

M.A. Psychology

(As per Choice based Credit System w.e.f. the academic year 2016–2018)

The entire course will be of four semesters. Each student should earn a minimum of 92 credits over the entire course (Core = 60; Discipline specific course = 24; Foundation elective = 2; Open Elective = 6).

M.A. Psychology (Semester I & II)

(Session 2016-2017)

In Semester I, there would be five core papers (four theory papers and a practical) and in Semester II there would be four core (three theory papers and a practical) and one discipline specific course. Each Student will opt for at least one foundation elective (minimum 2 credits) and an open elective course (minimum 3 credits) in Semester II.

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/Gr.	Marks			Exa m (hrs)	Credits L+T+P
				Int. Ass.	Semest er end Exam.	Total		
I	16PSY21C1	Historical and Theoretical Foundations of Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C2	Experimental Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C3	Social Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY21C4	Research Methods and Statistics in Psychology	4+0+0	20	80	100	3hrs	4+0+0=4
	16PSY21CL	Practicals	0+0+10	-	100	100	4hrs	0+0+5=5
Credits		C=21Total Credits: 21						
II	16PSY22C1	Biological Bases of Behaviour	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22C2	Cognitive Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22C3	Research Designs and Statistics in Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22D1 or 16PSY22D2 or 16PSY22D3	Environmental Psychology or Positive Psychology or Health Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	16PSY22CL	Practicals	0+0+10	-	100	100	4 hrs	0+0+5=5
		Foundation Course	To be chosen from the basket/pool provided by the University.					2
		Open elective	To be chosen from the basket/pool provided by the University.					3
Credits		C=17; D=4; F*= 2; O=3Total Credits: 26						

Scheme of Examination**M.A. Psychology (Semester III & IV)****(As per Choice based Credit System w.e.f. the academic year 2017–2018)**

In Semester III, there would be four core papers (three theory papers and a practical) and one discipline specific paper. In Semester IV there would be two core papers (one theory paper, one practical) and three discipline specific courses. Each student would opt for the discipline specific papers from one group, i.e. A: Clinical & Abnormal Psychology, B: Guidance & Counselling; C: Industrial & Personnel Psychology. Each Student will opt for at least one open elective course (minimum 3 credits) in Semester III.

Sem	Paper Code	Nomenclature	Hrs/ week L+T+P/ Gr.	Marks			Exami nation (hrs)	Credits L+T+P
				Intern al Asst.	Semest er end Exam.	Total		
III	17PSY23C1	Psychological Assessment	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23C2	Psychology of Individual Differences	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DA1	School Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DA2	Or Developmental Psychology						
	17PSY23DB1	Criminal & Forensic Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY23DB2	Or Sports And Exercise Psychology						
	17PSY23CL	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
		Open elective	To be chosen from the basket/pool provided by the University.					3
Credits		C=13; D=8 O=3	Total Credits:			24		
IV	17PSY24C1	Indian Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DA1	Basics of Clinical & Abnormal Psychology	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DA2	Basics of Guidance and Counselling						
	17PSY24DA3	Industrial and Personnel Psychology						
	17PSY24DB1	Psychodiagnostics	4+0+0	20	80	100	3 hrs	4+0+0=4
	17PSY24DB2	Processes and Skills of Counselling						
	17PSY24DB3	Organisational Psychology						
	17PSY24DC1	Interventions in Clinical Psychology	4+0+0	20	80	100	3hrs	4+0+0=4
	17PSY24DC2	Counselling Techniques and Strategies						
	17PSY24DC3	Interventions in Organisational Development						
	17PSY24CL	Practicals	0+0+10		100	100	4 hrs	0+0+5=5
Credits		C=9; D= 12	Total Credits:			21		

M.A. PSYCHOLOGY, SEMESTER- IV

Paper: 17PSY24C1 INDIAN PSYCHOLOGY

Credits : 4 (hrs/week:4)

Total : 100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT- I

Introduction: What and Why of Indian Psychology; A Journey Back to the Roots.

