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NAVI, MUMBAI
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Course Structure for B.A. (Hons.) Psychology

Course Type	Course Code	Semester-I	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC1	PSYB1010	Introduction to Psychology	6	-	-	30	70	-	-	100	6
CC2	PSYB1020	Biopsychology	6		-	30	70	-	-	100	6
PR	PSYB1031	Psychology Practical (Based on paper 1010)		-	4	-	-	30	70	100	2
AECC-I	ENGG1000	English Communication	4	-	-	30	70	-	-	100	2
GE-I	**	Generic Elective-I	6		-	30	70	-	-	100	6
		TOTAL	**22**	**-**	**4**	**120**	**280**	**30**	**70**	**500**	**22**

Course Type	Course Code	Semester-II	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC3	PSYB2010	Psychology of Individual Differences	6	-	-	30	70	-	-	100	6
CC4	PSYB2020	Abnormal Psychology	6		-	30	70	-	-	100	6
PR	PSYB2031	Psychology Practical (Based on paper 2010)	-	-	4	-	-	30	70	100	2
AECC-II		Environmental Studies	4		-	30	70	-	-	100	2
GE-I		Generic Elective-II	6		-	30	70	-	-	100	6
		TOTAL	**22**	**--**	**4**	**120**	**280**	**30**	**70**	**500**	**22**

Chhatrapati Shivaji Maharaj University
NAVI, MUMBAI
Private University Estab. under act XXXII- 2010 of Govt. of Mah.

Course Type		Semester-III	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC5	PSYB30 10	Clinical Psychology	6	-	-	30	70	-	-	100	6
CC6	PSYB30 20	Development of Psychological Thought	6	-	-	30	70	-	-	100	6
CC7	PSYB30 30	Social Psychology	6	6	-	30	70	-	-	100	6
PR	PSYB30 41	Practical Psychology (Based on paper 3010)	-	-	4	-	-	30	70	100	2
SEC-I		Skill Enhancement Course-I	4	-	-	30	70	-	-	100	2
GE-III		Generic Elective-III	6		-	30	70	-	-	100	6
		TOTAL	**28**	**-**	**6**	**150**	**350**	**30**	**70**	**600**	**28**

Course Type	Course Code	Semester-IV	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC8	PSYB4010	Statistical Methods for Psychological Research	6	-	-	30	70	-	-	100	6
CC9	PSYB4020	Developmental Psychology	6	-	-	30	70	-	-	100	6
CC10	PSYB4030	Counseling Psychology	6	-	-	30	70	-	-	100	6
PR	PSYB4031	Practical Psychology (Based on paper 4010)	-	-	4	-	-	30	70	100	2
SEC-II		Skills Enhancement Course-II	4	-	-	30	70	-	-	100	2
GE-IV		Generic Elective-IV	6		-	30	70	-	-	100	6
		TOTAL	**27**	**-**	**4**	**150**	**350**	**3**	**70**	**600**	**28**

Chhatrapati Shivaji Maharaj University
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Course Type	Course Code	Semester-V	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC11	PSYB 5010	Educational Psychology	6	-	-	30	70	-	-	100	6
CC12	PSYB 5020	Understanding Psychological Disorders	6	-	-	30	70	-	-	100	6
PR	PSYB 5031	Practical Psychology (Based on Paper 5020)		-	4	-	-	30	70	100	2
DSE-I		Discipline Specific Elective (DSE) Course-I	6		-	30	70	-	-	100	6
DSE-II		Discipline Specific Elective (DSE) Course-II	6		-	30	70	-	-	100	6
		TOTAL	**24**	**-**	**4**	**120**	**280**	**30**	**70**	**500**	**26**

Course Type	Course Code	Semester-VI	Hrs/Week			TH Marks		PR Marks		Total Marks	Credit
			L	T	P	IA	ESE	IA	ESE		
CC13	PSYB 6010	Understanding and Dealing with Psychological Disorders	6		-	30	70	-	-	100	6
CC14	PSY6 020	Project /Internship	6	-		30	70	-	-	100	6
PR	PSYB 6031	Practical Psychology (Based on paper 6010)	-	-	4	-	-	30	70	100	2
DSE-III		Discipline Specific Elective (DSE) Course-III	6		-	30	70	-	-	100	6
DSE-IV		Discipline Specific Elective (DSE) Course-IV	6		-	30	70	-	-	100	6
		TOTAL	**24**	**-**	**4**	**120**	**280**	**30**	**70**	**500**	**26**

AECC-I: English Communication
AECC-II: Environmental Studies
SEC-I:- Skills Enhancement Course-I
SEC-II:- Skills Enhancement Course-II

ELECTIVE: DISCIPLINE SPECIFIC DSE (ANY 4) (2 IN SEMESTER- V AND 2 IN SEMESTER-VI)

Discipline Specific Elective-I & II (Any Two)

Semester	Course Code	Course Name
V	PSYB5310	Positive Psychology
	PSYB5320	Emotional Intelligence
	PSYB5330	Psychopathology
	PSYB5340	Human Resource Management

Discipline Specific Elective-III & IV (Any Two)

