

Course work syllabus : PSYCHOLOGY

POSITIVE PSYCHOLOGY & RESILIENCE

Unit –I

INTRODUCTION, HISTORICAL OVERVIEW & IDENTIFYING STRENGTHS

Positive Psychology- Positive Prevention & Positive Therapy towards a Science of Mental Health: Positive Directions in Diagnosis and Interventions.

Unit II

Emotion – Focused Approaches

Subjective Well – being : The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion - Social Construction of Self esteem - Adaptive potential of coping through emotional approach - Positive Psychology of Emotional Intelligence - Emotional Creativity.

Cognitive – Focused Approaches

Creativity - Role of personal control in Adaptive Functioning - Well-Being: Mindfulness versus positive Evaluation - Optimism - Hope Theory - Self Efficacy - Problem Solving Appraisal and Psychological Adjustment - Setting Goals for Life and Happiness

Unit III

Self – Based Approaches

Reality Negotiation - Authenticity - Uniqueness seeking – Humility

Interpersonal approaches

Relationship Connection - Compassion - Forgiveness- Love- Empathy and Altruism- Sources of Moral motivation

Biological Approaches

From social structure to biology: Integrative science in pursuit of Human health and well being

Unit IV

Coping Approaches

Positive response to loss: perceiving benefit and Growth - Pursuit of Meaningfulness in Life-
Humor- Meditation and Positive Psychology - Spirituality.

Unit V

Special Population and Setting

Outlook for the 21st century -Putting positive psychology in a multicultural context
Positive Psychology at work

Book Reference

- i) Handbook of Positive Psychology – C.R.Snyder & Shane J.Lopez – Oxford University Press – 2002
- ii) Authentic Happiness – Martin E.P.Seligman – 2002

RECENT TRENDS IN PSYCHOLOGY

Unit - I

The Principles of Pleasure and Mental Health

Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being :
Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence.

Unit - 2

Social Cognition

Mental Frameworks for Organizing and Using –Social Information – How we Reduce our Effort
in Social Cognition?- Two Basic Models of Social Thought –Why Total Rationality is Rarer Than
you Think? How Feelings Shape Thought and Thought Shapes Feeling?

Unit- 3

Sport Psychology

What do sport Psychologists do? Contentious issues within Sport Psychology –Attribution
theory, Need for Achievement, Locus of Control, and Self – Concept .

Unit - 4

Intelligence and Personality

Vernon, Gardner's Multiple Intelligence & Sternberg's Triarchic theory- Allport, Cattell, Eysenck
– 16 PF, NEO-P1 – Big – Five & EPQ – R .

Unit - 5

Forensic Psychology – Psychology and Law, Investigation, Confession, eyewitness, Testimony
working with offenders, juvenile Delinquents, Drug addicts, sex offenders

Basic Reading:

1. Baron, Robert A., Branscombe Nyla R., Byrne Donn, & Bhardwaj Gopa (2009): "Social Psychology", 12th Edn., New Delhi, Pearson Education Inc.
2. Lefton, L.A (1991): "Psychology", 4th Edn., Allyn & Bacon
3. Leunes, Arnold & Nation, Jack R. (1993): "Sport Psychology: An Introduction", Chicago, Nelson – Hall
4. Murphy, K.R & Davidshofer, K.R (1989): "Psychological Testing – Principles and Applications" New Jersey, Prentice Hall Inc.
5. Snyder, C.R.&Shane J. Lopez (2007): "Positive Psychology", Sage South Asian Edition, New Delhi, Sage Publications.

Counselling Psychology

Unit: 1

Perspectives of Counselling Psychology

The Cognitive – Behavioural Paradigm – The Humanistic Paradigm – Feminist Approaches to Counselling Psychology – The Constructivist Paradigm – The Eclectic and Integrative Approach.

Unit : 2

Psychological Interventions

Psychological Counselling of Children – Psychological Counselling with young Adults – Counselling Psychology and Mid – Life Issues – Psychological Therapy with Older Adults.

Unit :3

Issues and Contexts in Psychological Counselling

Psychological Counselling in Primary Care Settings – Counselling Psychology at Work Place - Psychological Therapy in Groups – Enhancing Learning Skills – Stress Management and Prevention Programmes.

Unit :4

Ethical Issues in Psychological Counselling

Ethics in Counselling Psychology – Ethical Relationships in Psychological Counselling – Training and Professional Development in the Context of Psychological Counselling.

