



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

स्वामी रामानंद तीर्थ
मराठवाडा विद्यापीठ, नांदेड

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

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संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदव्युत्तर स्तरावरील द्वितीय वर्षाच्या CBCS Pattern नुसारच्या Revised अभ्यासक्रम शैक्षणिक वर्ष २०२१-२२ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २१ सप्टेंबर २०२१ रोजी संपन्न झालेल्या ५२ व्या मा. विद्या परिषद बैठकीतील ऐनवेळचा विषय क्र. ०३/५२-२०२१ च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयातील मानवविज्ञान विद्याशाखेतील पदव्युत्तर स्तरावरील C.B.C.S. (Choice Based Credit System) Pattern नुसारच्या द्वितीय वर्षाच्या खालील विषयाचे सुधारित (Revised) अभ्यासक्रम शैक्षणिक वर्ष २०२१-२२ पासून लागू करण्यात येत आहेत.

१. एम. ए. द्वितीय वर्ष - लोकप्रशासन.
२. एम. ए. द्वितीय वर्ष - मानसशास्त्र.
३. एम. ए. द्वितीय वर्ष - तत्वज्ञान.
४. एम. ए. द्वितीय वर्ष - हिंदी.
५. एम. ए. द्वितीय वर्ष - संस्कृत.
६. एम. ए. द्वितीय वर्ष - उर्दू

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी. ही विनंती.

'ज्ञानतीर्थ' परिसर,

विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र.: शैक्षणिक-१/परिपत्रक/पी.जी. सुधारित-सीबीसीएस
अभ्यासक्रम/२०२१-२२/१५६

दिनांक : ७.१०.२०२१

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. अधिष्ठाता, मानवविज्ञान विद्याशाखा, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) मा. प्राचार्य, सर्व संबंधित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) अधीक्षक, मानवविज्ञान विद्याशाखा परीक्षा विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. यांना देवून कळविण्यात येते की, सदरील परिपत्रकासह अभ्यासक्रम विद्यापीठ संकेतस्थळावर प्रसिध्द करावेत .

स्वाक्षरित

सहा.कुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

**SWAMI RAMANAND TEERTH MARATHWADA
UNIVERSITY, NANDED.**



SYLLABUS

**Faculty of Humanities
PSYCHOLOGY**

**M.A. SECOND YEAR
SEMESTER PATTERN**

(Revised)

With effect from June, 2020-2021

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Curriculum Structure and Scheme of Evaluation for M.A. Second Year
With effective from 2020-21

| Sr. No. | Semester | Paper No. | Title of the Paper | Scheme of Teaching (Periods/Week) | | | Scheme of Evaluation | | | |
|-------------------------------|----------|-----------|--|-----------------------------------|----------|---------------|----------------------|------------|----------------------|-------------|
| | | | | L | P | Total Periods | Theory | Internal | Practical/ Viva-Voce | Total Marks |
| 1 | III | | | | | | | | | |
| | | IX | Processes in Research | 4 | - | 4 | 75 | 25 | - | 100 |
| | | X | Psychology of Stress | 4 | - | 4 | 75 | 25 | - | 100 |
| | | XI | Clinical Assessment | 4 | - | 4 | 75 | 25 | - | 100 |
| | | XII | Psychology Practicum's: Experiments & Test | | 4 | 4 (Per Batch) | - | - | 100 | 100 |
| Total of Semester –III | | | | 12 | 4 | 16 | 225 | 75 | 100 | 400 |
| 2 | IV | XIII | Research Designs & Advanced Statistics | 4 | - | 4 | 75 | 25 | - | 100 |
| | | XIV | Stress Management | 4 | - | 4 | 75 | 25 | - | 100 |
| | | XV | Clinical Intervention | 4 | - | 4 | 75 | 25 | - | 100 |
| | | XVI | Psychology Practicum's: Experiments & Test | | 4 | 4 (Per Batch) | - | - | 100 | 100 |
| | | XVII | Project | | | | 75 | 25 | - | 100 |
| Total of Semester –IV | | | | 12 | 4 | 16 | 300 | 100 | 100 | 500 |

Teaching workload will be of **Four** periods per week for theory and **Four** periods for practical **per week per batch**.