Semester	Course Code	Course Name
VI	PSYB4310	Stress Management
	PSYB4330	Community Psychology
	PSYB4340	Peace Psychology
	PSYB4350	Health Psychology
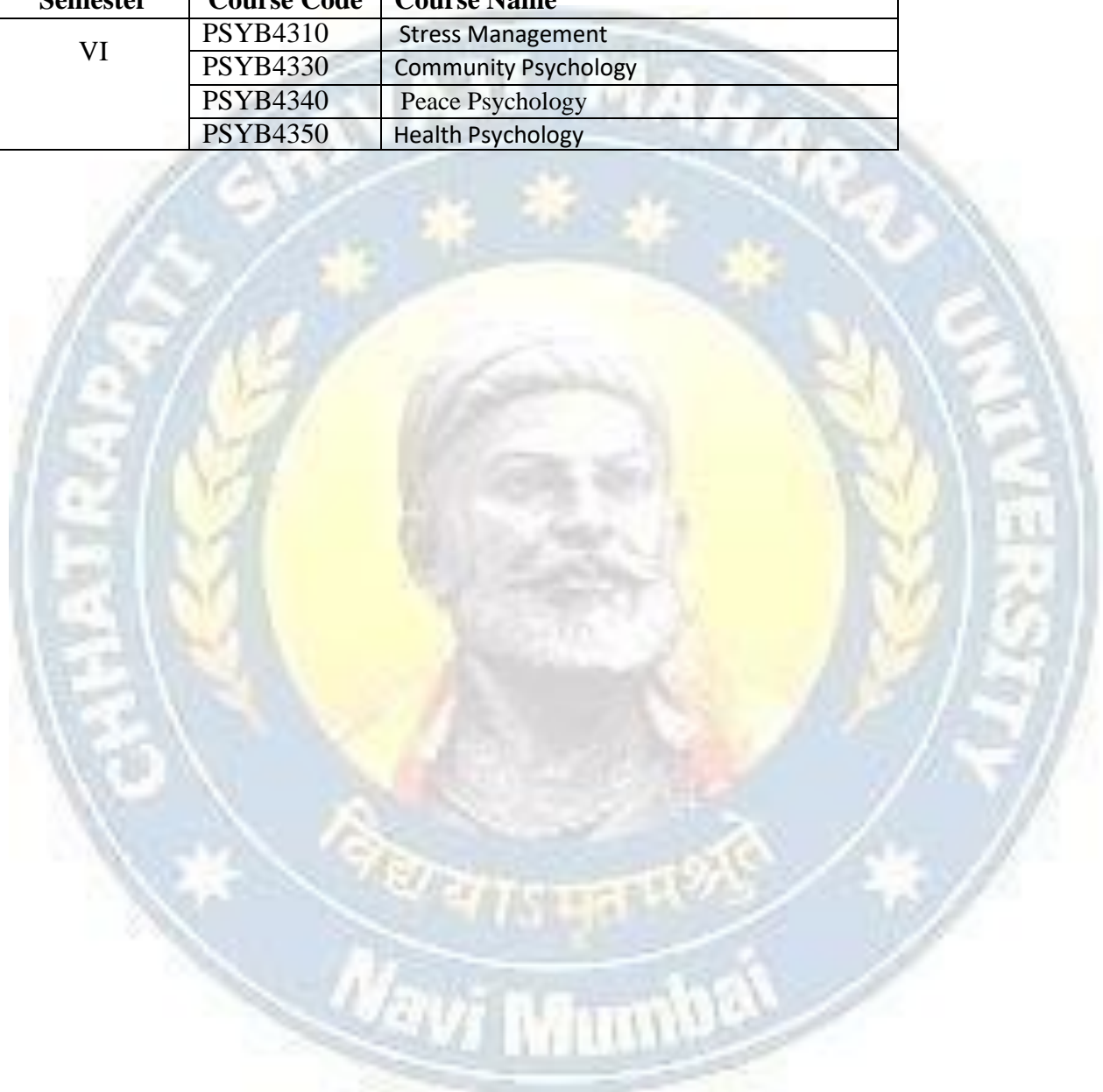
CORE COURSES SEMESTER I

C-PSYB 1010: INTRODUCTION TO PSYCHOLOGY

Objective:

To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

1. Introduction:

What is psychology? Perspectives on behaviour; Methods of psychology (special emphasis on experimentation); subfields of psychology; Psychology in modern India.

2 (a) Perception: Perceptual processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, depth perception, distance and movement; Illusions.

(b) Thinking and Language: mental imagery, concepts, decision making; nature of language, language development.

3. Learning and Motivation:

Principles and applications of Classical conditioning, operant conditioning, and observational learning; Learning strategies; Learning in a digital world; Self regulated learning; Perspectives on motivation, types of motivation, motivational conflicts.

4 (a) Memory: Models of memory: Levels of processing, Parallel Distributed Processing model, Information processing, Forgetting, Improving memory.

(b) Emotions: Components, theories Practicum: Any 2 practicum pertaining to C-PSY-01 (Introduction to psychology) preferably experiments.

Readings:

Baron, R. & Misra. G. (2013). Psychology. Pearson.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning,

New Delhi. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New

Delhi: Pearson Education.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New

Delhi: Tata McGraw-Hill.

C-PSYB 1020: BIOPSYCHOLOGY

OBJECTIVES:

1. To explore the biological basis of experience and behaviour.

2. To develop an understanding of the influence of behaviour, cognition, and the environment on bodily system.

3. To develop an appreciation of the neurobiological basis of psychological function and dysfunction.

Unit 1: Introduction to biopsychology:

Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.

Unit 2: The Functioning brain:

Structure, and functions of neurons; Neural conduction and synaptic transmission.

Unit 3: Organization of nervous systems:

CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis. Neuroplasticity of Brain (neural degeneration, neural regeneration, and neural reorganization), hemispheric specialization.

Unit 4: Endocrine System:

Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

Readings:

1. Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

2. Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.

3. Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.

4. Pinel, J. P. J. (2011) Biopsychology, 8th Edition. Pearson Education, New Delhi.

5. Rozenweig, M. H. (1989). Physiological Psychology. New York: Random

Semester II

C-PSYB 2010: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Objective:

To develop an understanding of the concept of individual differences with the goal to promote self- reflection and understanding of self and others.

1. Personality:

Nature of personality; Biological foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic, Phenomenological humanistic, Trait and type.

2. Intelligence:

Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.

3. Indian approach:

Self and identity in Indian thought.

4. Enhancing individual's potential:

Motivation: Intrinsic motivation and Selfdetermination theory; Enhancing cognitive potential, Self regulation and self enhancement; Fostering creativity. Practicum: Two psychological tests (one based on Intelligence and one based on personality).

Readings:

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

2. Carr, A. (2011): Positive psychology. Routledge.

3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

4. Cornelissen, R.M.M., Misra, G. & Varma, S. (2011). Foundations of Indian Psychology, Vol 1. Pearson.

5. Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4th Ed.). New Delhi: Pearson Education.

6. Mentis, M., Dunn-Bernstein, M., Mentis, M., & Skuy, M. (2009). Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.

7. Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

C-PSYB-20 20: ABNORMAL PSYCHOLOGY

Course Objective:

- To help students to understand the concept of abnormal behavior, its types and causes.

Course Outcome: Upon the successful completion of this course students will be able to.

