

HEMVATI NANDAN BAHUGUNA GARHWAL UNIVERSITY

(A Central University)

Srinagar Garhwal, Uttarakhand-246174



DEPARTMENT OF PSYCHOLOGY
SYLLABUS FOR 2 YEAR PG PROGRAMME

For

- FIRST SEMESTER
- SECOND SEMESTER

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First Semester for 2-Year PG Programme

Category	Course Title	Credits		Total Credits
		T	P	
Discipline Specific Core	DSC-1: Cognitive Psychology-I	5	-	5
	DSC-2: Psychological Statistics-I	5	-	5
	DSC-3: Perspectives on Human Behavior	5	-	5
	DSC Practical	-	3	3
Discipline Specific Elective (Any 1 out of Minimum 2 electives)	DSE-1(Any one out of two Minimum electives) a(i): Psychopathology Or b(i) : Counseling Processes	4	2	6
Total		19	5	24

Second Semester for 2-Year PG Programme

Category	Course Title	Credits		Total Credits
		T	P	
Discipline Specific Core	DSC-1: Cognitive Psychology-II	5	-	5
	DSC-2: Psychological Statistics-II	5	-	5
	DSC-3: Physiological Psychology	5	-	5
	DSC Practical	-	3	3
Discipline Specific Elective (Any 1 out of Minimum 2 electives)	DSE-1:(Any one out of two Minimum electives) a(ii): Clinical Assessment Or b(ii): Counseling Skills and Approaches	4	2	6
Total		19	5	24

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P.G. (First Year)- First Semester

DSC-1: (Credits:5): COGNITIVE PSYCHOLOGY-I

Course Outcomes:

CO1. To comprehend and articulate core concepts of Cognitive psychology.

CO2. Critically evaluate theories of Attention and Perception.

CO3. To evaluate and apply Memory theories in real world-contexts.

Unit 1: Introduction to Cognitive Psychology:

- i. Concept of cognitive psychology.
- ii. History of cognitive psychology from early to contemporary times.
- iii. Paradigms of Cognitive Psychology-
 - a) Information Processing
 - b) Connectionist Approach

Unit 2: Attention and Perception:

- i. Attention- Nature and Theories
 - a) Broadbent's filter model
 - b) Treisman's attenuation filter model
 - c) Signal detection
- ii. Approaches to the study of perception-
 - a) Gestalt
 - b) Bottom-up & Top-down approaches
- iii. Applications of-
 - b) Subliminal perception
 - b) Perceptual defense
 - c) Extra sensory perception

Unit 3: Memory:

- i. Nature, Memory processes and Theories
- ii. Stages of memory-
 - a) Sensory memory
 - b) Short term memory (STM)
 - c) Long term memory (LTM)
- iii. Forgetting- Nature and Theories
 - a) Interference
 - b) Decay
 - c) Retrieval
 - d) Displacement



References:

1. Stenberg,R.J.(2007). Cognitive Psychology. Australia : Thompson Wadesworth.
2. Solso,R.L. (2004) Cognitive Psychology(6th ed.) Delhi:Pearson Education.
3. Matlin,M. (1994) Cognition. Prism India books .
4. A.K singh {2006} Cognitive Psychology ; Motilal banarsidas.
5. Galloti, K.M. (2004) Cognitive Psychology in and out of Laboratory. USA: Thompson Wadesworth.

DSC-2: (Credits: 5): PSYCHOLOGICAL STATISTICS-I

Course Outcomes:

CO1: Acquainting the students to understand different statistical methods.

CO2: Development of computational skills by analyzing data using measures of variability.

CO 3: Examine the properties and application of normal probability curve in psychological research.

CO 4: To distinguish between various correlation methods.

Unit 1: Applications of Statistics in Psychology.

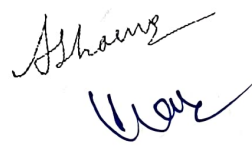
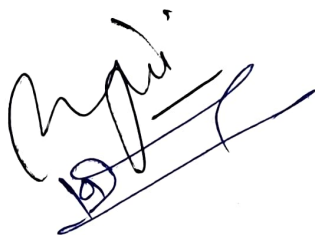
Unit 2: Measures of Variability: Range, Standard Deviation, Mean Deviation, Quartile Deviation, Coefficient of Variation and Variance.

Unit 3: Concept and significance of Probability-Normal Distribution; Curve & its application.

Unit4: Correlation; Pearson's Product Moment method, Biserial and Point Biserial correlation, Phi and Contingency coefficient, Tetra choric.

