

SINGHANIA UNIVERSITY

MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY

Proposed Syllabus 2019 -2021

Syllabus/Course Content-MSC in Counseling Psychology - Yearly Mode

1st Year

| Paper No. | Title | Credit Value |
|-----------|--|--------------|
| MCP 101 | Advanced General Psychology | 4 |
| MCP 102 | Theories of Personality | 4 |
| MCP 103 | Developmental Psychology | 4 |
| MCP 104 | Social Psychology | 4 |
| MCP 105 | Foundations of Counseling-Basic Skills and Practice - 1 | 4 |
| MCP 106 | Research Methodology & Statistics | 4 |
| MCP 107 | Psychopathology | 4 |
| MCP 108 | Foundations of Counseling - Advanced Skills and Practice - 2 | 4 |
| | Supervised Practicum | |
| | Total Credits | 32 |

2nd year

| Paper No. | Title | Credit Value |
|-----------|--|--------------|
| MCP 201 | Counseling in Special setting -1 | 4 |
| MCP 202 | Psychological Testing | 4 |
| MCP 203 | Counseling in Special Setting -2 | 4 |
| MCP 204 | Effective Techniques & Therapies in Counseling | 4 |
| MCP 205 | Family and Marriage Counselling | 4 |
| MCP 206 | Group Counselling Process | 4 |
| MCP207 | Case Conference/ Recorded- Verbatim | 4 |
| MCP 208 | Program Development/Desertion /Viva | 4 |
| | Supervised Practicum | |
| | Total credits | 32 |
| | Total Credits for two years | 64 |

Detailed Syllabus

First Year

MCP101: ADVANCED GENERAL PSYCHOLOGY

Unit: I What is psychology? Psychology as a science, methods in psychology, work of psychologists, some approaches to the study of behaviour & experience, a brief history of psychology and the various perspectives.

Unit : II Sensation & perception : Basic concepts in sensation-absolute threshold, signal detection theory, sensory adaptation, general characteristics of sensation-vision, hearing and the non-visual senses, Attention-determinants of attention, distraction, span physiological basis of attention; perception organization, perceptual constancies, depth perception, perception of movement, illusions, role of learning in perception.

Unit: III Learning: classical conditioning, operant conditioning, social learning cognitive learning, principles of reinforcement: kinds of reinforcement, schedules, variables of reinforcement, individualized learning.

Unit: IV Memory: stages of memory, kinds of memory, process of memory, nature of long-term and short-term memory, relation between short and long term memory; Forgetting : Decay, interference, repression, child amnesia, retrograde and anterograde amnesia, Methods for improving memory; biology of memory.

Unit: V Language and thought properties of language, basics of language, pattern of language development, mental imagery; theories of language development; concept-types, processes in

concept formation; problem solving-mental sets, functional fixedness, stages in problem solving; creativity -nature of creative thinking, characteristics of creative people.

Unit: VI Intelligence: nature of intelligence-factor theories Spearman, Thurstone, Guilford, Vernon, Cattell, Gardner; process-oriented theories-Piaget, Bruner, Sternberg, Jensen; Measurement of Intelligence, characteristics of intelligence tests, types of tests, what do intelligence tests measure?

Constancy of IQ, mental sub normality, genetic and environmental influences.

Unit : VII Motivation : motives, needs, drives and incentives, theoretical perspectives instinct theory, humanistic, drive theories, incentive theories, opponent process theories, optimal level theories; biological motives -hunger ,thirst, sleep, sex; stimulus motives sensory stimulation, exploration & manipulation, optimal arousal, social motives measurement of social motives, affiliation, achievement, power, aggression, Frustration & conflicts of motives. Emotions : expression of emotions, facial feed back hypotheses, physiology of emotion autonomic changes, patterns of bodily response, brain & emotion, arousal; Theories of emotion, emoticons & lie detectors.

Unit: VIII Personality: Brief outline of the various determinant physical, intellectual, emotional, social, family, educational & sex; theories of personality psychodynamic, trait, type, behaviouristic, social learning humanistic (self); Measurement of personality.