(1) Understand the basics of abnormal psychology and criteria of abnormal behaviour.
(2) Understand theoretical explanation of abnormal behaviour.
(3) Identify the basic diagnostic criteria for mental disorders, their symptoms and etiology,
(4) To distinguish between neurosis and psychosis
(5) Understand different methods of studying abnormal behaviour.

Course Contents

Unit 1
1. Nature and criteria of Abnormal Behavior.
2. Methods of studying Abnormal Behavior.
3. Biological causes: Genetic endowment and chromosomal abnormalities.
4. Psychological causes : early deprivation, Inadequate parenting styles

Unit 2.
1. Psycho-Social causes: In adequate family structure.
2. Psychoanalytic perspective of abnormality: Levels of consciousness, Structure of Personality.
3. Defense Mechanism: Psycho Sexual Development.
4. Neuroses and Psychoses: Concept and differences.

Unit 3
1. Phobias: Symptoms & Etiology.
2. Generalized Anxiety Disorder: Symptoms & Etiology.
3. Depression in childhood & Adolescence: Symptoms & Etiology.
4. Obsessive – Compulsive Disorder: Symptoms & Etiology.

Unit 4
1. Multiple Personality Disorder: Symptoms & Etiology.
2. Schizophrenia: Symptoms and etiology.
3. Types of schizophrenia.
4. Dissociative Identity Disorder

Suggested / Essential list of References / Texts:

1. James D. Page **: Abnormal Psychology: A Clinical Approach to Psychological Deviants.** New Delhi: Tata McGraw Hill, Publishing Company Ltd. (1991).
2. Shanmugam, T.E.**: Abnormal Psychology**. New Delhi: Tata McGraw Hill, Publishing Company Limited (1981).

3. Coleman, J.C.**: Abnormal Psychology and Modern Life**, Bombay: D.B. Taraporewala Sons. & Co. Ltd. (1976).

4. Davison G.C. & Neale, J.M.**: Abnormal Psychology** (6thEd.) New York: John Willey & Sons, (1990).

5. Carson, R.C. Butcher, J.N., & Mineka, S.**: Abnormal Psychology and Modern Life** New Delhi: Person Education, (2000).

SEMESTER III

C-PSYB-30 10: CLINICAL PSYCHOLOGY

Course Objectives:
- To impart basic knowledge of clinical psychology.

Unit I

Definition and early History of Clinical Psychology, early conception of Mental Illness. The Foundation of Clinical Psychology, The influence of Binet's Intelligence Tests, Influence of Mental Health & Child Guidance movement, Influence of Sigmund Freud in America.

Unit II

Professional Activities of Clinical Psychologists, Employment settings for Clinical Psychologists, Clinical Psychology and its differences from other professional fields, Ethical Issues in Clinical Psychology.

Unit III

Nature and purpose of clinical diagnosis and assessment, Behavioural observations: Naturalistic observation, self - monitoring, controlled observation, Checklists and Inventories: Physiological Testing.

Unit IV

Types of Clinical Interview: Intake, Diagnostic, Structured VS unstructured, Mental status examination, crisis, Stages of clinical interview, Case history and Case study methods

Unit V

Definitions and Goals of Psychotherapy.Psychodynamic Psychotherapy: Definition, Goals and Techniques, Behavioural Psychotherapy: Origin and Goals, Humanistic Psychotherapy: Concept and Goals

Suggested / Essential List of References / Texts:

1. Bellack A. S. & Hersen, M: Introduction to Clinical Psychology. New York: Oxford University Press (1980).
2. Korchin, S.J.: Modern Clinical Psychology. Delhi: CRR Publishers and Distributors (1986).
3. Ray, S.D.:The Practice of Psychotherapy. New Delhi: New Age International (1996).
4. Plante, T.G.: Contemporary Clinical Psychology. New York : John Willey & Sons; Inc. (1999).
5. Pomerantz, A.M.: Clinical Psychology- Science, Practice and Culture. New Delhi : Sage Publications (2008),
6. Hecker, J.E. & Thorpe, G.L.: Introduction to Clinical Psychology. Delhi: Pearson Education (2005).
7. Gregory R.J.: Psychological Testing: History, Principles & applications.

C-PSYB-3020: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

OBJECTIVES:

1. This course provides a basic introduction to the development of the discipline both from the Indian as well as western perspective.

2. Review the development of psychological thought and introduce the issues and debates in contemporary psychology.

Unit 1 – Understanding Psyche: Debates and Issues

(a) Free will and determinism

(b) Empiricism and rationality

(c) Issues of Consciousness and Mind Body Relationship (*Each of these debates and issues to be dealt with from the point of view of an East-West Comparison; Eastern perspective will include Yoga & Vedantic view)

Unit 2 –

(a) Early Schools of Psychology:

Associationism, Structualism and Functionalism (Brief Introduction)

(b) Positivist Orientation:

From behaviorism to cognition: Key contributions of Watson, Tolman, Hull, and Skinner; Cognitive revolution, Information Processing Model.

Unit 3 - Psychoanalytic and Humanistic-Existential Orientation

Freudian Psychoanalysis, The turn towards 'social' – Adler, Jung, Fromm, Ego psychology – Erik Erikson, Object relations; Cultural psychoanalysis (Sudhir Kakar), contributions of Phenomenologically oriented humanistic and existential thinkers.

Unit 4 - Contemporary Developments

Feminism and social constructionism.

READINGS:

Benjamin Jr. (2009). A History of Psychology: Original Sources & Contemporary Research 3rd Edn. Blackwell Publishing.

Feist & Feist. Theories of Personality Mc Graw Hill Higher Education.

King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4th Ed.). Pearson education.

Kurt Pawlik,Gery D'ydewalle (2006). Psychological Concepts: An International Historical Perspective. Taylor Francis Group.

Leahey, T.H. (2005). A History of Psychology: Main currents in psychological thought (6th Ed.). Singapore: Pearson Education.

Mc Adams (2000). The Person: An Integrated Introduction to Personality Psychology John

Wiley Paranjpe, A. C. (1984). Theoretical psychology: The meeting of East and West. New

York: Plenum Press.

St. Clair, Michael. (1999). Object Relations and Self-Psychology: An Introduction. Wadsworth Publishing Company.