Implications and Applications of Indian Psychology

Indian Psychology and the Scientific Method

UNIT-II

Psychological Perspectives: Philosophical bases and fundamental assumptions of *Upanishads, Samkhya-Yoga, Nayaya-Vaisesika, Jaina, Buddhist, Bhagwat Gita*

UNIT –III

Personality in Indian Psychology

Self and Identity in Indian Psychology

Motivation and Emotion in Indian Psychology

UNIT –IV

Applications of Indian Psychology: Management of Mental Health, Resolution of Social Conflicts, Value and Teacher Education

Recommended Books:

Matthijs Cornelissen, R.M., Misra, G., & Varma, S. (2014). *Foundations and Applications of Indian Psychology*. India : Pearson

Rao, K.R., Paranjpe, A.C., & Dalal, A.K.(2008). *Handbook of Indian Psychology*. New Delhi: Foundation Books

Paper: 17PSY24DA1 BASICS OF CLINICAL & ABNORMAL PSYCHOLOGY

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.

UNIT-I

Clinical Psychology: Nature, Historical foundation, Activities of a clinical psychologist.

Clinical Psychology and Related Fields: Clinical psychology as a profession, Professional regulation, Training, Ethical and cultural issues.

UNIT-II

Approaches to Clinical Psychology: Biological, Psychological, Psychoanalytic, Behaviouristic, Humanistic.

Methods to Study Clinical Psychology: Epidemiological, Experimental, Correlational.

UNIT-III

Abnormal Psychology: Meaning and Criteria of abnormality, Etiological factors of abnormal behaviour, Past and present of abnormal psychology.

Developmental Disorders: Conduct disorder, ADHD, Learning disorder, Mental retardation.

UNIT-IV

Sexual and Gender Identity Disorders: Clinical picture, Types, Etiology.

Eating Disorders: Clinical features, Types, Etiology.

Recommended Books:

Bennett, P. (2003). *Abnormal and Clinical Psychology*. UK: Open University Press.

Carr, A. (2012). *Clinical Psychology: An Introduction*. New York: Routledge.

Comer, R. J. (2003). *Abnormal Psychology*. New York: Freeman.

Carson, R.C., Butcher, J.N., Mineka, S. & Hooley, J.M. (2007). *Abnormal Psychology* (13th Ed.). New Delhi: Pearson.

Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). *Introduction to Clinical Psychology* (4th Ed). New Jersey: Prentice Hall.

Bellack, A. S. & Hersen, M. (1980). *Introduction to Clinical Psychology*. New York: Oxford University Press.

Pomerantz, A. M. (2011). *Clinical Psychology: Science, Practice & Culture* (2nd Ed.). New Delhi: Sage Publications.

Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). *The Clinical Psychology Handbook*. New York: Pergamon.

Paper: 17PSY24DA2

Credits : 4 (hrs/week:4)

BASICS OF GUIDANCE AND COUNSELLING

Total : 100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) *Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) *There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) *Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT- I

Foundation of Guidance: Need, Meaning and Scope of Guidance; Basic Principles of Guidance.

Models of Guidance: Early, later and contemporary models. Organizing a Guidance Programme.

UNIT-II

Educational Guidance: Need, Objectives, Educational Problems and Functions; Guidance in Elementary Schools: Nature, Role of teacher and Counsellor; Guidance in Secondary Schools: Nature, Needs related to Education and Personal Development.

Career development facilitation: Theories of career development and decision making, Facilitating career exploration, Collecting and disseminating career information.

UNIT-III

Foundation of counselling: Meaning, Goals, Stages, Need and Types.

Emergence and Growth of Counselling Psychology; Counselling and related fields; Ethical Training, Standards and Dilemmas in counselling.

UNIT-IV

Research in counselling: Need for evaluation, Applied-Action Research, Problems of counselling research, Process and Outcome research, Descriptive research in counselling, Experimental research.

Contemporary Issues in counselling: Working with children and their parents, older adults, differently abled and Religious clients.

Books Recommended:

Gelso, C., & Fretz, B. (2001). *Counselling Psychology*. USA: Harcourt College.

Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.

Pietrofessa, J. J., Bernstein, B., Minor, J., & Stanford, S. (1980). *Guidance: An Introduction*. Chicago: Ranel Mc Nally College.

Sharma, R. A. (2007). *Fundamentals of Guidance and Counselling*. Meerut: R. Lall Book.

Srivastava, K. K. (2003). *Principles of Guidance and Counselling*. New Delhi: Kanishka.

Welfel, E.R., & Patterson, L.E. (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. New Delhi: Cengage Learning.

Paper: 17PSY24DA3 INDUSTRIAL AND PERSONNEL PSYCHOLOGY

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Introduction to Industrial Psychology: Nature and scope of Industrial Psychology, Challenges of Industrial Psychology, Hawthorne Studies, World war II and Engineering Psychology.