Reference

1. Clifford. T, Morgan, Richard A. King, John R. Weisz, John Schopler (2003) Introduction to Psychology 7th edition, Tata McGraw-hill.
2. Spencer A. Rathus, (1991) Essentials of psychology, third edition, Holy Rinehart & Winston, Inc.
3. James W. Kalat (1996), Introduction to psychology, 4 edition, Brooks / cole.
4. Ernest R. Hilgard, Rita L. Atkinson, Richard C. Atkinson, Introduction to psychology, Harcourt, Brace, Jovanovich, Inc.

MCP102: THEORIES OF PERSONALITY

Unit 1: Personality:

Definition and the concept of self and personality, Personality development: Critical periods/ influences in development (Theories and approaches: structure of personality, dynamics, view of human nature, evaluation of theory, application)

Unit 2: Psychodynamic, Analytical and Psychosocial perspective:

Freud, Adler, Jung, Erikson, Murray. (In detail) Sullivan, Horney, Fromm. (In brief))

Unit 3: Social Learning and Behavioural perspective

Ivan Pavlov, Skinner, Dollard & Miller: Rotter, Bandura.

Unit 4: Humanistic and existential perspective:

Maslow, Rogers, Rollo May, Victor Frankl.

Unit 5: Cognitive perspective:

Albert Ellis, Aaron Beck

Allport, Cattell, Eysenck, Kelly

References:

- Frager, R., & Fadiman, J. (2007). *Personality and Personal Growth*, USA: Pearson Education, Inc.
- Hall, S.C., Lindsey, G., & Campbell, J. B. (1998). *Theories of personality*, Wiley India(P) Ltd.
- Janis, I. L., Mahl, G. F., Kagan, J., & Holt, R. R. (1969). *Personality ; dynamics, development & assessment*. Harcourt, Brace & World, Inc
- Pervin, L. A. (1985). *Personality – Theory and research*. New York: John Wiley & sons.
- Schultz, D., & Schultz, S. E. (1994). *Theories of personality*, Brooks/Cole Publishing

Company.

Ellis A. & Dryden N. (1977). *The practice of Rational Emotional Behavior Therapy* (Rev. Ed.)
New York: Springer

Ellis A. & MacLaren C. (1998). *Rational Emotional Behavior therapy: A Therapist's guide*.
CA: Impact

MCP103: DEVELOPMENTAL PSYCHOLOGY

Unit: I Study of human developments: How the study of human development evolved - Early approaches - Studying the life span - periods of life span - Development processes.

Unit: II Conception - Fertilization - Causes of multiple birth - Prenatal development - Hereditary and environment influences.

Unit: III Childhood: Development of motor skills - physical development - cognitive development and psycho development.

Unit: IV Adolescence: Physical changes - adolescence growth spurt - maturation in adolescence - cognitive development - adolescence developmental task - psycho social development - identity crises and identity coping.

Unit: V Young adult hood - Physical development - cognitive development - psycho social development - vocational achievement and planning - health and fitness in young adult hood work and gender influences.

Unit: VI Marriage and areas of marital adjustment - parenthood - factors influencing and adjustment of parenthood - separation and single parents - family issues.

Unit: VII Middle age - Physical and cognitive development in middle adulthood - psycho development - health in middle age - work in middle age - relationship with maturing children and relationship with aging parents.

Unit: VIII Old age: individual differences & psychological wellbeing, social theories of wellbeing, retirement and leisure, successful aging - dealing with death and bereavement : facing death and loss - finding meaning and purpose in life and health.

Reference

1. Papalia, Diane E., Olds, Sally Wendoks (1992) : Human development, Tata McGraw Hill Publishing Co.
2. Hurlock, E., (1980) Developmental psychology, Tata McGraw Hill Publishing Co.
3. Berk, L.E. (2007) Development through the Life span, New Delhi, Pearson
 - Baltes, P B& Brim O G (1978). *Life Span Development and Behaviour*. NY: Academic Press.
 - Santrock, John W (1999) *Life Span Development*, 7th Edition, McGraw Hill
 - Seligman (2002). *Life Span Development*. 4th Edition.

MCP104: SOCIAL PSYCHOLOGY

Unit - I: Introduction Definition of social psychology and applied social psychology, Historical context of applied psychology; theories: cognitive dissonance theory, Groupthink theory; Research methods in applied social psychology; Role of applied social psychologists.