Schultz & Schultz (1999). A History of Modern Psychology. Harcourt College Publishers/ Latest edition available.

Wolman, B.B. (1979). Contemporary theories & systems in psychology. London: Freeman Book Co.
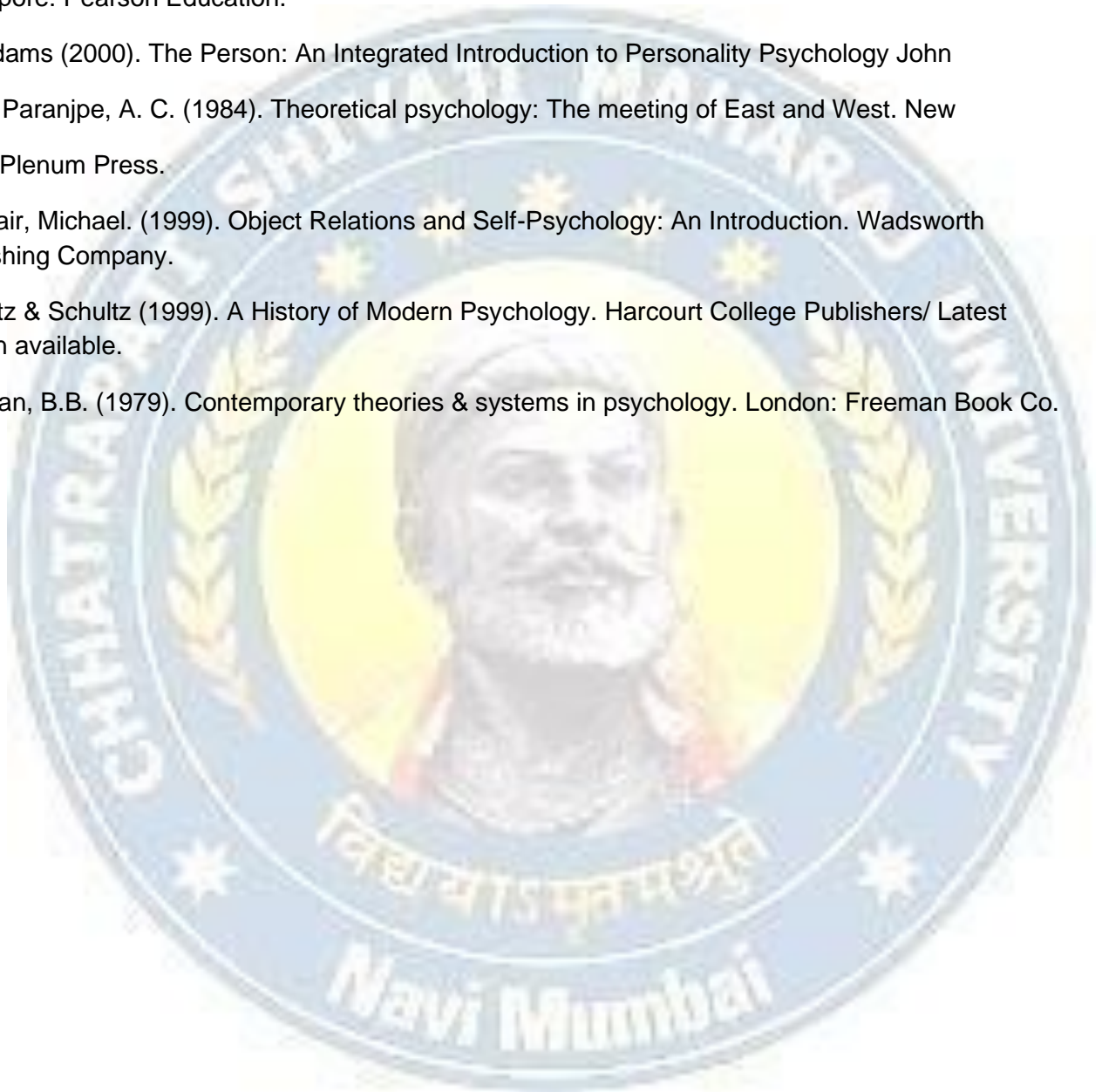
C-PSYB 3030: SOCIAL PSYCHOLOGY

Objective:

Develop an understanding of the nuances of the social world as well as different perspectives on relations between individual and society

Introduce students to the realm of social influence and behavior, as to how individuals think, feel and behave in social situations.

Unit I: Psychology of the Social:

The meaning of 'social'; Key assumptions and approaches to social psychology; Overview of the history of social psychology (including India); Relationship with sociology and anthropology; Areas of application: Health, Law, Workplace. Social psychology and sustainable future.

Unit II: Understanding and evaluating the social world:

Self and its processes: Self concept, Self-esteem self-presentation; Social identity and its functions. Social Cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change.

Unit III: Social interaction and Influence:

Interpersonal attraction, Pro-Social Behaviour, Aggression, Social influence.

Unit IV: Group Dynamics and inter-group relations:

Nature of groups, Consequences of belonging - performance, decision making, cooperation and conflict. Nature of intergroup relations-prejudice, inter-group conflict, Intervention techniques.

Readings:

Baron, R.A., Byrne, D. & Bhardwaj. G (2010).Social Psychology (12th Ed).New

Delhi: Pearson. Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi

Deaux.K & Wrightsman, L. (2001).Social Psychology. California: Cole

Publishing Kassin,S., Fein, S., & Markus,H.R. (2008). Social psychology. New

York: Houghton Miffin.

Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi: Pearson.

Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill.

Taylor,S.E., Peplau,L.A. & Sears,D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson.

SEMESTER IV

C-PSYB-4010: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH

Objective:

To familiarize students with the psychological research and basics of statistical methods and tools used in descriptive statistics of quantitative research.

UNIT 1:
1. Introduction

Psychological Research & Statistics; Descriptive and Inferential Statistics; Variables and Constants; Measurement Scales.

2. Frequency Distributions, Percentiles, and Percentile Ranks

Organizing Qualitative Data; Constructing a grouped frequency distribution, a relative frequency distribution and a cumulative frequency distribution; Computation of Percentiles and Percentile Ranks.

