

**Paper S1.01 Psychology of personal growth and well-being**

**Credits 4**

1. Perspectives on self and personal growth: Concept of adjustment; Sick and healthy personalities; Characteristics and determinants.
2. Models of illness and health: Biological, psychosocial and biopsychosocial models. Illness and health beliefs; Illness prevention and health promotion; Behavioural risk factors; Life style and health.
3. Subjective well-being and quality of life: Characteristics, determinants and theories. Life satisfaction and happiness; assessment of well-being and quality of life.
4. Stress and coping: Concept of stress, frustration and conflict; Sources of stress; Physical and mental health outcomes of stress; Coping: concept, strategies and effectiveness.
5. Stress: Assessment of stress; Cognitive, behavioural and physical interventions; Methods of stress inoculation, yoga, progressive muscular relaxation, abbreviated method of progressive muscular relaxation.

**Paper S1.02**

**Psychopathology**

**Credits 4**

1. Introduction: Approaches to psychopathology; classification systems - DSM IV-TR and ICD-10.
2. Neuropsychological disorders: delirium and dementia; dementia of the Alzheimer type; Epilepsies.
3. Anxiety disorders: Panic, phobic, obsessive –compulsive disorders; Generalized anxiety disorders; Post traumatic stress disorder; Somatoform disorders; Dissociative disorder.
4. Psychotic and mood disorders: Schizophrenia and delusional disorders; Mood disorders
5. Other behavioural disorders - Psychoactive substance abuse; Sleep and impulse control disorders; Personality disorders.

**Paper S1.03**

**Diagnostic Techniques**

**Credits 4**

1. Psychodiagnostics: Concept and nature, differential diagnosis; Sources of clinical data: Assessment interview, behavioural assessment, behavioural rating scales and checklists, and psychological tests.
2. Clinical interview: Nature and types-Intake, diagnostic and crisis interviewing; Diagnostic interviewing skills; Mental status examination.
3. Assessment of Intelligence: Stanford–Binet (4<sup>th</sup> Ed); WAIS IV; WISC-IV; Raven’s Progressive Matrices.
4. Assessment of Personality: Objective tests- MMPI-2, NEOPI-R; Projective: Rorschach Ink Blot test, TAT.
5. Neuropsychological assessment: AIMS Battery; WMS-III; Luria-Nebraska Neuropsychological Test Battery; Bender-Gestalt Test.

**Paper S1.04(a)      Field Work**

**Credits 2**

The students will administer tests on various cases. After scoring and interpretation, they will prepare a report and submit it to the Department on or before a specified date fixed for the purpose. Test administration and report writing will carry 100 marks.

**Paper S1.04      Practicals**

**Credits 2**

The students would be required to conduct three practicals based on theory papers.

**Paper S2.01      Foundations of Counseling**

**Credits 4**

1. Basics of counseling; Principles and goals; Need and scope for counseling; Ethical issues.
2. Role of counselor; Counselor and counselee characteristics facilitating counseling; Expectations from counselor; External conditions influencing counseling.
3. Positive psychology oriented counseling; Enhancing happiness and pleasure; Engagement and meaning making; Identifying and developing character strength and virtues.
4. Special areas of counseling; Counseling for children with emotional disturbance and learning disability; Drug addiction; Marital counseling.
5. Other areas of counseling; Occupational counseling; Counseling for patients with terminal disease /chronic illness - HIV/AIDS, cancer patients and for their caretakers.



**Paper S2.02 Psychotherapeutic Interventions:  
Psychoanalytic and Humanistic**

**Credits 4**

1. Psychotherapy: Nature and scope; Common goals and ingredients of psychotherapy; Types of psychotherapeutic intervention
2. Structuring therapeutic relationship: Nature of client-therapist relationship, dimensions and stages of client therapist relationship, building the helping relationship; Structuring the therapeutic situation.
3. Freudian psychoanalytic therapy: Key concepts, therapeutic techniques/procedures.
4. Humanistic and existential therapies: Person centered and Gestalt therapies: Key concepts, therapeutic techniques and procedures; Existential therapy.
5. Other therapeutic approaches: Reality therapy; Family system therapy; Transactional analysis.

**Paper S2.03 Psychotherapeutic Interventions: Behavioral,  
Cognitive and Biological Credits 4**

1. Classical conditioning procedures: Relaxation procedures: Flooding systematic desensitization, eye movement desensitization and reprocessing.
2. Operant procedures, Application of reinforcement principles; contingency management; Premack's principles.
3. Behaviour therapy: Modelling; Assertion training.
4. Cognitive behaviour therapy; Ellis' Rational emotive behaviour therapy; Beck's cognitive therapy.
5. Biologically based therapies: Biofeedback- Electromyography; Finger temperature; GSR; EEG; Areas of application; Psychopharmacological therapy; Overview of major psychotropic drug doses.