Unit - II: Understanding others & social cognition Nonverbal communication: Basic channels, recognizing deception; Attribution: theories, basic sources of error, applications; Impression formation & impression management: Asch's research, cognitive perspective. Social cognition: Schemas, sources of error in social cognition.

Unit - III: Attitudes Attitude formation: social learning, Genetic factors, attitude functions, attitude-behavior link; Persuasion: The early approach & the cognitive approach; Attitude change, cognitive dissonance.

Unit - IV: Prejudice & Discrimination: Nature and Origins, Techniques for countering the effects of prejudice. Prejudice based on gender.

Unit - V: Interpersonal Attraction Evaluating strangers: Physical proximity, emotional state need to affiliate; moving toward friendship: attractiveness, similarity, reciprocity.

Unit - VI: Social Influence Conformity: Asch's research on conformity, Factors affecting conformity, Basis of conformity, Resisting pressures to conform, Minority influence; Application of social psychology in Legal, Health and work related aspects; interpersonal attraction.

Unit - VII: Aggression Theories - Biological, Drive Theories, Social learning theory, Modern theories; Determinants of Human Aggression: Social Personal, Situational, Prevention and control of human aggression: Punishment, Catharsis, Cognitive interventions, Social skills, Exposure to non-aggressive models.

Unit - VIII: Group and individual behavior Groups: Nature, Function, Role, Status, Norms, Cohesiveness; Groups and task performance : Benefits and casts of working with others; Decision making : Nature of group decision, Outcome, Leadership

Reference

1. Robert A. Baron & Donn Byrne (2004) Social Psychology, 10th Edition, New Delhi, Pearson Education. 2. Shelly E. Taylor, Letitia Anne Peplau & David O. Sears (2006) Social Psychology, 12th Edition, New Delhi, Pearson Education. 3. Charles Emerson Kimble (1990) Social Psychology - Studying Human Interaction, USA, WM.C. Brown Publishers.

MCP 105: FOUNDATIONS OF COUNSELING- BASIC SKILLS & PRACTICE-1

Definitions, Aims and Objective, Myths and facts of counseling, Competence of a counselor, Identifying natural Style of helping, Ingredients of effective relationship, Emotional objectivity, Transference and Counter transference The Working Alliance, Ethical guidelines and issues in counseling.

Counseling Session Procedures, Micro Skills Hierarchy – Basic Skills, Multi-cultural Competence, Skill of Attending Behavior, Questioning Skills, Client Observation Skills, Active

Listening skills, Reflection of Feeling, Intake Interview, Mental Status Examination, Professional issues, Training of counsellors, Supervision, Personal and professional characteristics, Counselling in diverse groups

References:

1. Bond, Tim. *Standards and Ethics for Counsellors in Action*.
2. Brammer, *The Helping Relationship Process and Skills*.
3. Carkhuff, Robert R. *The art of Helping in the 21 st Century*.
4. Corey M & Corey, *Becoming a Helper*
5. Cormier & Cormier. *Interviewing Strategies for Helpers*
6. Culley, Sue. *Integrative Counselling Skills in Action*.
7. Eagan, G. *The Skilled helper*
8. Dryden. W. *Training & Supervision for Counselling in Action*.
9. Dryden, W., Horton & Mearns. *Issues in Professional Counsellors Training*
10. Neukrug, Edward S., *Skills and Tools for Today's Counselors and Psychotherapists*
11. Neukrug, Edward S., *Skills and Techniques for Human Service Professionals*

MCP 106: RESEARCH METHODOLOGY AND STATISTICS

Unit 1 - Descriptive statistics

Measures of Central Tendency and dispersion- Mean, Median and Mode, range Quartile, Standard Deviation, Normal distribution- Concept of probability, characteristics of normal probability curve, applications, - Correlation: Linear and Non Linear Correlation. Pearson's Product Moment Method, Spearman's Rank order Method.

Unit 2 - Research Methodology

History of scientific research in psychology; Definition of research; Purpose and need of

Research in Psychological counseling, Experimental, Exploratory and descriptive research; Ethical issues in psychological counselling research, limitations of scientific research. Steps involved in research process, Research problem-source, selection criteria, defining, statement, delimitation

Unit - 3: Science and scientific approach Science and common sense : Four methods of knowing
- Aims and functions of science, scientific approach in psychological research.