Working Conditions: Physical Working Condition: Illumination, Noise, Music and Temperature; Work Schedules: Working Hours, Rest Pauses and flexible work schedules.

UNIT-II

Techniques, Tools and Tactics: Methods of Psychological Research: Experimental, Naturalistic, Observation, Survey and Opinion polls.

Job and Work Environment: Job Design, Job Analysis and Job Evaluation; Methods of Job Evaluation: Ranking, Factor Comparison and Component.

UNIT-III

Personnel Selection and Practices: Recruitment Process, Selection Process, Fair Employment Practices.

Personnel Testing and Development: Administering Psychological Tests and Limitations of Psychological Testing

Personnel Development: MBTI and 360 feedback system.

UNIT-IV

Personnel Training & Issues: Traditional Training Methods: Presentation, Group Building Method.

Advanced Training Modules: E-learning, Computer based training.

Training Issues: Basic Skill Training, Training and Pay Systems, Melting the glass ceiling and Joint Union – Management Programmes.

Recommended Books:

McCormick, E.J. & Ilgen, D.R. (1984). *Psychology*. New Delhi: Pearson Prentice Hall.

Blum, M.L. & Naylor, J.C. (1984). *Industrial Psychology*. New York: Harper and Row.

Hellriegel, D. and Slocum, J.W. (2007). *Organisational Behavior*. Singapore: Thomson Asia.

Schultz, D. and Schultz, S.E. (2008). *Psychology and Work Today: An Introduction to Industrial and Organisational Psychology*. New Delhi: Pearson Education.

Noe, R.A. (2008). *Employee Training and Development*. New Delhi: Tata McGraw Hill.

Singh K. (2015). *Organisational Behavior*. New Delhi: Vikas Publishing House Pvt. Ltd.

Pandey, M. (2015). *Organisational Behavior*. New Delhi: Himalaya Publishing House Pvt. Ltd.

Paper:17PSY24DB1

Credits : 4 (hrs/week:4)

PSYCHODIAGNOSTICS

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Psychodiagnosis: Nature, Purpose, Elements of psychodiagnosis.

Classification of diseases: Nature, Purpose, Diagnostic systems- DSM-5, ICD-10.

UNIT-II

Psychological Assessment: Clinical Interview-Nature, types; MSE, Observation, Case study.

Intellectual Assessment: Stanford- Binet scales, Wechsler scales, Scatter analysis.

UNIT-III

Personality Assessment I: Description & Evaluation- MMPI, Millon Clinical Multiaxial Inventory, Beck Depression Inventory, NEO-PI-R.

Personality Assessment II: Description & Evaluation- Rorschach, TAT, Sentence Completion Test, Word Association Test.

UNIT- IV

Neuropsychological Assessment: Single test- Bender Visual Motor Gestalt Test, Goldstein- Scheerer test; Test Batteries- Halstead- Reitan, Luria- Nebraska, AIIMS Battery of brain dysfunction.

Interpreting Assessment findings, Psychological assessment reports, Ethical issues in psychodiagnostic testing.

Recommended Books:

Kellerman, H. & Burry, A. (1997). Handbook of Psychodiagnostic Testing: Analysis of Personality in the Psychological Report (3rd Ed.). Boston: Allyn and Bacon.

Aiken, L.R. (1996). Personality Assessment: Methods and Practices (2nd Ed.). Seattle: Hogrefe and Huber.

Bellack, A. S. & Hersen, M. (1980). Introduction to Clinical Psychology. New York: Oxford University Press.

Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). The Clinical Psychology Handbook, New York: Pergamon.

Anastasi, A. & Ubrina, S. (1997). Psychological Testing (7th Ed.). Delhi: Pearson Education.

Fredenberg, L. (1995). Psychological Testing: Design, Analysis and Use. Boston: Allyn & Bacon.

Pomerantz, A. M. (2011). Clinical Psychology: Science, Practice & Culture (2nd Ed.). New Delhi: Sage.

Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). Introduction to Clinical Psychology (4th Ed). New Jersey: Prentice Hall.

Paper: 17PSY24DB2 PROCESSES AND SKILLS OF COUNSELLING

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Counselling Process I: Initiating counselling; Counsellor Expertness variable; Establishing structure; Observation; Non-verbal behaviour; Listening, Silence, Use of Questions, Transference and counter Transference; Termination of counselling process.

