



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

SVISSHA

M.Sc- Counselling Psychology

COURSE CODE	CATEGORY	COURSE NAME	L	T	P	CREDITS	TEACHING & EVALUATION SCHEME				
							THEORY			PRACTICAL	
							END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*
MSCPSY301	Compulsory	Counselling Psychology	5	0	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 Educational 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.
- Familiar with the core premises of psychodynamic therapy such as transference, counter transference, resistance, and interpretation.
- 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.
- 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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MSCPSY301
Counselling Psychology

Unit I

Counseling Psychology: Definitions, Nature and Scope, Goals and Objectives of Counselling, Historical development and current status, Principles of Counseling Psychology. Educational, Developmental, and Preventive models.

Unit II

Counselor and the Counselee: Expectations and goals; Characteristics of counselee and counselors, Role and functions of the counselors, Client -therapist relationship, Confidentiality, Legal liability, Malpractice; Personal characteristics, Personal counseling for the counselor, Values philosophy, Multiculturally skilled counselor, Problems and Issues faced by the beginning counselor.

Unit III

Counseling Process: Types of Counseling: Counselor-oriented counseling; Counselee-oriented counseling; Eclectic-Counseling equally oriented to both the counselor and counselee; Counseling Process: External conditions and preparation; Structuring the counseling relationship; Counseling interview and degrees of lead by the counselor; Nonverbal behavior.

Unit IV

Counselling Approaches: Psychoanalytic Approach, Cognitive Approach, Behavioural Approach; Rational Emotive Behaviour Approach, Existential Approach and Gestalt Approach,

Unit V

Areas of Counseling: Educational, Career, Marriage and Couple Counselling, Adolescents and Youth counselling, Professional and Ethical Issues in Counselling, Opportunities in The Area of Counselling.



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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**(2ndEd.). London: Pearson.
- Fouad, N.A. (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. (2010). **Handbook of counselling psychology**(3rdEd). London: Sage Publication Ltd.
- Carr, A. (2006). *Family Therapy: Concepts, Process and Practice*. England: John Wiley & Sons.
- Corey,G.(2009). *Theory and Practice of Counselling and Psychotherapy* (8th ed.). USA:



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MSCPSY302	Compulsory	Assessment in Counselling	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.



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MSCPSY302

Assessment in Counselling

Unit I

History and Meaning of Assessment: Introduction, key steps of Assessment, Use of tests, Psychometric and Impressionistic approach, Diagnosis and Assessment, Measurement and assessment, Tests and Assessment.

Unit II

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–Bender-Gestalt and Wechsler Memory Scale-III, WAIS-IV, WISC-IV, Stanford Binet Scales and its Indian Adaptation; Diagnostic utility of intelligence tests–Scatter analysis and other techniques. Progressive Matrices, Draw a Man test, Bhatia Battery, Cattell's Culture Fair Intelligence Test.

Unit IV

Personality assessment: Psychometric and Projective tests; The MMPI-2, Revised Neo Personality Inventory (NEO-PI-R), the Rorschach, TAT, Sentence Completion Techniques. Psychological Assessment of Development: Vineland Social Maturity Scale, Developmental Screening Test Goddard's Seguin Form Board.

Unit V

Informal Assessment: Person perception, Clinical sensitivity, Empathy, Sources of error, Communication strategies, Importance of rapport, Clinical relationship. Informal assessment: Clinical interview, Method of behavioral assessment, Case history.

List of Practicals:

- Bhatia Battery
- NEO-PI
- Sentence Completion Test
- TAT Test
- 16 PF
- WAIS/WISC
- Draw A Man Test



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Recommended Readings

- Goldenberg, H. (1983). **Contemporary clinical psychology**(2ndEd.) 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**. (5thEd.). 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**(8thEd.). Wadsworth, Cengage Learning.
- Geldard, K., Geldard, D. & Foo, R.Y.(2016). *Counselling adolescents (4th ed.)*. New Delhi: SAGE Publications India Pvt. Ltd.



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MSCPSY303	Compulsory	HEALTH PSYCHOLOGY	4	0	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 student will be able to:

- Acquaint with the nature and significance of the emerging area of health psychology. It also highlights the importance of social and psychological processes in the field of health psychology.
- Understand the relationship between psychological factors and physical health.
- Understand and analyse the behavior of individuals and mental health management.
- Relate Health Psychology with the major topics within the field: Health behaviours and stress.
- Develop understanding health promotion and prevention.

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

- Learn ways 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.



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**MSCPSY303
HEALTH PSYCHOLOGY**

UNIT-I

Introduction: Introduction and Definition of Health Psychology; Mind-body relationship a Brief History, Bio-psychosocial model of Health, The Need for Health Psychology, Research in Health Psychology.

UNIT -II

The Systems of Body: The Nervous System, The Endocrine System, The cardiovascular system, The Respiratory System, The Digestive System, The Renal system, The Reproductive system, The Immune system.

UNIT-III

Stress and Coping: Nature, Sources of Chronic Stress, Effects of Stress on Physical and Mental Health.

Coping Interventions.; Coping with Stress and Resilience, Coping Style, Problem-Focused Coping, Coping Outcomes and Interventions-Mindfulness Meditation and Acceptance/Commitment Therapy, Relaxation Training, Self-Affirmation, Expressive Writing, Stress management Training, Cognitive-Behavioral Techniques.

UNIT-IV

Health Behaviours and Health Habits, Changing Health Habits, Changing Health Behaviours Through Social Engineering, Venues of Health-Habit Modification; The Self-Help Groups, Community- Based Interventions.

Health-Promoting Behaviors: Exercise, Healthy Diet, Sleep, Accident Prevention, Vaccinations and Screening

UNIT-V

Conducting and evaluating research in Health Psychology, Application of Health Psychology to Chronic illness, Health and wellness, Health- Compromising Behaviours: Obesity, Smoking, Alcohol Abuse, Mobile Addiction



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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.
- Driete, C. (2008). Encouraging Positive Behavior in the Early Years. Sage Pub. @ www.sagepublications.com
- Hamilton-West, K. (2010). *Psychobiological Processes in Health and Illness*. . Sage Pub. @ www.sagepublications.com
- Khubalkar, R.(2008). *Know Your Stress Manage Your Stress*. New Delhi: NeelKamal Publication Pvt. Ltd
- Marks, D. F.(2010). *Health Psychology: Theory, Research and Practice (3rd Ed.)*. . Sage Pub. @ www.sagepublications.com
- Misra,G. (1999).**Stress and Health**. New Delhi: Concept
- Pitts, M., Phillis, K. (2003). *The psychology of Health; An introduction*. E-library: Taylor &Fransis
- Taylor, S.E. (1991). *Health Psychology* . N.Y. McGraw Hill.



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MSCPSY304	Compulsory	Research Project I	0	0	0	5	0	0	0	60	40

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

At the end of the semester the students who have opted for a Master degree have to submit a major research project in the subject they wish to obtain a Master degree. The objectives of the course are:

- 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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MSCPSY305	Compulsory	Internship	0	0	8	4	0	0	0	60	40

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

MSCPSY305

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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MSCPSY306	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; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

MSCPSY306

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. Provide an opportunity for students to apply theoretical concepts in real life situations.
2. 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.