UNIT 2:

3. Measures of Central Tendency

The Mode; The Median; The Mean; Properties and Relative Advantages and Disadvantages of the Mode, the Median and the Mean; Central Tendency Measures in Normal and Skewed Distributions; The Effects of Linear Transformation on Central Tendency Measures.

UNIT 3:

4. Measures of Variability and Standard (z) Scores

The Range; The Interquartile and the Semi-Interquartile Range; The Average Deviation; The Variance; The Standard Deviation; Calculation of Standard Deviation from Raw Scores and Grouped Scores; Properties and Comparison of Measures of Variability; Standard Scores (z-score); Properties of z-scores.

5. The Normal Distribution

The Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Standard Normal Curve: Finding areas when the score is known; The Standard Normal Curve: Finding scores when the area is known; The Normal Curve as a Model for Real Variables; The Normal Curve as a Model for Sampling Distributions;

UNIT 4:

6. Correlation

The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; Correlation: The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores; Calculating Pearson's Correlation Coefficient from Raw Scores; Spearman's Rank-Order Correlation Coefficient

7. Random Sampling and Sampling Distributions

Random Sampling; Using a Table of Random Numbers; The Random Sampling Distribution of the Mean: An Introduction; Characteristics of the Random Sampling Distribution of the Mean; Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values of Sample Mean; Random Sampling With and Without Replacement.

Reading List:

Aron, A., Aron, E.N., & Coups, E.J. (2007).Statistics for Psychology. (4thEd.) India: Pearson Education, Prentice Hall.

Chadha, N.K. (1991) Statistics for Behavioral and Social Sciences. Reliance Pub. House: New

Delhi. Coolican, H. (2006). Introduction to Research Methodology in Psychology. London:

Hodder Arnold. Howell, D. (2009) Statistical methods for Psychology.

King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the behavioral Sciences USA: John Wiley & Sons.

Mangal, S.K. (2012). Statistics in Psychology & Education. 2nd Edition. New Delhi: PHI learning Pvt. Ltd.

C-PSYB 4020: DEVELOPMENTAL PSYCHOLOGY

Objectives:

1. To equip the learner with an understanding of the concept and process of human development across the life span

2. To impart an understanding of the various domains of human development

3. To inculcate sensitivity to socio-cultural context of human development

UNIT 1: Introduction

a) Concept of Human Development

b) Theories, themes and research designs

UNIT 2: Periods of Life Span Development

a) Prenatal development

b) Birth and Infancy

c) Childhood

d) Adolescence

e) Adulthood

UNIT 3: Domains of Human Development

a) Cognitive development: perspectives of Piaget and Vygotsky

b) Language development

c) Physical development

d) Emotional development

e) Moral development

f) Personality development

UNIT 4: Socio-Cultural Contexts for Human Development

a) Family

b) Peers, Media & Schooling

c) Human Development in the Indian context

Reading List:

Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.

Mitchell, P. and Ziegler, F. (2007). Fundamentals of development: The Psychology of Childhood. New York: Psychology Press.

Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill. Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.

Santrock, J.W. (2012).Life Span Development (13th ed) New Delhi: McGraw Hill.

Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications.

Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi.

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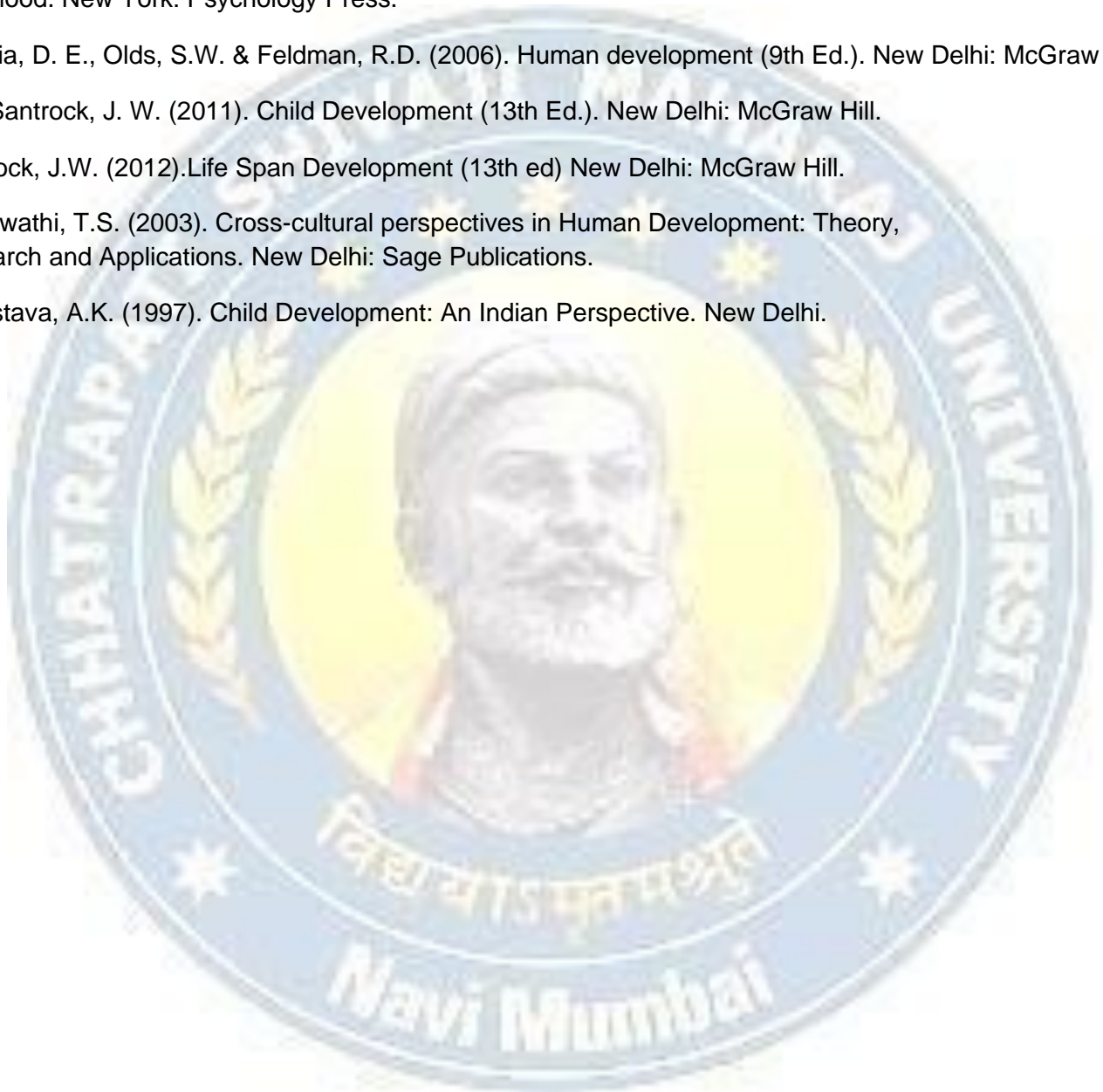
C-PSYB 4030: COUNSELLING PSYCHOLOGY

