation, relaxation techniques. Managing stress-II: Problem focused and emotion focused approaches.

Recommended Readings:

- Allen, F. (2011). **Health psychology and behaviour**. Tata McGraw Hill Edition.
- Dimatteo, M. R., & Martin L. R. (2011). **Health psychology**. India: Dorling Kindersley.
- Misra, G. (1999). **Stress and Health**. New Delhi: Concept



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MScCPSY304	Compulsory	Minor Research Project I	0	0	0	5	0	0	0	60	40

At the end of the semester the students who have opted for an honors degree have to submit a minor research project in the subject they wish to obtain an honors degree. The objectives of the course is

- To check the ability of students in terms of their writing
- To identify the problems of students' in developing their writing skills
- To gather the opinion of the teachers on their students' writing performance
- To improve the writing skills of students' by suggesting some remedial measures



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MSCCPSY305	Compulsory	Internship	0	0	8	4	0	0	0	60	40

MSCCPSY305

Internship

Each student would be placed in the field of their chosen specialization at least for 30 days during the summer vacations. The internship would be carried out under the joint supervision of a supervisor and faculty supervisor. Students would produce a documented evidence of their work.

Internship report: Each student shall prepare a report on the basis of guidelines provided by the supervisors and submit the same to the supervisors for authentication and further evaluation.

**The student will have to submit a detail report of internship program. The report should be written in American Psychological Association (APA) format.



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MScCPSY 306	Compulsory	Comprehensive Viva Voce	0	0	0	5	0	0	0	100	0

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
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MScCPSY306
Comprehensive Viva Voce

Viva voce will be conducted towards the end of the semester which will be covering the complete syllabus. This will test the student's learning and understanding during the course of their post graduate programme. In doing so, the main objective of this course is to prepare the students to face interview both at the academic and the industrial sector.

Course Educational Objectives (CEOs):-The students will be able to:

1. To provide an opportunity for students to apply theoretical concepts in real life situations
2. To enable students to manage resources, work under deadlines, identify and carry out specific goal oriented tasks
3. The Paper will help to acquire speaking skills and capabilities to demonstrate the subject knowledge.

Course Outcomes (Cos): The students should be able to:

- Exhibit the strength and grip on the fundamentals of the subjects studied during the semester
- Comprehend for all the courses studied in the entire programme