References:

1. Mangal, S.K.(2002).Statistics in Psychology and Education (2nd). New:Delhi: Prentic-Hall.
2. Garrett-Statistics in Education and Psychology.
3. Ferguson- Statistical Analysis in Psychology and Education.



4. King, B.M. & Minium, E.W., (2007). Statistical Reasoning in the Behavioral Sciences(5th Ed.). New York: John Wiley & Sons.

DSC -3 (Credits: 5): PERSPECTIVES ON HUMAN BEHAVIOUR

Course Outcomes:

CO1: Provide an introduction to the development of the discipline both the Indian as well as western.

CO2: To analyse philosophical and general scientific milestone events that have influenced the development of the discipline.

CO3: Draw a modern perspective on contemporary psychological perspective.

Unit1: Introduction: Understanding Psychology, Goals and areas of Psychology and Indian Paradigms on Psychological Knowledge(Yoga, Bhagavad Gita, Buddhism, Sufism and Integral Yoga).

Unit 2: Perspectives in behavior: Structuralism and functionalism. Psychoanalytic, Gestalt, and Behaviorism.

Unit 3: Humanistic, Cognitive, Psychobiology, Culture and Evolutionary view points.

References:

1. Karen Huffman (2000) Psychology in Action ,N.Y.: Wiley
2. Atkinson et al (1983) : Introduction to psychology. N.Y.: HBJ
3. Brennan James : Readings in the history and Systems of psychology.
4. Marx and Hillex: systems and Theories.
5. Chaplin,J.P. & Karwie, T.S:systems Theories of psychology.
6. Wolman: Historical Roots of contemporary psychology.
7. Ojha,R.K: Manovigyan ke Sampradaya.

DSC: Practical- (Credits: 3)- Practicals from DSC- 1,2 or 3.



DSE-1: (Credits: 4) (Any one out of two electives)

a(i): PSYCHOPATHOLOGY

Course Outcomes:

CO1: Providing an insight of foundational concepts of psychopathology and classification of DSM and ICD.

CO2: To identify diagnostic criteria, types, causes and treatment of schizophrenia.

CO3: To identify diagnostic criteria, types, causes and treatment of mood disorders.

CO4: To identify diagnostic criteria, types, causes and treatment of anxiety disorders.

Unit 1: Introduction to Psychopathology:

- i. Concept and brief history of Psychopathology
- ii. Classification of DSM- 5 and ICD-11.

Unit 2: Schizophrenia Spectrum & Other Psychotic Disorders: Schizotypal (Personality Disorder), Delusional Disorder, Brief Psychotic Disorder, Schizophreniform Disorder, Schizophrenia, Schizoaffective Disorder, Substance/Medication-Induced Psychotic Disorder and Catatonia

Unit 3: Mood Disorders: Bipolar I Disorder, Bipolar II Disorder, Cyclothymic Disorder, Substance/Medication-Induced Bipolar & related disorders, Disruptive Mood dysregulation disorder, Major Depressive Disorder, Single and recurrent episodes, Persistent Depressive Disorder (Dysthymia) Premenstrual Dysphoric Disorder Substance/Medication-Induced Depressive Disorder

Unit 4: Anxiety Disorders: Separation Anxiety Disorder, Selective Mutism, Specific Phobia, Social Anxiety Disorder (Social Phobia), Panic Disorder, Panic Attack (Specifier), Agoraphobia, Generalized Anxiety Disorder, Substance/Medication-Induced Anxiety Disorder.

References:

1. Carson, R.C.,Butcer, J.N. Mineka, S.& Hooley, J.M.(2007).Abnormal Psychology,13th ed. Pearson Education, India.
2. Sarason, I.G.& Sarason, R.B. (2002). Abnormal Psychology: The problem of maladaptive behavior (10th ed). Delhi: Pearson Education.Colman Scattt foresman and company



3. Barlow, D.H. Durand V.M. (1999). Abnormal Psychology (2nd ed.). Pacific Grove: Books/cole.
4. Nolen-Hoeksema, S. (2004). Abnormal psychology 3rd ed. McGraw Hill: New York, USA.
5. Alloy L.B. Riskind, J.H. & Manos M.J. (2005). Abnormal Psychology: Current Perspectives. 9th ed. Tata McGraw-Hill New Delhi, India.

OR

b(i): COUNSELING PROCESSES

Course Outcomes:

CO1: Understanding of nature and in depth exploration of counselling.

CO2: Analyse counsellor behavior that impact communication.