Unit - 4: Problem & Hypothesis Definition and criteria of problem and hypotheses, Multivariate nature of behavioural research problems and hypotheses.

Unit - 5: Constructs, Variables and definitions Concepts and constructs, constitutive and operational definitions of constructs and variables, types of variables.

Unit - 6: Types of research and research designs Ex-post-facto research, survey research; research design: Meaning, purpose and principles, Simple Randomized designs, factorial designs.

Reference

1. Kerlinger, F.N. (2000) Foundations of behavioural research, New Delhi : Surjeet Publications.
2. Paneerselvam, R. (2005) Research Methodology, Prentice-Hall.
3. Cozby (2003) Methods in Behavioural Research 8th Edition, McGraw Hill.
4. Winer, B.J. (1971) Statistical Principles in Experimental design, New York, McGraw Hill.
- Goodwin, C.J. (2002). *Research in psychology: Methods and design* (3rd ed.).
New Jersey: John Wiley & Sons, Inc.
5. Coolican, H. (2004). *Research methods and Statistics in Psychology*. London: Hoddes Arnold
6. Garrett H E () Statistics in Psychology and Education. Vakils Pfeffer and Sons.
7. Singh, A. K. (1997). Test measurement and research methods in Behavioural Sciences.
8. Patna: Bharathi Bhavan Publishers and Distributors.

MCP 107: PSYCHOPATHOLGY

Unit 1 - Introduction & Psychopathology of Neuropsychological Conditions

Concepts of Mental Health and Illness - Current Views - Models for Understanding Psychopathology - Need for and Types of Classification of Mental Disorders - DSM and ICD Systems of Classification, Dementia, delirium, head injury, epilepsy, other amnesic syndromes (in brief)

Unit 2- Psychopathology of Addiction, Psychotic & personality Disorders

Clinical characteristics, etiology, models of addiction, schizophrenia, delusion, other Psychotic disorders, Clinical characteristics, etiology and theories of cluster A, B and C personality disorders (in detail)

Unit 3- Psychopathology of Mood and Anxiety Disorders

Clinical characteristics, etiology and models of Depression, bipolar affective disorders Phobia, GAD, panic, OCD, PTSD, adjustment disorder, Dissociative disorder, somatoform disorder, other neurotic disorder (In detail)

Unit -4: Disorders of Childhood, Infancy and adolescence

Specific developmental disorder of scholastic skills, Pervasive developmental disorders Behavioral and emotional disorders, Disorders of social functioning (in brief)

References:

- Carson, R. C. Mineka, S., & Butcher, I N. (1999). *Abnormal Psychology and Modern Life*. 11th ed. New York: Addison Wesley Longman Inc
- Comer., R. J.(1999). *Abnormal Psychology*. New Jersey: W. H. Freeman Co.
- Davison, G. C. & Neale, J.M. (1998). *Abnormal Psychology*, 7th ed. New York: John Wiley & Sons
- Hecker, S.E. & Thorpe, G.L. (2005). *Introduction to clinical psychology: Science, practice & ethics*. Delhi: Pearson Education, Inc.
- Adams, H.E., Sutker, P.B. (2001). *Comprehensive handbook of psychopathology* (3rd

Ed.). New York: Kluwer Academic publishers.

- Millon, T., Blaney, P., & Davis, R.D. (1998). *The oxford textbook of psychopathology*. London: Oxford University Press.
- Smith, N.W. (2001). *Current systems in psychology: History, theory, research & applications*. USA: Wadsworth/Thomson learning.
- Sadock, B.J. & Sadock, V.A. (2003). *Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry* (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins.
- American Psychological Association. (1998). *Diagnostic and statistical manual of mental disorders* (4th .ed.): text revision (DSM-1V-TR). New Delhi: Jaypee brothers' medical Publishers (p) Ltd

MCP 108: FOUNDATIONS OF COUNSELING - ADVANCED SKILLS & PRACTICE -2

- Micro Skills Hierarchy- Advanced Skills:
 1. Focusing Skills,
 2. Influencing Skills,
 3. Confrontation Skills,
 4. Reflection of Feeling
 5. Reflection of Meaning,
 6. Case Conceptualization,
 7. Goal Setting,
 8. Treatment Plan,
 9. Termination Session Procedure,
 10. Referral,
 11. Documentation,
 12. Consultation, Supervision and Collaboration