UNIT-II

Counselling Process-II: Responding Considerations: Responding to content, Responding to non verbal, Responding to feeling; Themes; Setting goals: Criteria for setting goals.
Planning for change: Information in counselling, Making Decisions, Counselling program development, Evaluation and Management.

UNIT-III

Becoming an Effective Counsellor: Skills of effective counsellor; Functions, Common pitfalls faced by counsellors.

Individual Assessment: Observation, Observation instruments: Rating Scales, Checklist, Anecdotal Reports, Self- Reporting; Interviews.

UNIT -IV

Group Assessment Techniques: Sociometric techniques, the “Guess who?” Technique, Social Distance technique.

Group Counselling: Theoretical considerations, Values, Selection of group members; Group process: Establishment, Identification productivity, Realization and Termination.

Books Recommended

- Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counselling and Guidance*. Delhi: PHI Learning.
- Ivey, A.E., Ivey, M. B., & Simek-Downing, L. (1987). *Counseling and Psychotherapy: Integrating skills, theory and practice*. New Jersey: Prentice-Hall.
- Nelson – Jones, R. (2003). *Practical Counselling & Helping Skills: Text and Exercises for Life Skills Counselling Model*. London: Sage.
- Parrott, L. (2003). *Counselling and Psychotherapy*. United States: Thomson.
- Pietrofessa, J. J., Hoffman, A., Splet, H. H., & Pinto D. V. (1978). *Counselling Theory, Research & Practice*. Chicago: Ranel Mc Nally College.
- Welfel, E.R., & Patterson, L.E., (2005). *The Counselling Process: A Multitheoretical Integrative Approach*. New Delhi: Cengage Learning India.

Paper: 17PSY24DB3

ORGANISATIONAL PSYCHOLOGY

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Nature of Scope of Organisational Psychology: Meaning of Organisation, Types: Formal and Informal, Perspectives of Organisation: Biological, Sociological, Organisational.

Managerial Assumptions about Human Nature: Rational –economic assumptions, Social assumptions and Self- Actualization Assumptions.

UNIT-II

Groups and Communication: Group: Nature and types; Functions of Groups, Group formation and Decision Making.

Fostering Interpersonal Communication: Elements of Communication, Interpersonal Networks: Non- verbal Communication and developing competencies of managing communication.

UNIT-III

Leadership: Approaches to Leadership: Scientific, Human Relations, Theory X and Y; Theories of Leadership: House's Path –Goal Model, Hersey and Blanchard situational theory , LMX Model .

Motivation: Current Theories: Maslow's Need Hierarchy, ERG Theory by Adlerfer.

Process Theory: Equity, Goal Setting and VIE Theory.

UNIT-IV

Safety, Violence and Stress at Workplace: Accident: Nature, Causes and Prevention, OSHA(Occupational Safety Health Act); Causes:

Environmental, Organizational, Personal.

Stress: Nature, Consequences: Physiological ,Psychological and Behavioral ;Coping Strategies: Individual Approaches, Organizational Approaches.

Recommended Books:

Schein.E.H.(1997).*Organizational Psychology*.New Delhi: Prentice Hall of India.

Parikh.M.& Gupta R.(2010). *Organisational Behaviour*.New Delhi:Tata McGraw Hill.

Robbins ,S.P.,Judge,A.T.and Sanghi.S.(2009).*Organisational Behaviour* .New Delhi:Pearson Prentice Hall.

Robbins,S.P.,Judge,A.T.and Volera N.(2012).*Organisational Behavior*. New Delhi: Pearson.

Rathore.B.(2013).*Organisational Behaviour*. New Delhi :Asian Books Private Limited.

Paper:17PSY24DC1

Credits : 4 (hrs/week:4)

INTERVENTIONS IN CLINICAL PSYCHOLOGY

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) *Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) *There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) *Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Clinical Intervention: Nature, Models- Biological, Psychodynamic, Behavioural, Cognitive, Humanistic.

Psychotherapy: Nature, General principles, Types, Process.

UNIT-II

Clinical Intervention: Psychodynamic, Behavioural- Systematic desensitization, Contingency management, Token economy.

Cognitive: CBT, REBT; Humanistic- Client- centered, Gestalt.

