

Credit Based Semester and Grading System
T.Y.B.A. Psychology Syllabi

Psychological Testing and Statistics: Parts I and II

Objectives -

- 1) To impart knowledge and understanding of the nature, uses, technical features, and the process of construction of psychological tests
- 2) To create awareness about measurement of intelligence and assessment of personality
- 3) To impart knowledge and understanding of the concepts in Statistics and the various measures of Descriptive Statistics - their characteristics, uses, applications and methods of calculation
- 4) To create a foundation for advanced learning of Psychological Testing, Assessment, and Statistics

Semester 5. Psychological Testing and Statistics: Part I (Credits = 4) 4 lectures per week

Unit 1. Psychological Testing and Assessment

- a) Definition of testing and assessment; the process and tools of assessment
- b) The parties and types of settings involved
- c) How assessments are conducted; assessment of people with disabilities; Reference sources for authoritative information about tests

Unit 2. Tests, Testing and Norms

- a) Various assumptions about Psychological Testing and Assessment
- b) What is a 'Good Test'; Norms – sampling to develop norms, types of norms, fixed reference group scoring systems, norm-referenced versus criterion-referenced evaluation; culture and inference
- c) Concerns of the profession - Test user qualifications, testing people with disabilities, CAPA; the four rights of test-takers

Unit 3. Reliability

- a) The concept of Reliability; sources of error variance
- b) Reliability estimates: Test-Retest, Parallel and Alternate Forms, Split-Half, Inter-Item Consistency – Kuder-Richardson, Cronbach's Coefficient Alpha; Inter-Scorer Reliability
- c) Using and interpreting a coefficient of Reliability – purpose of the Reliability coefficient, nature of the test, the true score model of measurement and alternatives to it
- d) Reliability and individual scores: SEM and SE-Difference

Unit 4. Validity

- a) The concept of validity; Face and Content validity
- b) Criterion-related validity and Construct validity
- c) Validity, bias, and fairness

Unit 5. Types of scores, Types of scales, Frequency Distribution and Graphic representations

- a) Continuous and discrete scores – meaning and difference; Nominal, ordinal, interval and ratio scales of measurement
- b) Preparing a Frequency Distribution; advantages and disadvantages of preparing a frequency distribution; smoothed frequencies: method of running averages

- c) Graphic representations: Frequency polygon, histogram, cumulative frequency curve, ogive, polygon of smoothed frequencies (*Unit 5-c is only for theoretical understanding and questions; graphs are not to be drawn in the exam.*)

Unit 6. Measures of central tendency

- a) Calculation of mean, median and mode of a frequency distribution; The assumed mean method for calculating the mean
b) Comparison of measures of central tendency: Merits, limitations, and uses of mean, median and mode

Semester 6. Psychological Testing and Statistics: Part II (Credits = 4) 4 lectures per week

Unit 1. Test Development

- a) Test conceptualization and Test construction
b) Test tryout and Item analysis
c) Test revision

Unit 2. Measurement of Intelligence and Intelligence Scales

- a) What is Intelligence? - Definitions and theories; measuring Intelligence
b) The Stanford-Binet Intelligence Scales and the Wechsler Tests: WAIS, WISC, WPPSI
c) Close-up: Factor analysis

Unit 3. Assessment of Personality

- a) Personality Assessment – some basic questions: who, what, where, how; Developing instruments to assess personality – logic and reason, theory, data reduction methods, criterion groups; personality assessment and culture
b) Objective methods of personality assessment
c) Projective methods of personality assessment - Inkblots as Projective stimuli - the Rorschach; Pictures as Projective stimuli – Thematic Apperception Test; Projective methods in perspective

Unit 4. Probability, Normal Probability Curve and Standard scores

- a) The concept of Probability; laws of Probability; Characteristics, importance and applications of the Normal Probability Curve; Area under the Normal Curve
b) Skewness- positive and negative, causes of skewness, formula for calculation; Kurtosis - meaning and formula for calculation
c) Standard scores – z, T, Stanine; Linear and non-linear transformation; Normalised Standard scores