References

1. Ivey, A.E., Pedersen, P, B., & Ivey, M.B.(2001)Ed. *Intentional group Counselling-A micro skills approach*, Belmont, Books/Cole.
2. Ivey A E. *Intentional Interviewing & Counselling*
3. Cormier W.H., & Cormier, L.S (1991). *Interviewing strategies for helpers: fundamental skills and cognitive behavior*, Pacific Grove, CA: Brooks/Cole

2nd Year

MCP 201: COUNSELING IN SPECIAL SETTING -1

Understanding specialized areas of Counseling:

1. Counseling Children
2. Counseling Adolescent
3. Youth Counseling
4. Premarital Counseling
5. Career Counseling
6. Family and Marriage Counseling
7. Women Counseling
8. Workplace Counseling

References:

- Rosemary, Thompson. *Counselling Children*
- Malavika Kapur. *Psychological Therapies with Children & Adolescent*
- Susan, Carroll, *Group Exercise for Adolescents.*
- Rasmussen S. *Addiction Treatment: Theory and Practice*
- Simos, G. *Cognitive Behavior Therapy.*
- Spiers T. *Trauma: A Practitioner's Guide to Counselling.*
- Anthony, John D. *Trauma Counselling.*

MCP 202: PSYCHOLOGICAL TESTING

PSYCHOLOGICAL TESTS/ ASSESMENT:

Characteristics of Psychological Test, Individual Test and Group Test, Paper Pencil Test and Performance Test, Criterion-referenced And Norm-referenced test, Informal Tests and Standardized Test, Tests Measuring Traits in Different Areas, intelligence tests, aptitude tests, achievement tests, Interest Inventory, personality tests, Neuropsychological Tests, Test for Special Use, Preparation, Precautions, Counselor's use of Psychological tests.

MCP 203: COUNSELING IN SPECIAL SETTING -2

1. Addiction Counseling
2. HIV/AIDS Counseling
3. Grief Counseling
4. Trauma Counseling
5. Guilt Counseling
6. Terminally Ill Counseling
7. Crisis Counseling
8. Elderly/Geriatric Counseling

MCP 204: EFFECTIVE THERAPIES IN COUNSELING

HUMANISTIC- EXISTENTIAL THERAPIES

1. Client-centered Therapy
2. Gestalt Therapy
3. Transactional Analysis
4. Reality Therapy
5. Existential Therapy
6. Logotherapy

Special Therapies in Counseling

1. Embedded commands
2. SWISH
3. Exposure Therapies
4. Visual Kinesthetic Dissociation (VKD)
5. Anchoring
6. Empty chair
7. Rehearsal
8. Reversal
9. Focusing
10. Relaxation techniques

MCP: 205 FAMILY AND MARRIAGE COUNSELING

Unit 1 - Foundations of Family Counseling

a) Nature, historical background, scope and theoretical approaches to family and marriage Counseling, The fundamental concepts of Family Therapy: Cybernetics, Systems Theory, Social Constructionism and Attachment theory, Professional and ethical issues in family and marriage Counseling. Training in Marriage and Family Counseling, The essential qualities of a family counselor

b) Accreditation and licensing, Research in marriage and family Counseling

c) Defining family counseling from a systems framework, Contemporary cultural influences on the field of family Counseling, Indications, advantages and comparisons with individual Counseling,

Unit 2 - Classical Schools of Family Counseling-1

a) Theoretical Formulations, Normal Family Development, Development of Behavioral Disorders, Goals, Conditions for Behavior Change, Process, Evaluation. Theory and Results for Bowen Family Systems Therapy, Strategic Family Therapy, Problem solving family Therapy

Unit 3 - Classical Schools of Family Counselling-2

a) Theoretical Formulations, Normal Family Development, Development of behaviour Disorders, Goals, Conditions for Behaviour Change, Process, Evaluation, Theory and Results for structural Family Therapy, Experiential Family Therapy, Cognitive-Behavioural Family Therapy

Unit 4 - Recent Developments in Family Counseling

a) Theoretical Formulations, Normal Family Development, Development of Behaviour Disorders, Goals. Condition for Behaviour Change, Process, Evaluation, Theory and Results for Solution-Focused Therapy and Narrative Therapy

Unit 5 - Other developments

a) Feminist critique, Family policy model, family therapy and family medicine, Psycho educational models, families with mental illness, disability, Family act working and symptom focused therapy

Unit 6 - Other Modalities of Family Therapy

a) Individual family therapy, Couple therapy, Group family therapy, Couples group therapy, Multiple family therapy, Family networking. Symptom focused treatments, Conjoint Family Therapy- Virginia Satire, Brief Marital Therapy-Hudson and O'Hanlon.