UNIT-III

Community Mental Health: History of community movement, Concept and types of prevention.

Community Intervention: Meaning, Principles, Methods: Crisis intervention- Concept, conditions and techniques of crisis intervention; Consultation- Concept, types, general characteristics.

UNIT-IV

Use of Non- Professionals in Community Intervention: Why non- professionals, Non- professional programs, Problems in use of non- professionals.

Epidemiology of Mental Health: Fields and Uses of mental health epidemiology, Social correlates of mental disorders.

Recommended Books:

- Pomerantz, A. M. (2011). Clinical Psychology: Science, Practice & Culture (2nd Ed.). New Delhi: Sage Publications.
- Nietzel, M. T., Bernstein, D. A. & Millich, R. (1994). Introduction to Clinical Psychology (4th Ed). New Jersey: Prentice Hall.
- Korchin, S. J. (1975). Modern Clinical Psychology: Principles of Intervention in the Clinic and Community. New Delhi: CBS Publishers & Distributors.
- Spiegler, M.D. & Guevermont, D.C. (1998). Contemporary Behaviour Therapy. (3rd Ed.). US: Brooks/Cole.
- Claringbull, N. (2011). Mental Health in Counseling and Psychotherapy. UK: Short Run Press.
- Kloos, B., Hill, J. Thomas, E., Wandersman, Flias, J.M. and Dalton, J.H. (2012). Community Psychology: Linking Individuals and Communities. US: LindaSchreiber- Gangster.
- Bellack, A. S. & Hersen, M. (1980). Introduction to Clinical Psychology. New York: Oxford University Press.
- Herson, M., Kadzin, A.E. and Bellack, A.S. (1983). The Clinical Psychology Handbook, New York: Pergamon.
- Davidson, P.W., Prasher, U. P. & Janicki, M.P. (2003). Mental Health, Intellectual Disabilities and the Aging Process. USA: Blackwell Publishing.

Paper: 17PSY24DC2 COUNSELLING TECHNIQUES AND STRATEGIES

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) *Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) *There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) *Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*
- d)

UNIT-I

Strategies of Counselling: Directive, Non-Directive Approach to Counselling; Elements of Effective Therapeutic Position, Goals Directed Nature of Counselling & Psychotherapy, Need for Pragmatic Therapeutic Position. Counselling vs. Psychotherapy.

Psychoanalytic Approach: View of Human Nature, Development of Personality, Defence Mechanisms, Major methods & techniques.

UNIT-II

Affectively Oriented Approaches: Existential therapy; Person-centred therapy; Gestalt therapy; Theoretical analysis of affective approaches.

Cognitively Oriented Approaches: Rational Emotive Therapy; Beck's Model; Transactional Analysis. Theoretical analysis of cognitive approaches.

UNIT-III

Behaviourally Oriented Approaches: Behaviour Therapy: Meaning & Goals, Behavioural Connections; Systematic Desensitization, Relaxation, Flooding Therapies; Behavioural Contingencies: Reinforcement, Punishment, Shaping; Modelling Techniques; Self Instructional Training, Self Inoculation. Theoretical analysis of behavioural approaches.

UNIT-IV

Family Systems Approach: Bowen's Intergenerational Approach, Structural Family Therapy, Strategic Therapy and Current Trends in Family Systems Therapy.

Promotional Approaches: Creative Art Therapies, Yoga and Meditation, Mindfulness.

Books Recommended

Baruth, L.G., & Huber, C.H. (1998). *Counselling and Psychotherapy*. NJ. : Prentice Hall.

Ivey, A. E., D'Andrea, M. J., & Ivey, M. B. (2012). *Theories of Counselling and Psychotherapy: A Multicultural Perspective*. Thousand Oaks: Sage.

Nelson-Jones, R. (2015). *Theory and Practice of Counselling and Psychotherapy*. London: Sage

Parrott, L. (2003). *Counselling and Psychotherapy*. United States: Thomson.

Sharf, R. S. (2000). *Theories of Psychotherapy and Counseling: Cases and Concept*. Belmont, CA: Wadsworth/Thomson Learning.