- 1) Strength of students for each practical batch shall not be more than **Twelve (12)**.
- 2) Submission of Record Book is compulsory.
- 3) Students shall not be allowed for practical examination without certified Record Book.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper IX – Processes in Research

With effective from 2020-21.

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
2. To develop computational skills in students and enable them to analyze the data practical, project work, and dissertation.

1. Review of Literature

- i. What is review of Literature?
- ii. Purpose of the review
- iii. Sources of review

2. Measurement and Scaling Techniques

- i. Measurement in Research
- ii. Measurement Scales
- iii. Sources of Error in Measurement
- iv. Scaling
- v. Meaning of scaling
- vi. Scale classification Bases
- vii. Important Scaling Techniques

3. Ethical Issues in the conduct of Psychological Research

- i. Introduction
- ii. Things you need to know before you
 - a. Begin to do research
 - b. APA Ethical standards
 - c. Commentary

- iii. The Risk/Benefit Ratio
 - a. Determination of Risk
 - b. Minimal Risk
 - c. Dealing with Risk
 - d. Obtaining Informed Consent
 - e. APA Ethical standards
 - f. Commentary
- iv. Deception in Psychological Research
 - a. APA Ethical standards
 - b. Commentary
- v. Additional Responsibilities to Research Participants
 - a. APA Ethical standards
 - b. Commentary
- vi. Research with Animals
 - a. APA Ethical standards
 - b. Commentary
- vii. Reporting of Psychological Research
 - a. APA Ethical standards
 - b. Commentary

4. Normal Distribution

- i. What is Normal Curve?
 - a. In terms of Skewness
 - b. In terms of kurtosis
- ii. Law of Probability
- iii. Characteristics of NPC
- iv. Application of NPC
 - a. To determine the percentage of cases within given limits
 - b. To find the limits, which include a given percentage of cases
 - c. To determine the difficulty level of test items
 - d. To compare two distributions, when theory are overlapped

Books for Readings:

1. **Singh, A. K.(2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5th ed.) Patna: Bharti Bhavan.
2. **McBurry, D. H. (2002).***Research Methods.* USA: Wordsworth, Thompson.
3. **Karlinger, F. N. (1994).***Fundamentals of Behavioural Research.* (3rd ed).
4. **Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4th ed).
5. **Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001).** *Essentials of Research Methods in Psychology.*
6. **Broota, K. D. (1989).** *Experimental Design in Behavioural Research.* New Delhi: Wiley Eastern Ltd.
7. **Mangal, S. K. (2002).** *Statistics in Psychology and Education* (2 ed). New Delhi: Prentice –Hall.
8. **Robinson, P. W. (1976).** *Fundamentals of Experimental Psychology.* Prentice-hall

Books for Reference:

1. **Borude, R. R. (2005).** *Sanshodhan Paddhatishastra.* Pune: Pune Vidyarthi Grhua.
2. **Desai, B. & AbhyanKar, S. C. (2007).** *Prayogic Manasashastra and Sanshodhan Paddhati.* Pune: Narendra Prakashan.
3. **Kothari, C. R. (1985).** *Research Methodology: Methods & Techniques.* New Delhi: Wiley Eastern Ltd.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper X – Psychology of Stress

With effective from 2020-21.