Unit 5. Measures of Variability, Percentiles, and Percentile Ranks

- a) Calculation of 4 measures of variability: Range, Average Deviation, Quartile Deviation and Standard Deviation
b) Comparison of 4 measures of variability: Merits, limitations, and uses
c) Percentiles – nature, merits, limitations, and uses; Calculation of Percentiles and Percentile Ranks

Unit 6. Correlation

- a) Meaning and types of correlation – positive, negative and zero; Graphic representations of correlation - Scatterplots
b) The steps involved in calculation of Pearson's product-moment correlation coefficient

- c) Calculation of rho by Spearman's rank-difference method; Uses and limitations of correlation coefficient
- d) Simple Regression and Multiple Regression

(Unit 6-b is only for theoretical understanding and questions, not for calculation in the exam.)

Book for study

Cohen, J. R., Swerdlik, M. E., & Sturman, E. D. (2013). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (8th ed.). New York. McGraw-Hill International edition. (Indian reprint 2015)

Books for reference

- 1) Aiken, L. R., & Groth-Marnat, G. (2006). *Psychological Testing and Assessment*. (12th ed.). Pearson. Indian reprint 2009, by Dorling Kindersley, New Delhi
- 2) Anastasi, A. & Urbina, S. (1997). *Psychological Testing*. (7th ed.). Pearson Education, Indian reprint 2002
- 3) Aaron, A., Aaron, E. N., & Coups, E. J. (2006). *Statistics for Psychology*. (4th ed.). Pearson Education, Indian reprint 2007
- 4) Cohen, J. R., Swerdlik, M. E., & Kumthekar, M. M. (2014). *Psychological Testing and Assessment: An introduction to Tests and Measurement*. (7th ed.). New Delhi: McGraw-Hill Education (India) Pvt Ltd., Indian adaptation
- 5) Gregory, R. J. (2013). *Psychological Testing: History, Principles, and Applications*. (6th ed.). Pearson Indian reprint 2014, by Dorling Kindersley India pvt ltd, New Delhi
- 6) Hoffman, E. (2002). *Psychological Testing at Work*. New Delhi: Tata McGraw-Hill
- 7) Hogan, T. P. (2015). *Psychological Testing: A Practical introduction*. (3rd ed.). John Wiley & Sons, New Jersey
- 8) Hollis-Sawyer, L.A., Thornton, G. C. III, Hurd, B., & Condon, M.E. (2009). *Exercises in Psychological Testing*. (2nd ed.). Boston: Pearson Education
- 9) Kaplan, R. M., & Saccuzzo, D. P. (2005). *Psychological Testing – Principles, Applications and Issues*. (6th ed.). Wadsworth Thomson Learning, Indian reprint 2007
- 10) Kline, T.J.B. (2005). *Psychological Testing: A Practical approach to design and evaluation*. New Delhi: Vistaar (Sage) publications
- 11) Mangal, S.K. (1987). *Statistics in Psychology and Education*. New Delhi: Tata McGraw Hill Publishing Company Ltd.
- 12) McBurney, D.H. (2001). *Research Methods*. (5th ed.). Bangalore: Thomson Learning India
- 13) Miller, L.A., Lovler, R. L., & McIntire, S.A., (2013). *Foundations of Psychological Testing: A practical approach*. (4th ed.). Sage publications
- 14) Minium, E. W., King, B. M., & Bear, G. (2001). Statistical Reasoning in Psychology and Education. Singapore: John-Wiley
- 15) Urbina, S. (2014). *Essentials of Psychological Testing*. (2nd ed.). John Wiley & Sons, New Jersey

Abnormal Psychology

Objectives

- 1) To impart knowledge and understanding of the basic concepts in Abnormal Psychology and the theories about Abnormality
- 2) To impart knowledge and understanding of the different Psychological Disorders – their symptoms, diagnosis, causes and treatment
- 3) To create awareness about Mental Health problems in society
- 4) To create a foundation for higher education and a professional career in Clinical Psychology