Paper: 17PSY24DC3 INTERVENTIONS IN ORGANIZATIONAL DEVELOPMENT

Credits : 4 (hrs/week:4)

Total :100 marks

Internal Assessment: 20 marks

Examination : 80 marks

Time : 3 hours

Note:

- a) *Nine questions would be set in all. Candidates would be required to attempt five questions.*
- b) *There would be two questions (16 marks each) from each of the four units. Candidates would attempt one question from each unit.*
- c) *Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of two marks each.*

UNIT-I

Organization Development: Nature, History and Dimensions of Organization Development; Process, Values and Assumptions of Organization Development.

Foundation of Organization Development: Models, Theories of Planned change; Teams and Team work; Parallel Learning Structures, Applications in Applied Behavioral Science.

UNIT-II

Interventions in Organizations: Nature and types of Interventions; Need and relevance of Interventions in Organization Development (OD).

Organization Development Interventions: Managing, Diagnosis, Action Component, Programme Management Component.

UNIT-III

Team Interventions I: Board Team, Formal Group Diagnostic meeting and Team Building, Process Consultation, Gestalt Approach to Team Building.

Team Interventions II: Role Analysis, Role Negotiation, Interdependency Exercise, Responsibility, Charting, Visioning and Force Field Analysis.

UNIT-IV

Comprehensive Interventions: Strategic Management Activities, Survey Feedback, Stream Analysis, Grid Organisation Development, Confrontation meeting.

Structural Interventions: Sociotechnical Systems, Self Managed Teams, Work Redesign, MBO and Appraisal Quality Circle, Quality of work life, TQM.

Recommended Books:

French .W.F.& Bell.C.H.(1996).*Organizational Development*. New Delhi: Prentice Hall of India.

Gupta,S. & Chaturvedi, K.(1998).*Organisation and Management*. NewDelhi: Prentice Hall

Prasad.K.(1996).*Organisational Development for Excellence*. New Delhi: Macmillan India Limited..

Paper: 17PSY24CL

PRACTICALS

Credits : 5(Hrs/ week 10)

Maximum Marks : 100

Time : 4 hours

Note:

Each student would conduct twelve experiments/ test administrations by selecting three from each of the areas mentioned below. The concerned teachers would frame the exact problem where twin variables would be taken for each practical.

It would be mandatory for each student to submit a record file containing a report of all experiments/ tests duly signed by the respective teachers. During examination, each student will be assigned two problems. Evaluation would be based on report file, practical conducted and viva.

Section A: Indian Psychology

1. Assessment of *Trigunas / Tridoshas*
2. Assessment of *Karuna* (Compassion)/ *Sukha -Dukha*
3. Assessment of *Anasakti* (non-attachment)
4. Assessment of *Karmayoga*
5. Assessment of Virtues
6. Assessment of *Ahamkara*

Section B: Basics of Clinical & Abnormal Psychology

1. Temperament Schedule
2. Self Disclosure
3. State- Trait Anxiety
4. EPQ
5. Psychological Distress
6. Dyslexia Screening Test

Or

Basics of Guidance and Counselling

1. Guidance Need Inventory
2. Vocational Interest Survey
3. School Environment
4. Teacher Effectiveness Scale
5. Planning of Guidance Program
6. Case study of Educational/ Vocational/ Career Guidance

Or

Industrial and Personnel Psychology

1. Sound/ Illumination and performance
2. Job Analysis
3. MBTI
4. Environmental Attitudes
5. Performance Appraisal
6. Observation

Section C: Psychodiagnostics

1. Case Study
2. WAIS/ WAPIS
3. MMPI/CAQ
4. Rorschach/ Holtzman
5. BVMG
6. TAT/CAT

Or

Processes and Skills of Counselling

1. Observation
2. Counselling Interview
3. Case Study of Counselling
4. Rating Scale
5. Sociometry
6. Parent Child Relationship

Or

Organisational Psychology

1. Sociometry
2. Group Dynamics
3. Motivation
4. Job satisfaction
5. Coping Style
6. Organisational Stress

Section D: Interventions in Clinical & Abnormal Psychology

1. Rational/ Irrational beliefs
2. Attribution Style
3. Dysfunctional Analysis Questionnaire
4. Coping Styles
5. Projective Test
6. Systematic Desensitization

Or

Counselling Techniques and Strategies

1. Relaxation
2. Systematic Desensitization
3. Defence Mechanisms Inventory
4. Family Relationship
5. Self-Disclosure
6. Emotional Competence

Or

Interventions in Organisational Development

1. Case Study
2. Role Play
3. Quality Circles

4. Group Cohesiveness
5. Negotiating Style
6. MBO