CO3: Diagnosis and application of appropriate psychological assessment technique in counselling.

CO4: Apply major ethical principles in counselling.

Unit 1: Nature and Goals of Counseling:

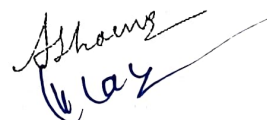
- i. Definition and goals of counseling
- ii. Training, job setting and activities of counselor
- iii. Stages of the counseling process.

Unit 2: Building the Relationship and In-Depth Exploration:

- i. Communication and building the counseling relationship.
- ii. The core conditions of counseling.
- iii. Counselor's actions that impede communication.
- iv. In depth exploration-
 - a) Goals and methods
 - b) Advanced empathy
 - c) Immediacy
 - d) Confrontation
 - e) Interpretation
 - f) Role playing

Unit 3: Psychological Assessment and Diagnosis in Counseling:

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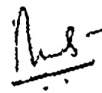
- i. Components of effective assessment
- ii. Inter-disciplinary implications and guidelines for human assessment
- iii. Non-standardized techniques for human assessment-
 - a) Observation b) Rating scale c) Anecdotal Report
 - d) Autobiography e) Questionnaire f) Structural and intake interview
- iv. Standardized techniques for human assessment-
 - a) Intelligence Test b) Aptitude Test.

Unit 4: Ethical issues and applications of Counseling.

References:

- 1. Feltham, C. & Horton, I.E. ed (200). The sage handbook of counseling and psychotherapy (2nd ed). London: sage Publication
- 2. Gibson, R.L. Mitchell, M.H.(2005). Introduction to counseling and guidance (6th ed). Delhi: Pearson education Pvt. Ltd

DSE: Practical- (Credits: 2)- Practical from DSE-1.



P.G. (First Year)- Second Semester

DSC- 1 (Credits:5): COGNITIVE PSYCHOLOGY-II

Course Outcomes:

CO1: Apply Problem solving, thinking and creativity skills in real world.

CO2: Evaluate the nature, process and theories of emotions.

CO3: Analyse the factors influencing Motivation.

Unit 1: Problem Solving, Thinking and Creativity:

- i. Types, processes and strategies of problem solving.
- ii. Determinants and Obstacles of problem solving.
- iii. Theories of thought processes: Associationism, Gestalt & Feature Integration Model.
Role of concepts in thinking.
- iv. Theories, measurement & factors affecting creativity.

Unit 2: Emotions:

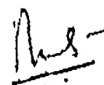
- i. Nature & development.
- ii. Theories of emotions: psychological & cognitive.
- iii. Indicators of emotions, recognition of emotions.

Unit 3: Motivation:

- i. Cognitive basis of motivation.
- ii. Theories of Motivation-
 - a) Field Theory: Kurt Lewin b) Instinct Theory: Freud c) Drive Reduction Theory: Clark Hull
 - d) Arousal-Yerkes Dodson Law e) Hierarchy of Needs: Maslow

References:

1. Stenberg.R.J.(2007). Cognitive psychology. Australia: Thompson Wadsworth.
2. Solso,R.L. (2004) Cognitive Psychology(6th ed.) Delhi:Pearson Education.
3. Kellogg,R.T. (2007) Fundamental of Cognitive psychology .N.D. Sage Publication.
4. Wade, C. and Tavris ,C. (2007).Psychology. Pearson Education.



DSC- 2 (Credits:5): PSYCHOLOGICAL STATISTICS-II

Course Outcomes:

- CO1: Compare the different statistical techniques for analyzing research data.
- CO2: Calculate the significance of difference between means and standard error.
- CO3: Apply ANOVA to determine mean difference for research data.
- CO4: Use of non-parametric test in statistical computation.

Unit 1: Parametric and non parametric statistics.

Unit 2: Significance difference Between Means. Standard error of Mean, Median, SD, and Correlation.

Unit 3: Analysis of Variance-One way, two way classification.

Unit 4: Non parametric test-Chi-square test, Median test, Sign-test, Wilcoxon Test, Mann Whitney U test, Friedman test and Kruskal-Wallis Test.

References:

1. Mangal,S.K.(2002).Statistics in Psychology and Education (2nd). New:Delhi: Prentic-Hall.
2. Garrett-Statistics in Education and Psychology
3. Ferguson- Statistical Analysis in Psychology and Education.

DSC- 3 (Credits: 5): PHYSIOLOGICAL PSYCHOLOGY


Course Outcomes

- CO1: Explore the organizational structure and functions of central nervous system.
- CO2: Classify the different methods of visualizing and recording of brain activity.
- CO3: Examine the role of Neural pathway in nerve conduction.
- CO4: Analyse the endocrine system, their functions and impact on behavior.