Marks –75 + 25 Internal

Objectives:

1. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress health/well being linkage.
 2. To highlight the importance of social and psychological processes in the experience of health and illness.
-

1. Stress- Concept and Physiology of Stress

- i. History of Stress concept
- ii. Nature of Stress
- iii. Misunderstanding/Misconceptions about stress
- iv. Interrelations Between Mind, Body and Behaviour
- v. Responses to Stress and different physiological mechanism

2. Variations in Stress Experience

- i. Distress From Overload and underload
- ii. Anticipatory, Current, Residual Stress
- iii. Zones of stress
- iv. Eight Common Stress Difficulties
- v. Stress Styles
- vi. Emotional Distress Symptoms
- vii. Cognitive Distress Symptoms
- viii. Behavioural Distress Symptoms
- ix. Physical Distress Symptoms

3. Stress Related Responses and Consequences of Stress

- i. Multidimensional Nature of Stress Response
- ii. Stress Response – Emotional Response, Physiological Response,

Behavioural Response

- iii. Effects related to Task Performance
- iv. Disruption of Cognitive Functioning
- v. Burnout and Posttraumatic Stress Disorder (PTSD)
- vi. Stress Related Disorder
- vii. Positive Effects of Stress

4. Sources of Stress

- i. Nature of Stress Related Factors
- ii. Job Related Stress
- iii. Role Based Stress
- iv. Stress Related to Inter-personal Relationship
- v. Career Related Stress
- vi. Stress Related to Organizational Climate
- vii. Family Related Stress
- viii. Stress Related Other Factors

Books for Readings:

1. **Schafer, Walt (2000).** *Stress Management.* (4th ed.) New Delhi: Wadsworth-Cengage Learning India Pvt.Ltd.
2. **Lazarus, R.S. & Folkman, S. (1984).** *Stress, Appraisal and Coping,* New York, Springer Publishing Company, Inc.
3. **Pestonjee, D.M. (1999).** *Stress and Coping.* (2nd) New Delhi: Sage publication.
4. **Cartwright, S and Cooper, C. L. (1997).** *Managing workplace stress,* New Delhi: Sage Publication
5. **Cooper, C. and Payne, R. (1988).** *Causes, Coping and Consequences of Stresses at Work.*Chichester: Wiley.

Books for Reference:

6. **Dr. Anagha Patil:** *Manage Your Stress,* Unmesh Prakashan, Pune.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Third Semester

Paper XI – Clinical Assessment

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the students with knowing different psychological assessment tools.
2. To acquaint the students with clinical interviewing.
3. To help students familiarize themselves with personality and behavioural assessment.

1. General Issues in Psychological Assessment

- i. Planning the assessment : Classification-Description-Prediction
- ii. Data Collection
- iii. Processing Assessment Data
Clinical Judgment, Computer Assisted Assessment
- iv. Communicating Assessment Findings
Goals, Writing Styles, Organization of the Report, Nature and purpose of clinical assessment, Informal assessment and person perception, The accuracy of person perception.

2. Clinical Interview

- i. Types of Clinical Interview
Intake, Case History, Diagnostic, Mental Status Examination, Crisis
- ii. The importance of Rapport
- iii. Communication Strategies
Verbal and Nonverbal, Listening Skills
- iv. Diagnostic Interview
- v. Interviewing with Children, Developmental Consideration, Interview Techniques

3. Personality Assessment

- v. Projective Methods
Rorschach-contemporary Rorschach Use – Administration,
Scoring and interpretation, TAT- Administration and Scoring,
evaluation, Projective drawings
- vi. Objective Methods
MMPI-I/MMPI-2/MMPI-A, The Millon Scales, NEO Personality
Inventory

4. Behavioural Assessment

- i. Defining Features of Behavioural Assessment
- ii. Behavioural Assessment Method
Behavioural Interviews, Structured Interviews, Questionnaire,
Behavioural Rating Scales, Analogue Techniques, Self
Monitoring, Direct Observation
- iii. Assessment of Dysfunctional cognitions
Self Statements, Automatic Thoughts and Cognitive Schemes,
Irrational Beliefs

Books for Readings:

- 1) **Jeffrey E. Hecker and Geoffrey L. Thorpe (2007).** *Introduction to Clinical Psychology Science, Practice, Ethics*, Pearson Education Indian Edition.
- 2) **KORCHIN S.J. (1986).** *Modern Clinical Psychology*, CBS Publishers and Distributors, New Delhi.
- 3) **TRULL AND PHARES (2001).** *Clinical Psychology*. Sixth Edition Wadsworth, Thomson Learning, Belmont, USA.
- 4) **GERALD COREY (2001).** *Theory and Practice of Counseling and Psychotherapy*. Brooks / Cole Thomson Learning . Belmont, USA
- 5) **WOLBERG L. R. (1998).** *The Techniques of Psychotherapy*. Barcour Brace Grune of Stratton

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Syllabus for M. A. S. Y. Third Semester
Paper XII – Psychology Practicum's: Experiments & Test
With effective from 2020-21.