Semester 5. Abnormal Psychology: Part I (Credits = 4) 4 lectures per week

Unit 1: Understanding Abnormal behavior, Diagnosis, Treatment and Assessment

- a) What is Abnormal Behaviour? The social impact of psychological disorders; defining abnormality; biological, psychological, sociocultural causes of abnormal behaviour, the biopsychosocial perspective; prominent themes in abnormal psychology throughout history – spiritual, humanitarian and scientific approaches; what's new in the DSM-5 – definition of a mental disorder
- b) Psychological disorder : experiences of client and clinician; the diagnostic process, DSM-5, additional information, culture-bound syndromes
- c) Characteristics of psychological assessment; clinical interview and Mental Status Examination; behavioural, multicultural, neuropsychological assessment; neuroimaging

Unit 2: Theoretical Perspectives

- a) Theoretical perspectives in Abnormal Psychology; Biological perspective, Trait theory, Psychodynamic, Behavioral perspectives
- b) Cognitive, Humanistic, Sociocultural perspectives; Biopsychosocial perspectives on theories and treatments: an integrative approach

Unit 3: Anxiety, Obsessive-compulsive, and Trauma- and Stressor-related Disorders

- a) Anxiety disorders
- b) Obsessive-compulsive and related disorders
- c) Trauma- and Stressor-related Disorders; the biopsychosocial perspective

Unit 4: Dissociative and Somatic Symptom Disorders

- a) Dissociative disorders – major forms, theories and treatment
- b) Somatic symptom and related disorders - somatic symptom disorder, illness anxiety and conversion disorders, conditions related to Somatic Symptom Disorders, theories and treatment
- c) Psychological factors affecting medical condition; Dissociative and Somatic Symptom Disorders: the biopsychosocial perspective

Semester 6. Abnormal Psychology: Part II (Credits = 4) 4 lectures per week

Unit 1: Schizophrenia Spectrum and other Psychotic Disorders

- a) Schizophrenia, brief psychotic disorder, Schizophreniform Schizo affective, delusional disorders

- b) Theories and treatment of schizophrenia; Biological, Psychological, Sociocultural perspectives; Schizophrenia: the biopsychosocial perspective

Unit 2: Depressive and Bipolar Disorders;

- a) Depressive disorders; disorders involving alterations in mood
- b) Theories and treatment of depressive and bipolar disorders; psychological and sociocultural perspectives
- c) Suicide; depressive and bipolar disorders: the biopsychosocial perspective

Unit 3: Paraphilic Disorders, Sexual Dysfunctions, and Gender Dysphoria

- a) What patterns of sexual behavior represent psychological disorders? Paraphilic Disorders; Theories and treatment
- b) Sexual Dysfunctions; Theories and treatment
- c) Gender Dysphoria; Theories and treatment; The biopsychosocial perspective

Unit 4. Personality Disorders

- a) The nature of personality disorders
- b) Cluster A and Cluster B personality disorders
- c) Cluster C personality disorders; the biopsychosocial perspective

Note – As an Orientation to this course, the following sub-topics should be taught in brief; (questions will not be set on these sub-topics in the class test or semester-end examination) -

- i. Research methods in Abnormal Psychology
- ii. Steps in the diagnostic process
- iii. Planning the treatment; Course and outcome of treatment

Book for study

Whitbourne, S. K., & Halgin, R. P. (2014). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders*. (7th ed.). McGraw-Hill (Indian reprint 2015)

Books for Reference

1. Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4th ed.). New Delhi: Wadsworth Cengage Learning
2. Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
3. Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
4. Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). *Abnormal Psychology*. (16th ed.). Pearson education
5. Dhanda, Amita. (2000). *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt ltd
6. Hecker, J.E., & Thorpe, G.L. (2005). *Introduction to clinical Psychology: Science, practice, and ethics*. New Delhi, Pearson education, Indian reprint 2007
7. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). *Abnormal Psychology*. (12th ed.). International student version, John Wiley & Sons, Singapore
8. Nolen-Hoeksema, S. (2014). *Abnormal Psychology*. (6th ed.). New York: McGraw-Hill.
9. Oltmanns, T. F., & Emery, R. E. (2010). *Abnormal Psychology*. 6th ed., New Jersey: Pearson Prentice Hall

10. Ray, W.J. (2013). *Abnormal Psychology: neuroscience perspectives on human behaviour and experience*. Sage Publications, USA

Industrial-Organizational Psychology:

Objectives: -

1. To impart knowledge and understanding of the basic concepts in and various facets of Industrial and Organizational Psychology
2. To create awareness about the role and importance of Psychological factors and processes in the world of work
3. To create a foundation for higher education and a professional career in Industrial Psychology and Organizational Behaviour

Semester 5. Industrial-Organizational Psychology: Part I 3 lectures per week

Unit 1. Job Analysis

- a) What is job analysis? Purposes of job analysis; How job analysis information is collected
- b) Methods of job analysis; Reliability and validity of job analysis information; Job evaluation

Unit 2. Performance Appraisal

- a) Why do we appraise employees? Performance criteria
- b) Objective and subjective methods for assessing job performance; the impact of technology on performance appraisal; legal issues in performance appraisal

Unit 3. Assessment Methods for Selection and Placement, and Selecting Employees

- a) Job-Related characteristics; Characteristics of psychological tests; various types of tests; Biographical information, interviews, work samples, assessment centres; electronic assessment
- b) Selecting employees – The planning of human resource needs, recruiting applicants; how do organizations select employees? Conducting a validation study; validity generalization; how predictor information is used for selection; getting applicants to accept and keep job offered; the utility of scientific selection; how valid selection devices work; computing the utility of scientific selection; international differences in selection practices; legal issues

Unit 4. Training

- a) Needs assessment, objectives, training design
- b) Delivery and evaluation of a training program

Sem. 6. Industrial-Organizational Psychology: Part II (Credits = 3.5) 3 lectures per week

Unit 1. Theories of Employee Motivation

- a) What is motivation? Work motivation theories, need theories
- b) Other Theories - Reinforcement theory, expectancy theory and self-efficacy theory; Justice theories, goal-setting theory, control theory and action theory

Unit 2. Feelings about Work: Job Attitudes and Emotions; Productive and Counterproductive Work Behaviour

- a) The nature of job satisfaction; how people feel about their jobs; the assessment and antecedents of job satisfaction
- b) Potential effects of job satisfaction; organizational commitment and emotions at work
- c) Productive work behaviour: ability, motivation, personal characteristics and task performance; environmental conditions and task performance; organizational constraints; organizational citizenship behaviour (OCB)
- d) Counterproductive work behaviour: withdrawal – absence, lateness, turnover; aggression, sabotage, and theft; labour unrest and strikes

Unit 3. Leadership and Power in Organizations

- a) What is leadership? Sources of influence and power; abuse of supervisory power: sexual and ethnic harassment
- b) Approaches to the understanding of leadership; women in leadership positions; cross-cultural issues in leadership

Unit 4. Organizational Development and Theory

- a) Organizational Development
- b) Organizational Theories

Note – As an Orientation to this paper, the following sub-topics should be taught in brief (questions will not be set on these sub-topics in the class test or semester-end examination)

- a) What is I-O Psychology? Activities and settings of I-O psychologists; I-O psychology as a profession and as a science; history of the field of I-O psychology; I-O psychology beyond the United States and the United Kingdom
- b) What it takes to become an I-O Psychologist; Internet resources for I-O Psychologists and students; ethics of the I-O Field; humanitarian work Psychology

Book for study

Spector, P. E. (2012). *Industrial and Organizational Psychology: Research and Practice*. Singapore: John Wiley & Sons Pte. Ltd. (Indian reprint 2015)

Books for reference

- 1) Aamodt, M.G. (2004). *Applied Industrial/Organizational Psychology*. (4th ed). Wadsworth/ Thomson Learning
- 2) Aswathappa, K. (2005). *Human Resource and Personnel Management – Text and Cases*, 4th ed, New Delhi, Tata McGraw-Hill Publishing Co. Ltd.
- 3) Dessler, G., & Verkkey, B. (2009). *Human Resource Management*. 11th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 4) French, W.L., Bell, C.H. Jr, & Vohra, V. (2006). *Organization Development: Behavioural science interventions for organization improvement*. 6th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 5) Greer, C.R. (2001). *Strategic Human Resource Management; A general managerial approach*. 2nd ed., Pearson Education, 6th Indian reprint 2004
- 6) Hellriegel, D., & Slocum, J.W. (2004). *Organizational Behavior*. (10th ed.). South Western/ Thomson Learning