Unit 7 - Program Development in Marriage and Family Counseling:

- a) Pre marital counseling, parenting programs, communications skills, conflict management, and emotional management, relations enhancement, Family Life education.

References:

- Carter, M., & Mc Golderick, M (2004) Ed. *The Expanded Family Life Cycle Individual, Family, and Social Perspectives*. CA. Allyn & Bacon Classics Edition
- Olson, D. H & De Frain, J (1999) Ed. *Marriage and the family-diversity and strengths*, CA, Mayfield
- Mc Golderick, M., Gerson, R and Shellenberger, S (1999) *Genograms assessment and Intervention*, New York: Norton
- Bhatti, R. S., Varghese.M & Raguram.A (Eds). (2003) *Changing marital and family systems-challenges to conventional models in mental health*. Bangalore, NIMHANS Publication.
- Becvar, D.S. & Beevar, R.J. (2005) Ed. *Family therapy- A systemic integration*. Massachusetts. Allyn & Bacon
- De Shazer, S. (1985) *Keys to solution in Brief therapy*. New York: Norton
- Hudson. P. O'Hanlon & O'Hanlon, W. H (1994) Ed. *Rewriting love stories- Brief Martial therapy*, New York, Norton.
- Niclos. M. & Schwartz R.C (2004) Ed. *Family therapy-concepts and methods*. CA Allyn and Bacon
- Napier. A.Y & Whitaker, C. (1988) Ed. *The family crucible- The intense experience of family therapy*, New York, Harper and Row.

O'Hanlon, W& Weiner-Davis.M. (1989). *In search of solutions*. New York: Norton

MCP 206: GROUP COUNSELING PROCESS

Unit 1 – Introduction – Characteristics of a Group Counsellor - Ethical and Legal Issues – Group Process and Stages of Development

Unit 2 –Initial Stage of Group Counselling – Basic Skills - Transition, Working and Final Stage of Group Counselling

Unit 3 – Theoretical Approaches – Psychoanalytic, Adlerian, Psychodrama – Existential, Person Centred and Gestalt

Unit 4 – Theoretical Approaches – CBT, REBT and Solution Focused

Unit 5 – Integration and Application, Comparison, Contrasts and Integration – Integrative Perspective

References:

- Ivey, A.E., Pedersen, P, B., & Ivey, M.B.(2001)Ed. Intentional group Counselling-A micro skills approach, Belmont, Books/Cole.
- Gerald, Corey. Theory and Practice of Group Counselling
- Ivey, Allen. Developmental Counselling and Therapy promoting Wellness over the Life Span
- Edward E., Jacobs. Group Counselling: Strategies and Skills
- Yalom. The Theory and Practice of Group Therapy.

MCP 207: RECCORD VERBATIM/CASE CONFERENCES

a) Case Presentation at Case Conference/Group Supervision

b) MINIMUM 4 Session Recordings and Verbatim

c) 30 Hours of Individual/group Supervision

d) Satisfactory Supervisor's Report(s) showing at least the minimum sessions of clinical supervision required (10 Individual Hours + 30 Group Hours)

e) Case studies on five clients (1,000 words each maximum)

MCP208: PROGRAMME DEVELOPMENT/ DISSERTATION/VIVA

Develop a Training/Life Skills program: Program development is an ongoing systematic process that Extension professionals follow as they plan, implement and evaluate their educational programs. The process can be applied on a small scale to an individual workshop; on a larger scale to a comprehensive community initiative or to a larger program of action.

Dissertation: Survey and analysis of existing research and research methodology in counseling. A review of the literature in selected areas is required. Major research reports are to be evaluated for methodological strengths and weaknesses. Written comprehensive examination with questions drawn from areas covered by the core courses in all four semesters, followed by a viva voce.