Practical Mark = 100

Objectives:

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Section – A

Practical s (Any 10)

Marks – 80

| Sr. No. | Name of the Test | Author |
|---------|--|--------------------------------------|
| 1 | Medico Psycho-Questionnaire | Bharatraj, J. |
| 2 | Dimensional of personality inventory | Bhargava, M. |
| 3 | Type A/B Behavioural patterns scale | Upinder Dhar & Jain M. |
| 4 | PGI Health Questionnaire N – 1 | Varma, S. K., Prashad, D., Wig, N. N |
| 5 | Indian Adaptation of Bell's Adjustment Inventory | Sharma, L. |
| 6 | Nairashya Maapa (Frustration Test) | Chauhan, N. S, Tiwari, G.P. |
| 7 | Depression Scale | Dubey, L. N. |
| 8 | Comprehensive Scale of Tension | Bharadwaj, R. |
| 9 | Student Examination Anxiety Test | Agarwal, M., Kaushal, V. |
| 10 | Sing Personal Stress Source Inventory | Singh, A., Singh, A.K., Singh, A. |
| 11 | Emotional intelligence Scale | Anookal Hyde, & Sanjyot Pethe |
| 12 | Mental Healt Check-List(MHC) | Kumar, P. |
| 13 | Anxiety Scale | Sinha & Sinha |
| 14 | Maudsley Personality Inventory | Eysenck, H. J. |

Section – B

Research Project

Marks – 20

Each candidate is expected to submit an independent research project based on problem of his or her choice, in any area of clinical psychology.

Distribution of Marks

| Section – A | | | | Section – B | |
|--------------------|-------------|---------------|-------------------------------|--------------------------------|--------------|
| Procedure | Viva | Report | Record Book (Internal) | Research Project (Viva) | Total |
| 20 | 20 | 20 | 20 | 20 | 100 |

Books for Readings:

- **Rajamanickam, M. (2005).** *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.
- **Parameshwarn, E.G. & Rao, B. T. (1968).** *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.
- **Mohsin, S. M. (1975).** *Experiments in Psychology.* Orient Longman. Mohanthy. *Experiments in Psychology.*
- **Tinker, M.A. & Russell, W. A.** *Introduction to Methods in experimental Psychology.* Appleton – Century Crofts.
- **Jalota, S (1962).** *Experiments in Psychology.* Asia Publishing House.
- **Galloti, K. M. (2004).** *Cognitive Psychology In and Out of Laboratory.* USA: ThomsonWadsworth.
- **Baker, L. M., Weisiger, C. & Taylor, M. W. (1960).** *Laboratory Experiments in General Psychology.* Oxford Univ. Press.
- **Berkowitz, L. (1974).** *Advanced Experimental Social Psychology.* Academic Press.
- **Debold, R. C. (1968).** *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.
- **Ferguson, E. D. (1976).** *Motivation: An Experimental Approach.* Holt Rinechart & Winston.
- **Collins, M. & Drever, J. (1930).** *Experimental Psychology.* London: Methun & Co.Ltd.
- **Sonodgrass, J. G., Levy-Berger, Hyden (1985).** *Human Experimental Psychology.* New York: Oxford University Press.
- **Kuppuswamy, B. (1958).** *Elementary Experiments in Psychology.* London: Oxford University Press.

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Syllabus for M. A. S. Y. Fourth Semester
Paper XIII – Research Designs & Advanced Statistics
With effective from 2020-21.