- 7) Hersey, P., Blanchard, K. H., & Johnson, D. E. (2001). *Management of Organisational Behaviour*. 8th ed., Pearson, Dorling Kindersley India, New Delhi. 3rd Indian reprint 2009
- 8) Hoyer, W.D., MacInnis, D.J., & Dasgupta, P. (2008). *Consumer Behaviour*. Biztantra, New Delhi
- 9) Jones, G.R., & Mathew, M. (2009). *Organisational theory, design, and change*. 5th ed., Pearson Education, Dorling Kindersley India, New Delhi
- 10) Landy, F. J., & Conte, J. M. (2013). *Work In The 21st Century: An Introduction to Industrial and Organizational Psychology*, 4th Edition, John Wiley & sons, USA (Indian reprint 2015)
- 11) Luthans, F. (2005). *Organizational Behavior*. (10th ed.). McGraw Hill.
- 12) Matthewman, L., Rose, A., & Hetherington, A. (2009). *Work Psychology: An introduction to Human Behaviour in workplace*. Oxford university press
- 13) McKenna, E. (2006). *Business Psychology and Organisational Behaviour: A student's handbook*. 4th ed., Psychology Press, 1st Indian reprint 2009
- 14) Miner, J.B. (2002). *Organisational Behaviour: Foundations, theories, analyses*. New York: Oxford university press
- 15) Muchinsky, P.M. (2003). *Psychology Applied to Work*. (7th ed.). Wadsworth/ Thomson Learning
- 16) Newstrom, J.W., & Davis, K. (2002). *Organizational Behavior: Human Behavior at work* (11th ed.). Tata McGraw- Hill
- 17) Pareek, U. (2003). *Training Instruments in HRD and OD* (2nd ed.), Tata McGraw- Hill Publishing Company, Mumbai
- 18) Pareek, U., Rao, T.V., Pestonjee, D.M. (1981). *Behavior Process in Organizations: Readings, Cases, Instruments*. Oxford and IBH Publishing Co., New Delhi
- 19) Pareek, U. (2008). *Understanding Organizational Behaviour*. **Oxford University Press, New Delhi**
- 20) Sanghi, S. (2007). *Towards personal excellence: psychometric tests and self-improvement techniques for managers*. 2nd ed., Response books, Sage publications
- 21) Schultz, D., & Schultz, S. E. (2002). *Psychology and Work Today*. (8th ed.). Pearson Indian reprint 2008, by Dorling Kindersley India pvt ltd, New Delhi
- 22) Sekaran, U., (2004). *Organisational Behaviour: Text And Cases*. (2nd ed.). New Delhi: Tata McGraw- Hill
- 23) Shani, A. B., & Lau, J.B., (2005). *Behavior in Organizations: An Experiential Approach*. (8th ed.). McGraw Hill
- 24) Schultz, D., & Schultz, S. E. (2010). *Psychology and Work Today*. (10th ed.). Pearson Prentice Hall
- 25) Steptoe-Warren, G. (2014). *Occupational Psychology: An Applied Approach*. New Delhi: Dorling Kindersley (India) Pvt. Ltd.
- 26) Singh, D. (2006). *Emotional intelligence at work: A professional guide*. 3rd ed., New Delhi, Sage publications
- 27) Sinha, J. B. P. (2008). *Culture and Organisational Behaviour*. New Delhi, Sage publications.

Cognitive Psychology:

Objectives

- 1) To impart knowledge and understanding of the fundamental concepts of Cognitive Psychology and the basic Cognitive processes
- 2) To create awareness about the various applications of Cognitive processes in everyday life and a foundation to enable understanding of their applications in other fields - Social, Educational, Industrial, Abnormal, Counseling, Sports, Health, Education, and Neuro-Psychology
- 3) To provide the theoretical orientation and background for the courses on Practicum in Cognitive Processes
- 4) To create a foundation for higher education and a career in the field of Cognitive Psychology

Semester 5. Cognitive Psychology: Part I (Credits = 4) 4 lectures per week

Unit I. Perception: Recognizing Patterns and Objects

- a. Gestalt approaches to perception
- b. Bottom-up processes and Top-down processes
- c. Direct perception; Disruptions of perception: visual agnosias