Objectives:

1. To develop an understanding of basic concepts, processes, techniques of Counselling.

2. To acquaint the learner with the challenges of Counselling.

Unit 1: Introduction

a) Meaning and goals

b) Counselling as a profession: training, skills and ethics

c) The effective counsellor: personality and self of the counsellor

d) Counselling process and relationship

Unit 2: Techniques of Counselling

a) Psychoanalytic techniques

b) Humanistic approaches

c) Behavioral techniques

d) Cognitive techniques

Unit 3: Counselling Applications

a) Child Counselling

b) Family Counselling

c) Career Counselling

d) Crisis intervention: suicide, grief and sexual abuse

Unit 4: Contemporary Trends

a) Indian approaches: yoga and meditation

b) Counselling and technology

c) Expressive techniques: art, music, dance. Practicum: Any two practicum based on topics in C-PSY-14.

Readings:

Aguilera, D.C. (1998). Crisis Intervention: Theory and Methodology (8thEd.)

Philadelphia: Mosby Belkin, G. S. (1998). Introduction to Counselling (3rd Ed.) Iowa: W.

C. Brown

Burnard, P. (2009). Counseling Skills Training: Book of activities. Viva Books, New Delhi.

Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.

Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.

Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

Geldard, K. & Geldard, D. (2011). Counselling Children: A Practical Introduction (3rd Ed.) New Delhi: Sage

Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Ed.) New Delhi: Pearson

Gladding, S. T. (2012). Counselling: A Comprehensive Profession. (7th Ed) New

Delhi. Pearson. Hackney, H.L. (2012). The Professional Counselor: A process guide

to helping. Pearson

Hansen, J.C. (2012). Contemporary Counselling Psychology. In E. M. Altmaier and J.C. Hansen (Eds) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.

Nelson-Jones, Richard. (2008). Basic Counseling Skills: A helper's manual, Second Edition, Sage, South Asia Edition

Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson.

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

Seligman,L.& Reichenberg ,L.W.(2010). Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills. 3rd Ed. Indian reprint: Pearson.

Sharf, R. S. (2012). Theories of Psychotherapy & Counselling: Concepts and Cases (5th Ed).

Brooks/ Cole Cengage Learning

Udupa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsidas.

SEMESTER V

C-PSYB 5010: EDUCATIONAL PSYCHOLOGY

Course Objectives

To make students familiarize with the aims of education and their psychological significance.

Unit I

Educational Psychology: Nature and development, Aims of Educational Psychology, Role of school psychology in modern education.

Unit II

Survey and Observation method, Contemporary views on Educational Psychology, Learning-concept, nature and domains, Theories of learning and their application in education: Trial & Error and Insight,

Unit III

Need of Special education with reference to challenged and gifted children, Piaget's theory of cognitive development, Enhancing Mental Health of Learners, Understanding educational stress and its remedies,

Unit IV

Concept of Emotional Abuse and its solution, Developing emotional intelligence, Inclusive Education: Concept, development and its importance, Problems and remedies of education in India.

Refernces

1. Kakkar, S.B.   : **Educational Psychology.** New Delhi: Syndicate Binders (2001).
2. Kundu, C.L., &   : **Educational Psychology.** New Delhi: Sterling Publishers Pvt. Ltd.
   Puton, D.N.   (1988).
3. Mangal, S.K.   : **Essential of Educational Psychology.** New Delhi: Prentice- Hall of India Private Limited (2007).
4. Dosajh, N.L.   : **Advanced Educational Psychology.** New Delhi: Allied Publishing House Pvt. Ltd. (1982).
5. Chauhan, S.S.   : **Advanced Educational Psychology (7th Ed.).** New Delhi: Vikas Publishing House Pvt. Ltd. (2007).
6. Mathur , S.S.   : **Educational Psychology (20th Ed.).** Agra: Shri Vinod Pustak Mandir (2014).
7. Woolfolk, A.   : **Educational Psychology (9th Ed.).** New Delhi: Pearson Education (2008).

SEMESTER V

C-PSYB 5020: UNDERSTANDING PSYCHOLOGICAL DISORDERS

Objectives:

The paper aims at providing an overview about the concept of abnormality and the clinical picture and dynamics of various psychological disorders. This will sensitize the students to information on psychopathology and dispel myths regarding it.

Unit 1 – Understanding abnormality

Definition and criteria of abnormality, classification (latest edition of DSM & ICD), Clinical Assessment, Diathesis Stress Model

Unit 2 - Clinical States

(a) Anxiety disorders – Phobias, Obsessive Compulsive Disorder, Generalized Anxiety Disorder (Clinical Picture and Dynamics of anxiety disorders)

(b) Conversion Disorder (Clinical Picture and Dynamics)

(c) Dissociative Identity Disorder (Clinical Picture and

Dynamics)

UNIT 3: Developmental Disorders (Clinical Picture and

Dynamics) Mental Retardation, Autism, ADHD, and

Learning Disabilities

UNIT 4: Substance related disorders and eating

disorders

a) Substance-Related Disorder: Alcohol abuse and Drug abuse (clinical picture and causes)

b) Eating disorder: Anorexia Nervosa and Bulimia Nervosa

Readings:

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.

Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer,K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers Carson, R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.

Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley

SEMESTER VI

C-PSYB 6010: UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS

Objective:

1. Help students develop an understanding of the clinical picture and dynamics of psychological disorders.

2. To introduce the therapeutic interventions for the various psychological disorders.

UNIT1: Schizophrenia: Clinical Picture, causal factors and subtypes

UNIT2: Mood Disorders: Clinical Picture, causal factors and subtypes; suicide

UNIT3:

a) Personality Disorders (Clinical Picture and Dynamics): Antisocial Personality Disorder and Borderline Personality Disorder

b) Sexual Disorders (Clinical Picture): Gender Identity Disorder, Paraphilia - Pedophilia, Voyeurism, Exhibitionism, Sexual Masochism, Sexual Sadism

UNIT4: Treatment of disorders:

a) Biological treatment: Pharmacotherapy and Electroconvulsive therapy

b) Psychological treatment: Psychoanalytic therapy, Behaviour therapy and CognitiveBehaviour therapy.

Readings:

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4th Ed.).Wadsworth: New York.
Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.
Brewer,K. (2001). Clinical Psychology. Oxford : Heinemann Educational Publishers
Carson, R.C., Butcher,J.N.,Mineka,S.& Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Kearney, C. A. & Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi : Cengage learning.

Kring,A.M.,Johnson,S.L.,Davison G.C. & Neale J.M. (2010). Abnormal Psychology (11th Ed.).NY: John Wiley.

Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.

Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill

ELECTIVE: DISCIPLINE SPECIFIC DSE (ANY 4)
(2 IN V SEM. AND 2 IN SEMESTER-VI)

DSE I &II

DSE-PSYB-5310: POSITIVE PSYCHOLOGY

To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.

UNIT 1: Introduction:

Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.

UNIT 2: Positive Emotional States and Processes:

Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience

UNIT 3: Positive Cognitive States and Processes:

Self-efficacy, Optimism, Hope, Wisdom, Flow.

UNIT 4: Applications:

Work, education, ageing.

Reading List:

Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.:

Prentice Hall. Carr, A. (2004). Positive Psychology: The science of happiness and human

strength.UK: Routledge.

Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.

Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.

Snyder, C.R., & Lopez,S.J.(2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

DSE- PSYB-5320 EMOTIONAL INTELLIGENCE

Objective:

To understand the concept of emotional intelligence and learn ways of developing it.

Unit 1: INTRODUCTION:
Emotional Intelligence; Models of Emotional Intelligence; EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills; Importance of Emotional Intelligence

Unit 2: KNOWING ONE'S AND OTHERS' EMOTIONS:
Levels of emotional awareness; Recognizing emotions in oneself; The universality of emotional expression; Perceiving emotions accurately in others

Unit 3: MANAGING EMOTIONS:

The relationship between emotions, thought and behaviour; Techniques to manage emotions

Unit 4: APPLICATIONS:

Workplace; Relationships; Conflict Management; Effective Leadership

Readings:

1. Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco,
2. California: Jossey Bros.
3. Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book.
4. Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.
5. Singh, D. (2003). Emotional intelligence at work (2 nded.) New Delhi: Response Books

DSE-PSYB 5330: PSYCHOPATHOLOGY

UNIT-I

Concept of Normality and Abnormality, Models of Psychopathology: Biological, Psychodynamic, Behavioural, and Cognitive.

UNIT-II

Classification of Psychopathology: Need for Classification, DSM System.

Diagnostic Assessment: Case History, Interview, Projective Techniques.

UNIT-III

Anxiety Based Disorders: GAD, OCD, and Phobic Disorders-Symptom and Causes. Substance/Drug Abuse – Causes, Consequences and Rehabilitation.

UNIT-IV

Mood Disorders: Unipolar and Bipolar-Symptoms and Causes. Schizophrenia: Nature, Types, and Causes.

References:
1. Anand, V. and Srivastva, R. (2003). Manovikriti Vigyan, Delhi: Moti Lal Banarsi Das.
2. Carson, R.C.; Butcher, J.N., et al. (2007). Abnormal Psychology. (13th Ed.) New Delhi: Pearson
3. Education.
4. Davison, G.C. & Neale, J.M. (1998). Abnormal Psychology (7th Ed.) New York: Willy.
5. Sarason, I.G. and Sarason, B.R. (2005). Abnormal Psychology: The Problem of Maladaptive
6. Behaviour (10th Ed.) New Delhi: Pearson Education Inc.
7. Singh, A.K. (2006). Adhunik Asamanya Manovigyan, Delhi: Moti Lal Banarasi Das.

Srivastava, D.N. (1991) Adhunik Asamnya Manovigyan (6th

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DSE-PSYB 5340: HUMAN RESOURCE MANAGEMENT
Objective:

To help students understand the various processes and issues inherent in organizations related to human resources.

UNIT 1: Introduction to Human Resource Management (HRM):

Personnel management, HRM and HRD, Context and issues in HRM

UNIT 2: Human Resource Practices

Job analysis; Recruitment and selection; Training; Performance evaluation

UNIT 3: International human resource management (IHRM)

The context of Globalization, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise, Selection of international assignees; Expatriate failure, Cross-cultural training.

UNIT 4: Organizational change and development:

Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).

Reading List:

Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson Wadsworth, a division of Thompson learning Inc.

Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London: Routledge.

Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies and practices for multinational enterprises (3rd Ed). New York: Routledge.

Chadha, N.K. (2005). Human Resource Management- Issues, case studies and experiential exercises.3rd edition. New Delhi: Sai Printographers.

DeCenzo, D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed). NY: Wiley.

Harzing,A-W.K. and Pennington, A. (2011). International human resource management. New Delhi: Sage publications.
Jex, S.M. & Britt, T.W. (2008) Organizational Psychology: A Scientist- Practitioner Approach. 2nd ed.

John Wiley and sons Inc. New York.

Luthans,F. (2010) Organizational Behaviour. 12th Edition. McGraw Hill.

Muchinsky, P.M. (2006) Psychology applied to work: An Introduction to Industrial and Organizational Psychology. NC : Hypergraphic press

Pareek,U. (2010) Understanding Organizational Behaviour. Oxford: Oxford University Press.

Robbins, S.P., Judge T.A. and Sanghi, S. (2009) Organizational Behaviour. 13th ed. Pearson Education , Inc.