Marks – 75 + 25 Internal

Objectives:

1. To acquaint the student and make them understand the different statistical methods with their uses and interpretations.
2. To develop computational skills in students and enable them to analyze the data practical, project work, and dissertation.

1. Social scientific research

- i. Meaning & Characteristics of social scientific research
- ii. Types of research
 - a) Experimental research - Laboratory experiments, Field experiments
 - b) Non – experimental research – Field studies, Ex – Post facto, Survey research: Meaning, Uses & Characteristics-Survey Research Design: Cross – sectional Designs, Successive independent sample Design, Longitudinal Design, Case Study
 - c) Difference between survey & experiment.

2. Chi Square

- i. Use of chi square as a Test of “Goodness of Fit”
 - a) Hypothesis of chance
 - b) Hypothesis of equal probability
 - c) Hypothesis of Normal Distribution
- ii. Procedure of chi square Testing
- iii. Use of chi-square as a test of independence between two variables
- iv. Contingency Coefficient – How to compute C
- v. Underlying Assumptions, uses & limitations of chi square Test

3. Non-Parametric Tests.

- i. Parametric & Non-parametric Tests
- ii. When to use parametric & Non-parametric tests
 - a) Sign test
 - b) Evaluation of sign test
 - c) Wilcoxon matched-pairs signed ranks Test
 - d) Median test
 - e) The mann – whitney ‘U’ test

4. Writing a research report & Research proposal

- i. General purpose of writing a research report
- ii. Structure or format of a research report
- iii. Style of writing as research report
- iv. Typing research report
- v. Evaluating a research report
- vi. Preparing a research proposal
- vii R report writing for the Publication in the Research Journals

Books for Readings:

- **Singh, A. K.(2006).** *Tests Measurement & Research Methods in Behavioural Sciences.* (5th ed.) Patna: Bharti Bhavan.
- **McBurry, D. H. (2002).***Research Methods.* USA: Wordsworth, Thompson.
- **Karlinger, F. N. (1994).***Fundamentals of Behavioural Research.* (3rd ed).
- **Shaughnessy, J.J. & Zechmiester, E. B. (1997).** *Research Methods in Psychology* (4th ed).
- **Zechmiester, J. S. Zechmiester, E. B.& Shaughnessy, J.J. (2001).** *Essenitals of Research Methods in Psychology.*
- **Broota, K. D. (1989).** *Experimental Design in Behavioural Research.* New Delhi: Wiley Estern Ltd.
- **Mangal, S. K. (2002).** *Statistics in Psychology and Education* (2 ed). New Delhi: Prentice –Hall.
- **Robinson, P. W. (1976).** *Fundamentals of Experimental Psychology.* Prentice-hall

Books for Reference:

- **Borude, R. R. (2005).** *Sanshodhan Paddhatishastra.* Pune: Pune Vidyarthi Grhua.
- **Desai, B. & AbhyanKar, S. C. (2007).** *Prayogic Manasashastra and Sanshodhan Paddhati.* Pune: Narendra Prakashan.
- **Kothari, C. R. (1985).** *Research Methodology: Methods & Techniques.* New Delhi: Wiley Eastern Ltd.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Fourth Semester

Paper XIV – Stress Management

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

1. To provide evidence about the correlates/consequences of stress; and evaluate the role of moderating variables in stress health/well being linkage.
 2. To highlight the importance of social and psychological processes in the experience of health and illness.
-

1. Coping with Stress

- i. Coping Process
- ii. Coping Options
- iii. Extinguishing Maladaptive Reaction to Distress
- iv. Strengthening Adaptive Reaction to Distress
- v. Thriving Under Pressure

2. Relaxation Techniques

- i. Relaxation Techniques
- ii. Relaxation Methods
 - a. Breathing Techniques
 - b. Meditation Techniques
 - c. Visualization / Mental Imaginary
 - d. Hypnosis and Self Hypnosis Techniques
 - e. Bio Feedback Techniques
 - f. Muscle Relaxation Techniques
 - g. Yoga and Other Techniques