Unit II. Attention: Deploying Cognitive Resources

- a) Selective Attention; Neural Underpinnings of Attention
- b) Automaticity and the effects of practice
- c) Divided Attention

Unit III. Working Memory: Forming and Using New Memory Traces

- a) Traditional Approaches to the study of memory; Working Memory
- b) Executive Functioning
- c) Neurological studies of memory processes

Unit IV. Retrieving Memories from Long-Term Storage

- a) Aspects and Subdivisions of Long-Term Memory
- b) The Levels-of-Processing view
- c) The reconstructive nature of memory; Amnesia

Semester 6. Cognitive Psychology: Part II (Credits = 4) 4 lectures per week

Unit I. Knowledge Representation: Storing and Organizing Information in Long-Term Memory

- a) Organizing Knowledge
- b) Forming concepts and categorizing new instances

Unit II. Visual Imagery and Spatial Cognition

- a) Codes in Long-Term Memory
- b) Empirical investigations of imagery; the nature of mental imagery
- c) Neuropsychological findings; Spatial cognition

Unit III. Thinking and Problem Solving

- a) Classic problems and general methods of solution; Blocks to problem solving
- b) The Problem Space hypothesis
- c) Expert systems; Finding creative solutions; Critical thinking

Unit IV. Reasoning and Decision Making

- a) Reasoning; Types of Reasoning
- b) Decision Making; Cognitive illusions in decision making; Utility and Descriptive models of decision making
- c) Neuropsychological evidence on reasoning and decision making

Note – As an Orientation to this course, the following sub-topics should be taught in brief in 2 or 3 lectures (questions will not be set on these sub-topics in the class test or semester-end examination)

1. Cognitive psychology: History, methods, and paradigms
2. The brain: An overview of structure and function

Book for study

Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory. (5th ed.). Sage Publications (Indian reprint 2015)

Books for reference

- 1) Ashcraft, M. H. & Radvansky, G. A. (2009). *Cognition*. (5th ed), Prentice Hall, Pearson education
- 2) Francis, G., Neath, I., & VanHorn, D. (2008). *Coglab 2.0 on a CD*. Wadsworth Cengage Learning, international student edition
- 3) Galotti, K.M. (2008). *Cognitive Psychology: Perception, Attention, and Memory*. Wadsworth New Delhi: Cengage Learning
- 4) Goldstein, E. B. (2007). *Psychology of sensation and perception*. New Delhi: Cengage learning India, Indian reprint 2008
- 5) Goldstein, E. B. (2005). *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience*. Wadsworth/ Thomson Learning
- 6) Matlin, M.W. (1995). *Cognition*. 3rd ed., Bangalore: Prism Books pvt. ltd.
- 7) Matlin, M.W. (2013). *Cognitive Psychology*, 8th ed., international student version, John Wiley & sons
- 8) Reed, S. K. (2004). *Cognition: Theory and Applications*. (6th ed.), Wadsworth/ Thomson Learning
- 9) Robinson-Riegler, B., & Robinson-Riegler, G. L. (2008). *Cognitive Psychology – Applying the science of the Mind*. (2nd ed.). Pearson Education. New Delhi: Indian edition by Dorling Kindersley India pvt ltd.
- 10) Srinivasan, N., Gupta, A.K., & Pandey, J. (Eds). (2008). *Advances in Cognitive Science*. Volume 1, New Delhi, Sage publications
- 11) Sternberg, R.J. (2009). *Applied Cognitive Psychology: Perceivnig, Learning, and Remembering*. New Delhi: Cengage learning India, Indian reprint 2009
- 12) Solso, R.L., Maclin, O.H., & Maclin, M.K. (2013). *Cognitive Psychology*. Pearson education, New Delhi, first Indian reprint 2014

13) Surprenant, A.M., Francis, G., & Neath, I. (2005). *Coglab Reader*. Thomson Wadsworth

Counseling Psychology:

Objectives: -

1. To impart knowledge and understanding of the nature, process, goals, techniques, ethical issues and major theories in Counseling Psychology
2. To generate interest in the various applications and fields of counseling
3. To create a foundation for higher education in Counseling and a career as a professional counselor