Unit 1: Organization and functions of the central nervous system: forebrain, midbrain, hindbrain and Spinal cord.



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Unit 2: Methods of physiological psychology: Invasive physiological methods; methods of visualizing the living human brain; Recording human psycho physiological activity.

Unit 3: Neural conduction and transmission: Resting membrane potential; Action potential; synaptic transmission; neuromuscular transmission: Information processing.

Unit 4: Hormones and the brain: Endocrine communication and pheromone communication.

References:

1. Brodal P (1992). The Central Nervous System: Structure and Function. New York: Oxford University Press.
2. Carlson, N.R.(2000). Physiology of Behavior. Boston: Allyn & Bacon.
3. Ganong, W.F.(2002). Review of Medical Physiology. Norwalk, C.T. Appleton & Lange.
4. Guyton, A.C.(2000) Textbook of Medical Physiology. Philadelphia: W.B. Saunders.
5. Kalat, J.W.(2001) Biological Psychology. C.a. Woodsworth.
6. Nicholls, J.G. Martin, A.R. Wallace, B.G. & Fyfe, P.A. (2000) From Neuron to Brain. Sunderland, MA: Sinauer.

DSC: Practical (Credits: 3)- Practicals from DSC- 1,2 or 3.

DSE-1 (Credits: 4) (Any 1 out of 2 electives)

a(ii) CLINICAL ASSESSMENT

Course Outcomes:

CO1: Identify the nature, purpose, technique and stages of clinical assessment.

CO2: Analyze the process of clinical interview.

CO3: Applying the psychological test and its administration in clinical setting.

Unit 1: The Nature and Purpose of Clinical Assessment:

- i. In assessment process Techniques
- ii. Stages in the Assessment Process
- iii. Outline for a Case Study

Unit 2: Clinical Interview:

- i. The Interview in Clinical Practice

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- ii. Kinds of Interview
- iii. Stages in the Initial Interview
- iv. Communication and Language
- v. Nonverbal Communication

Unit 3: Psychological Testing in Clinical Use:

- i. WAIS
- ii. MMPI
- iii. Millon Clinical Multiaxial Inventory (MCMI)
- iv. TAT
- v. Rorschach.
- vi. WAT

References:

1. Korchin Shelodon J. Modern Clinical psychology CBs Publishers and Distributors 485 Jain Bhawan Bholanath Nagar shahdara Delhi.
2. Freeman F.S. (1971) Theory and Practice of psychological Testing 3rd ed. New Delhi. Oxford and IBH.
3. Anastasi A (1976) psychological Testing 4th ed. New York Macmillan.

OR

b(ii): COUNSELING SKILLS AND APPROACHES

Course Outcomes:

- CO1: Examine the concepts, processes and technique of counselling.
- CO2: Acquiring counselling skills in problem identification and relationship building.
- CO3: Differentiate between various counselling approaches.

Unit 1: Introduction to Counseling Skills:

- i. Helpers and counseling skills
- ii. Creating mind skills
- iii. Creating communication and feelings

Unit 2: Counseling Skills:

- i. Listening skills: Active listening, showing that you are listening paraphrasing skills, reflecting-feeling skills, listening mistakes.
- ii. Questioning skills: Types of question, areas of questions, information.
- iii. Challenging skills: Feedback skills, disclosing skills.
- iv. Monitoring skills: Referral skills, identifying unhelpful thinking.

Unit 3: Testing in Counseling Setting:

- i. General ability testing
- ii. Anxiety and adjustment test.

Unit 4: Applications:

- i. Child Counseling
- ii. Family Therapy
- iii. Career Counseling
- iv. Crisis Intervention
- v. Suicidal Counseling
- vi. Grief(PTSD)
- vii. Sexual Abuse

References:

1. Felham, C. & Horton, I.E. (ed). (2006). The sage handbook of counseling and psychotherapy (2nd ed). London: sage Publication.
2. Gibson, R.L. Mitchell, M.H. (2005). Introduction to counseling and guidance (6th ed). Delhi: Pearson education Pte. Ltd.
3. Gelso, C.J. Fretz B.R. (1995). counseling psychology. Bangalore: Prism books Pvt. Ltd.
4. Gregory, R.J. (2005). psychological Testing (4th ed. Delhi: Pearson education Pte. Ltd.

DSE: Practical (Credits: 2) - Practical from DSE-1.

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