3. Time Management

- i. Time, Stress and Health
 - a. The Cultural Relativity of Time
 - b. Feeling Rushed
 - c. Common Patterns of Time Management
- ii. Guidelines and Techniques of Time Management
 - a. Prioritizing
 - b. Scheduling
 - c. Implementing
- iii. Time Management Hints

4. Social Support, Personal Wellness and Social Commitment

- i. Social Support
 - a. Social Ties
 - b. Definition, Benefits of Social Support
 - c. Dimensions of Social Support
- ii. Relationship of Social Support to Wellbeing
 - a. Satir's Model of Communication
 - b. Guidelines for Communication
 - c. Self Disclosure
 - d. Active Listening
 - e. Giving and Getting Negative Feedback
 - f. Assertiveness
- iii. Constructive Maladjustment
- iv. Altruistic Egoism and Egoistic Altruism
- v. Helping and Wellness

Books for Readings:

- **Schafer, Walt (2000).** *Stress Management.* (4th ed.) New Delhi: Wadsworth- Cengage Learning India Pvt.Ltd.
- **Lazarus, R.S. & Folkman, S. (1984).** *Stress, Appraisal and Coping,* New York, Springer Publishing Company, Inc.
- **Pestonjee, D.M. (1999).** *Stress and Coping.* (2nd) New Delhi: Sage publication.
- **Cartwright, S and Cooper, C. L. (1997).** *Managing workplace stress,* New Delhi: Sage Publication
- **Cooper, C. and Payne, R. (1988).** *Causes, Coping and Consequences of Stresses at Work.*Chichester: Wiley.

Books for Reference:

- **Dr. Anagha Patil:** *Manage Your Stress,* Unmesh Prakashan, Pune.

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Faculty of Humanities

PSYCHOLOGY

Syllabus for M. A. S. Y. Fourth Semester

Paper XV – Clinical Intervention

With effective from 2020-21

Marks – 75 + 25 Internal

Objectives:

- To acquaint the students with knowing different psychological assessment tools.
 - To acquaint the students with clinical interviewing.
 - To help students familiarize themselves with personality and behavioural assessment.
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1. Clinical Intervention

What problems are amenable to change?-Objectives of Clinical Intervention-Features common to many Therapies-Nature of Specific therapeutic variables-The patient or Client-The Therapist-Ethical issues in Psycho-therapy-Psychotherapy and Counselling.

2. Psycho dynamic Psychotherapy

Psychoanalysis- Background and Principles-Techniques of Freudian analysis-Course of Therapeutic analysis - Carl Jung's Analytical Psychology - Adler's Individual Psychotherapy.

3. Humanistic, Experimental and Family Therapies

Humanistic Psychotherapy-Existential Psychotherapy-Gestalt Therapy-Client Centered Therapy-Eclectic Treatment Combinations- Three Stage Model of Helping-Family Therapy- School of Family Therapy-Couple Therapy-Group Therapy- Process of Group Therapy, Curative Factors

4. Cognitive Behavioural Interventions

Behaviour Therapy Techniques-Anxiety Reduction Method-Operant Learning Techniques-Applied Behaviour Analysis-Social Skills and Problem Solving Training -Cognitive Modification Procedures-Cognitive Behaviour Modification-Self Instructional Training-REBT-Cognitive Therapy-Cognitive Restructuring-Coping and Problem Solving-Cognitive Behaviour Therapy Specific Application- Panic Disorder- Phobia and OCD-Anxiety

Books for Readings:

- **Jeffrey E. Hecker and Geoffrey L. Thorpe (2007).** *Introduction to Clinical Psychology Science, Practice, Ethics*, Pearson Education Indian Edition.
- **KORCHIN S.J. (1986).** *Modern Clinical Psychology*, CBS Publishers and Distributors, New Delhi.
- **TRULL AND PHARES (2001).** *Clinical Psychology*. Sixth Edition Wadsworth, Thomson Learning, Belmont, USA.
- **GERALD COREY (2001).** *Theory and Practice of Counseling and Psychotherapy*. Brooks / Cole Thomson Learning . Belmont, USA
- **WOLBERG L. R. (1998).** *The Techniques of Psychotherapy*. Barcour Brace Grune Of Stratton

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Humanities
PSYCHOLOGY
Syllabus for M. A. S. Y. Fourth Semester
Paper XVI – Psychology Practicum’s: Experiments & Tests
With effective from 2020-21.