Semester 5. Counseling Psychology: Part I (Credits = 3), 3 lectures per week

Unit 1. Personal, Professional and Ethical Aspects of Counseling

- a) Meaning of 'Profession', 'Counseling', 'Guidance' and 'Psychotherapy'; The personality and background of the counselor – negative motivators, personal qualities, maintaining effectiveness; The 3 levels of helping relationships; Attribution and systematic framework of the counselor – attributes, systems of counseling; Engaging in professional counseling-related activities – continuing education, supervision, advocacy and social justice, portfolios
- b) Definitions of Ethics, Morality, and Law; ethics and counseling; professional codes of ethics and standards; making ethical decisions; educating counselors in ethical decision making; ethics in specific counseling situations; multiple relationships; working with counselors who may act unethically

Unit 2. Counseling in Multicultural Society and with Diverse Populations

- a) Counseling across culture and ethnicity; defining culture and multicultural counseling; history of multicultural counseling; difficulties and issues in multicultural counseling; international counseling
- b) Counseling aged populations; gender-based counseling; counseling and sexual orientation; counseling and spirituality

Unit 3. Building a Counseling Relationship

- a) The six factors that influence the counseling process
- b) Types of initial interviews; conducting the initial interview
- c) Exploration and the identification of goals

Unit 4. Working in a Counseling Relationship

- a) Various counselor skills in the understanding and action phases
- b) Transference and counter-transference; the real relationship

Semester 6 Counseling Psychology: Part II (Credits = 3), 3 lectures per week

Unit 1. Testing, Assessment, Diagnosis in Counseling; Closing Counseling Relationships

- a) A brief history of the use of tests in counseling; tests and test scores; problems and potential of using tests; administration and interpretation of tests; assessment and diagnosis

b) Function, timing of and issues in closing counseling relationships; resistance to closing; premature closing; counselor-initiated closing; ending on a positive note; issues related to closing - follow-up and referral

Unit 2. Psychoanalytic, Adlerian, and Humanistic Theories of Counseling

- a) Theory; importance of theory; theory into practice
- b) Psychoanalytic theories, Adlerian theory, Humanistic theories

Unit 3. Behavioral, Cognitive, Systemic, Brief, and Crisis Theories of Counseling

- a) Behavioral counseling; Cognitive and Cognitive-Behavioral counseling
- b) Systems theories; Brief counseling approaches; Crisis and trauma counseling approaches

Unit 4. Groups in Counseling and Current trends in Counseling

- a) A brief history of groups; misperceptions and realities about groups; the place of groups in counseling; benefits, drawbacks and types of groups
- b) Theoretical approaches in conducting groups; stages and issues in groups; Qualities of effective group leaders; the future of group work
- c) Current trends in Counseling - Dealing with violence, trauma and crises; promoting wellness; concern for social justice and advocacy; greater emphasis on use of technology

Book for study

Gladding, S. T. (2014). *Counseling: A Comprehensive Profession*. (7th Ed.). Pearson Education. New Delhi: Indian subcontinent version by Dorling Kindersley India pvt ltd.

Books for reference

1. Arulmani, G., & Nag-Arulmani, S. (2004). *Career Counseling – a handbook*. New Delhi: Tata McGraw-Hill
2. Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions*. (4th ed.). Pearson Prentice Hall. First Indian reprint 2008 by Dorling Kindersley India pvt ltd.
3. Capuzzi, D., & Gross, D. R. (2009). *Introduction to the Counseling Profession*. (5th ed.). New Jersey: Pearson Education
4. Corey, G. (2005). *Theory and Practice of Counseling and Psychotherapy* (7th ed.). Stamford, CT: Brooks/Cole
5. Corey, G. (2008). *Group Counseling*. Brooks/Cole. First Indian reprint 2008 by Cengage Learning India
6. Cormier, S. & Nurius, P.S. (2003). *Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioural interventions*. Thomson Brooks/Cole
7. Dryden, W., & Reeves, A. (Eds). (2008). *Key issues for Counselling in Action*. 2nd ed. London: Sage publications
8. Gelso, C.J., & Fretz, B.R. (2001). *Counseling Psychology: Practices, Issues, and Intervention*. First Indian reprint 2009 by Cengage Learning India
9. Gibson, R.L., & Mitchell, M.H. (2008). *Introduction to Counseling and Guidance*. 7th ed., Pearson Education, Dorling Kindersley India, New Delhi
10. Heppner, P. P., Wampold, B. E., & Kivlighan, D. M. Jr. (2007). *Counseling research*. Brooks/ Cole, Indian reprint 2008 by Cengage Learning, New Delhi