Unit: 5

Counselling and the internet – Merits and Demerits

a) Basic Reading:

1. Corey, G.(1986): "Theory and Practice of Counselling Psychology", California Books /Cole Publishing

b) Additional Reading:

1. Gelso, C.&Fretz, B.(1995):"Counselling Psychology", A Prism Indian Edition
2. Woolfe Ray, Dryden Windy,, & Strawbridge Sheelagh (Eds.) (2003):"Handbook of Counselling Psychology", Second Edition Published in 2003 Reprinted in 2006, London , Sage Publications

Clinical Psychology

Unit :1

Introduction to Clinical Psychology

Definition and Characteristics of Clinical Psychology – Activities and Work Setting of Clinical Psychologists – Clinical Psychology and other Related Professions – Training in Clinical Psychology – Ethics of Clinical Psychology – Clinical Psychology Vs Counselling Psychology

Unit :2

Clinical Neuropsychology

Brief history of discovering brain – behavior relationships – development of clinical neuropsychology – Structure and Function of human Brain – Causes of brain dysfunction – Neuropsychological assessment.

Unit 3

Clinical Health Psychology

Definitions of clinical health psychology – Models of illness and health – Brief history of clinical health psychology – prevention and health promotion – illness.

Unit 4

Forensic Psychology

Definitions of Forensic Psychology - Psychology and Law – Expert witness – Psychology and criminal law – Civil commitment.

Unit 5

Health Psychology

Beliefs and Behaviour, Models of Health Psychology – Assessment and Intervention - Models of stress – Chronic and Terminal illness – Role of social support.

a) Basic Reading:

1. Hecker, Jeffrey E. and Thorpe, Geoffrey L.(2005): "Introduction to Clinical Psychology – Science, Practice and ethics", Inc., Pearson Education.

B) Additional Reading:

- 1."Lezak, M.D.(1995): Neuropsychological Assessment", N.Y., Oxford University Press.
2. Mathur, S.S.(1985):"Clinical Psychology", Agra, Vinod Pustak Mandir.
3. Stein, J.F.and Stoodley, C.J.(2006): "Neuroscience – An Introduction", John Wiley & Sons.
4. Weiner, B.(1983): " Clinical Methods in Psychology", John Wiley & Sons

Industrial Psychology

Unit 1

Personal Management

Personnel Management – Functions of Personnel Management – Personnel Policies, Procedures and Programmes – Growth Philosophy and Principles – Personnel Management in India – Organizational Structure.

Unit 2:

Employment and Development of Personnel

Human Resource Planning – Recruitment & Selection Process – Performance Appraisal – Job Evaluation Techniques – Human Relations – Communication and Organization – Trade Unions

Unit 3

Introduction to Organizational Behaviour

OB – Historical background, challenges & opportunities – Work motivation, values, attitudes & Job satisfaction – Communications in Organizations & interpersonal conflict – Leadership & Power – organizational structure & Job stress.

Unit 4

Foundation of organizational Development

Definition & History of OD – Foundations of OD & Managing the OD Process – OD – intervention – an Overview – various interventions used in contemporary OD efforts

Unit 5:

Organizational Psychology – Globalisation and the Virtual workplace – Internet based recruitment and Selection – Defining limits for online searches of personal information – Technology enabled training – Developing the top employees – coaching in the work place – Proactive approaches to improve employees health – Facilitating work – Life merge.

a) **Basic Reading:**

1. French Wendell L. and Bell, Cecil H.Jr.(1999): “organization Development”, 5th Edn., New Delhi, Prentice – Hall of Indian, Pvt.Ltd.
2. Luthans, Fred (2002): “Organizational Behaviour”, McGraw-7th Ed., McGraw Hill, International Edition
3. Mamoria, C.B.(1999): “Personnel Management: Management Human Resources”, Mumbai, Himalaya Publishing House.
4. Robbins, Stepper, P.(2001):”Organizational Behaviour”, 9th Edn., New Delhi, Prentice – Hall of India, Pvt.Ltd

B) **Additional Reading:**

1. Davis, K. and Newstrom, J.W.(2002): “Organizational Behaviour: Human Behaviour at Work”, 11th Edn., McGraw- Hill
2. Greenbery, Jernald & Baron, Robert A (1999): “Behaviour in Organization”, New Delhi, Prentice Hall of India, Pvt.Ltd.
3. Sekaran, Uma (1989):”Organization Behaviour – Text & Cases”, New Delhi, Tata McGraw-Hill Publishing Company.