



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

SVISSHA

B.A. Hons – 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
BAHNPSY 401	Compulsory	Counselling Psychology	5	1	0	6	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:

- To understand the importance of guidance of persons with disability.
- To understand the need for counseling and apply psychological counseling skills with persons with disability and family members

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

- Understand the purpose of guidance and counselling.
- Get an overview of different types of counseling specialties.
- Appreciate counseling theories.
- Understand the counseling process and appreciate ethical practices in counselling.

BAHNPSY401

COUNSELLING PSYCHOLOGY

UNIT I

Introduction: Meaning and goals, Counselling as a profession: training, skills and ethics, The effective counsellor: personality and self of the counselor, Counselling process and relationship.

UNIT II

Techniques of Counselling: Psychoanalytic techniques, Humanistic approaches, Behavioral techniques; Cognitive techniques, **Types of Counselling:** Directive, Non-directive and Eclectic, Individual and Group Counselling.



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UNIT III

Counselling Applications: Child Counselling, Family Counselling, Career Counselling, Crisis intervention: suicide, grief and sexual abuse,; **Counseling Skills:** Rapport, Empathy and Communication. **Phases of Counselling:** Initial, Middle, Terminal and Follow up.

UNIT IV

Contemporary Trends: Indian approaches: yoga and meditation; Counseling and technology, Expressive techniques: art, music, dance. Job placement and employment model: Open competitive employment, Supported employment Sheltered employment.

UNIT V

Modeling Therapy- Characteristics, Sub-processes, Types, Clinical Utility, Limitations, Cognitive Behavior Therapy- Nature, Characteristics and Assumptions, Rational– Emotive therapy- Objectives, Steps and Clinical Utility, Beck’s Cognitive Therapy; Stress Inoculation Therapy: Objectives, Steps and Clinical, Utility. Evaluation of Cognitive Behaviour Therapy. Rational– Emotive therapy- Objectives, Steps and Clinical Utility, Beck’s Cognitive Therapy, Stress Inoculation Therapy: Objectives, Steps and Clinical, Utility. Evaluation of Cognitive Behaviour Therapy.

Recommended Readings:

- Gelso, C. J. and Pretz, B.R. (1995). **Counselling Psychology**. Bangalore: Prism Books Pvt. Ltd.
- Gibson, R. L. & Mitchell, M.H. (2005). **Introduction to Counseling and Guidance**. (6th Ed.). Pearson Education.
- Patri, V. R. (2008). **Counselling Psychology**. New Delhi: Authors Press.
- Rao, S. N. (1991). **Counselling and Guidance**. (28th ed.). New Delhi: Tata McGraw Hill.
- Rai, A & Asthana, M. (2003). **Guidance and Counseling (Concepts, Areas and Approaches)**. New Delhi: Moti Lal Banarsi Das.
- Woolfe, R., Dryden, W. and Strawbridge, S. (2003). **Handbook of Counselling Psychology** (2nd Ed.). London: Sage Publication Ltd.

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							THEORY		PRACTICAL		
							END SEM University	Two Term Exam	Teachers Assesse	END SEM University	Teachers Assesse
BA403	Compulsory	Psychopathology	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 student will be able to:

- Apply ethical and moral principles and concepts and theoretical and practical models in the field of Psychopathology, from a professional perspective of innovative and trans disciplinary intervention.
- Know the psychological and psychobiological principles of functioning of human as individual and groups, in the family, school, health and social spheres, from the centrality of the dynamics of the child's interaction with his/her environment from the perinatal period.

Course Outcomes (COs): The student should be able to:

- Know the methods of evaluation, diagnosis and treatment in the field of psychopathology applicable from various professional and competency-based areas.

BA403

Psychopathology

Unit I

Introduction Concept of Normality & Abnormality, Historical Background Approaches to abnormality– Statistical, Evaluative, and Psychodynamic Orientation to Classificatory system (DSM-V, ICD-10). Diathesis Stress Model. Application: Marinating Mental Health.

Unit II

Psychological Models of Psychopathology: Biological, Psychodynamic, Behavioral, Cognitive-Behavioural, Humanistic, Existential, Socio-cultural ; **Stress:** Nature, Sources and Types; PTSD and Acute Stress Disorder. Coping with Stress; **Psychosomatic Disorders:** Symptoms, Causes and Treatment.

Unit III



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Anxiety disorders: Generalized, Conversion Reaction, Phobias, Obsessive Compulsive Disorder.
Childhood Disorders: ADHD (Attention Deficit Hyperactivity Disorder), Learning Disability:
(Dyslexia, Dyscalculia, Dysgraphia), Slow learner Application: Managing Anxiety.

Unit IV

Psychotic Disorders: Mania, Depression, Bipolar affective disorder. Schizophrenia: Symptoms, types: Simple, Paranoid, Catatonic, Hebephrenic, Residual. Application: Managing Moods.

Unit V

Mood (Affective) Disorders: Manic Episode, Depressive Episode, Bipolar Affective Disorders, Dysthymia. **Personality Disorders:** (a) Dissociative (b) Impulsive (c) Anti-Social (d) Borderline (e) Avoidance (f) Dependent Personalities.

List of Practicals:

- Seguin Form Board
- Emotional Intelligence Scale
- Self Concept
- Adjustment Scale

Recommended Readings:

- Buss, A.H. (1999). Psychopathology. New York: John Wiley.
- Carson, R.C., Butcher, J. N. and Mineka, S. (2010). Abnormal Psychology and Modern life. Pearson Education, Inc. and Dorling Kindersley Publications Inc.
- Sarason, G. I. and Sarason, R. V. (2007). Abnormal Psychology: The Problem of Maladaptive Behaviours (11th Edition). Pearson Education Inc. and Dorling Kindersley Publishing Inc.
- Singh, A. K. Adhunik Asamanya Manovigyan. Patna: Moti Lal Banarsi Das.



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