Marks-100

Objectives

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Section – A

Practical s (Any 10)

Marks – 80

| Sr. No. | Name of the Test | Author |
|---------|--|------------------------------|
| 1 | Neuroticism Scale Questionnaire | Cattell R. B. |
| 2 | Clinical Analysis questionnaire | Cattell and Krug. |
| 3 | Eight State Questionnaire | Curran & Cattell |
| 4 | Life Satisfaction Questionnaire | Alam, Q. G., Srivastava, R |
| 5 | Perceived Loneliness Scale | Jha, P. K. |
| 6 | Levenson’s Scale for Locus of Control Indian daptation | Vora, S. |
| 7 | NEOPI | Costa & McCare |
| 8 | Sentence Completion Test | Dubey, L. N. |
| 9 | Rosenweig Picture Frustration Test | Pareek, U. |
| 10 | Emotional Maturity Scale (EMS) | Singh, Y., Bhargave M |
| 11 | Presumptive Stressful Life Event Scale | Sing, G., Kaur, D., Kaur, H. |
| 12 | Mental Helth Battery | Singh, A. K., Sengupta, A. |
| 13 | Self Expression Inventory (SEI) | Varma, R. P., Upadhayay, U. |
| 14 | Beck Depression Inventory | Abha Rani |

Section – B

Clinical Report

Marks – 20

The candidate is required to submit reports of at least five cases for which clinical, Psychological evaluation, diagnosis and management strategies are outlined.

Distribution of Marks

| Section – A | | | | Section – B | |
|-------------|------|--------|------------------------|-------------------------|-------|
| Procedure | Viva | Report | Record Book (Internal) | Research Project (Viva) | Total |
| 20 | 20 | 20 | 20 | 20 | 100 |

Books for Readings:

- **Rajamanickam, M. (2005).** *Experimental Psychology: With Advanced Experiments, Vol. 1 & 2.* New Delhi: Concept Publishing Company.
- **Parameshwarn, E.G. & Rao, B. T. (1968).** *Manual of Experimental Psychology.* Bombay: Lalvani Publishing House.
- **Mohsin, S. M. (1975).** *Experiments in Psychology.* Orient Longman. Mohanthy. *Experiments in Psychology.*
- **Tinker, M.A. & Russell, W. A.** *Introduction to Methods in experimental Psychology.* Appleton – Century Crofts.
- **Jalota, S (1962).** *Experiments in Psychology.* Asia Publishing House.
- **Galloti, K. M. (2004).** *Cognitive Psychology In and Out of Laboratory.* USA: Thomson Wadsworth.
- **Baker, L. M., Weisiger, C. & Taylor, M. W. (1960).** *Laboratory Experiments in General Psychology.* Oxford Univ. Press.
- **Berkowitz, L. (1974).** *Advanced Experimental Social Psychology.* Academic Press.
- **Debold, R. C. (1968).** *Manual of Contemporary Experiments in Psychology.* Prentice-Hall.
- **Ferguson, E. D. (1976).** *Motivation: An Experimental Approach.* Holt Rinechart & Winston.
- **Collins, M. & Drever, J. (1930).** *Experimental Psychology.* London: Methun & Co.Ltd.
- **Sonodgrass, J. G., Levy-Berger, Hyden (1985).** *Human Experimental Psychology.* New York: Oxford University Press.
- **Kuppuswamy, B. (1958).** *Elementary Experiments in Psychology.* London: Oxford University Press.

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