11. Jena, S.P.K. (2008). *Behaviour Therapy: Techniques, research, and applications*. Sage publications, New Delhi
12. Kinara, A. K. (2008). *Guidance and Counseling*. Pearson, New Delhi: Dorling Kindersley India pvt ltd.
13. McLeod, J. (2009). *An Introduction to Counseling*. (4th ed.). Open University Press/ McGraw-Hill Higher Education
14. Nelson-Jones, R. (2008). *Basic Counselling Skills: A helper's manual*. 2nd ed., Sage South Asia edition
15. Nelson-Jones, R. (2009). *Introduction to Counselling Skills: Text and Activities*. 3rd ed., London: Sage publications
16. Nugent, F.A., & Jones, K.D. (2009). *Introduction to the Profession of Counseling*. (5th ed.). New Jersey: Pearson Education
17. Rao, N. S. (1991). *Counseling and Guidance*. (2nd ed.). New Delhi: Tata McGraw-Hill. (17th reprint – 2004)
18. Simmons, J. & Griffiths, R. (2009). *CBT for Beginners*. London: Sage publications
19. Welfel, E. R., & Patterson, L. E. (2005). *The Counseling Process: A Multi-theoretical Integrative Approach*. (6th ed.). Thomson Brooks/ Cole

Practicals in Cognitive Processes and Psychological Testing

Objectives

1. To introduce the students to Experimentation through exposure to and experience of experimental designs, methodology and conduct of experiments, statistical analysis, interpretation and discussion of data.
2. To introduce the students to Psychological Testing: administration, scoring and interpretation of test scores as well as a procedural understanding of concepts related to psychological testing
3. To familiarize the students with computer-based experiments (Coglab) and sensitize them to aspects of control, precision of exposure and measurement
4. To stimulate interest in the process of scientific inquiry with an analytical attitude and To create a foundation for advanced Experimentation and Research in Psychology and applications of advanced Statistical techniques

Syllabus for Semester 5 (6 lectures per week per Batch of 8 students)

a. Basics of Experimentation and Statistics in Psychological Research

- i) The distinction between descriptive statistics and inferential statistics; sampling methods, types of variables, conceptual and operational definition of variables; Experimental designs; Randomization and counterbalancing; null and alternative hypotheses, directional and non-directional hypotheses
- ii) Identification of the research question, variables in studies, writing of various types of hypotheses, understanding of the relationship between the research question and the directionality of the hypothesis and understanding the role of extraneous variables on interpretation and listing the same in studies, sampling error, significant difference, rejection of the null hypothesis, one-tailed vs. two-tailed tests, Type I and Type II decision errors

- iii) Application of inferential statistics - The t test - Significance of difference between 2 means as applied to Repeated measures designs and Randomized group designs;
- iv) Use of Excel or SPSS: data entry and basic statistical procedures; Correlation
- v) Report writing: APA style for research reports
- vi) Practice Exercises in Methodology and Statistics - Discussion and understanding of research situations – 2 Practice exercises, 2 Practice experiments
- b. Two Experiments in Cognitive Processes to be conducted and Group data to be collected and analysed using appropriate inferential statistics
- c. Two Exercises in Psychological Testing
- d. One Computer-based Experiment (Coglab)

Syllabus for Semester 6 (6 lectures per week per Batch of 8 students)

- a. Basics of Experimentation and Statistics in Psychological Research (i, ii, iv, v, and vi as given above); Application of inferential statistics - the chi square test; One-way ANOVA as applied to Repeated measures designs and Randomized group designs
- b. Practice Exercises in Methodology and Statistics - Discussion and understanding of research situations -2 Practice exercises, 2 Practice experiments
- c. Two Experiments in Cognitive Processes to be conducted and Group data to be collected and analysed using appropriate inferential statistics
- d. Two Exercises in Psychological Testing
- e. One Computer-based Experiment (Coglab)

Books for reference

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