Schlutz,D. and Schultz, S.E. (2006) Psychology and Work Today. 9th ed. New Jersey, Pearson Education Inc.
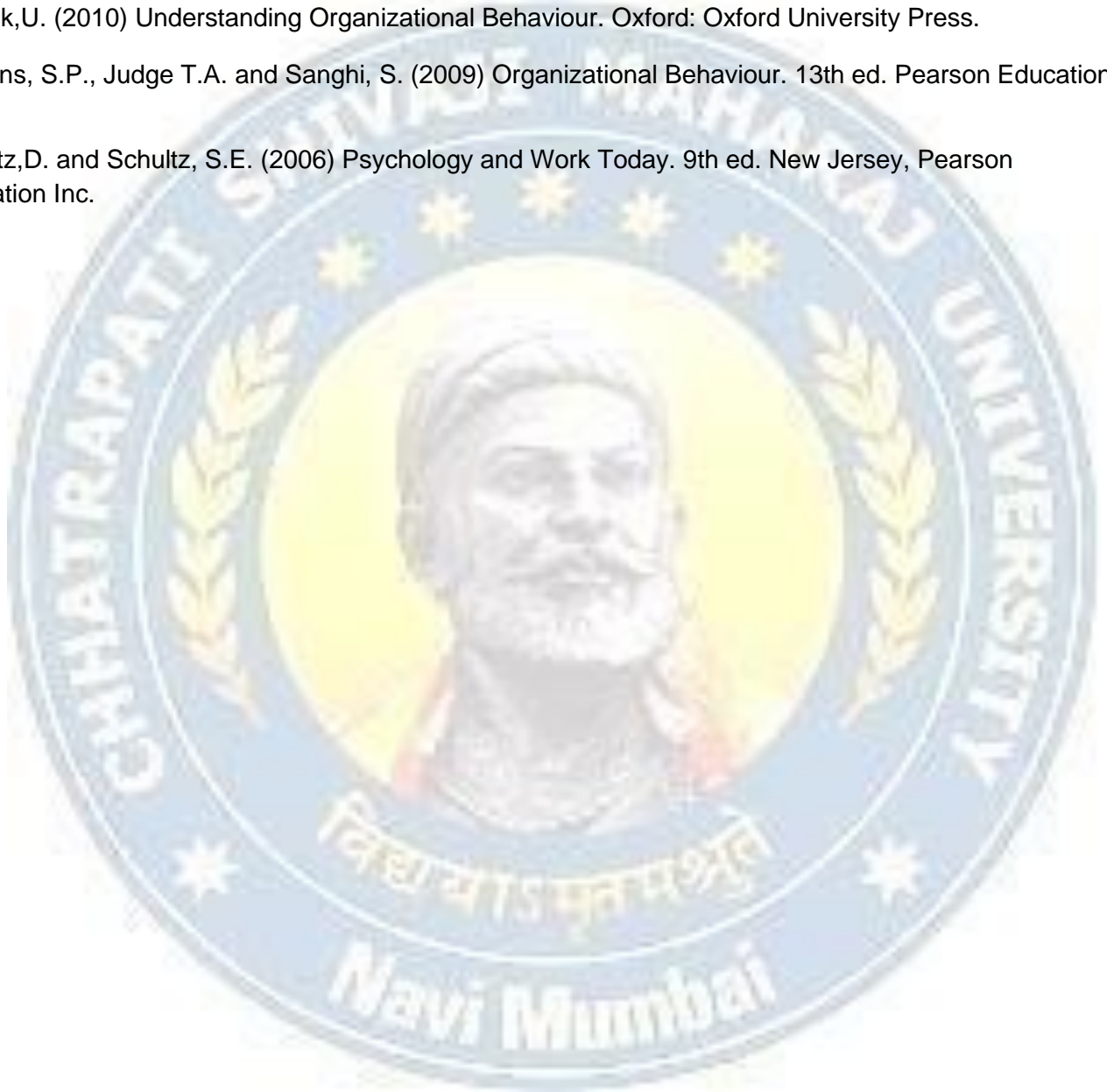
DSE III &IV

DSE-PSYB 4310: STRESS MANAGEMENT

Objective:

To learn how stress impacts health and learn coping skills and resilience.

To develop skills to manage stress by learning yoga, meditation, relaxation techniques and cognitive skills to deal with stress

UNIT 1

Stress: Introduction, Nature of Stress, Symptoms of Stress

UNIT 2

Sources of Stress: Environmental, Social, Physiological and Psychological

UNIT 3

Stress and Health: Effects of Stress on Health, Eustress

UNIT 4

Managing Stress: Methods - Yoga, Meditation, Relaxation Techniques, Problem Focused and

Emotion Focused Approaches

REFERENCES:

 DiMatteo, M.R., & Martin, L.R.(2017). Health Psychology. New Delhi: Pearson Seaward, B.L. (2018). Managing Stress: Principles and Strategies for Health and Well-Being (9th Edition). Burlington, MA: Jones & Bartlett Learning.

Udupa, K.N. (2008). Stress and its Management by Yoga (6th Edition). New Delhi: Motilal Banarsidass Publishers.

DSE-PSYB 4330: COMMUNITY PSYCHOLOGY

Objective:

To learn the link between individuals and communities and deal with social issues more effectively with people's participation.

1. Introduction:

Definition of community psychology; types of communities; models.

2. Core values:

Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation; collaboration and community strengths.

3. Health promotion:

process of community organization for health promotion, importance. Community program for: child and maternal health, physical challenged and old age in the Indian context.

4. Interventions:

community development and empowerment; case studies in Indian context. Practicum: One practicum on any of the topics covered in DSE-PSY-04

Readings:

Banerjee, A., Banerji, R., Duflo, E., Glenneske, R., & Khenani, S. (2006). Can Information Campaign start local participation and improve outcomes? A study of primary education in Uttar Pradesh, India, World Bank Policy Research, Working Paper No.3967

Fetterman, D.M., Kaftarian, S.J. & Wandersman, A (Eds)(1996) Empowerment Evaluation, New Delhi : Sage Publication.

Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning.

McKenzie, J. F. Pinger, R. R. & Kotecki, J. E. (2005). An introduction to community health. United States: Jones and Bartlett Publishers.

Misra, G. (Ed). (2010) Psychology in India. Indian Council of Social Science Research. Dorling Kindersley (India) Pvt Ltd. Pearson Education.

Poland, B. D., Green, L.W. & Rootman, I.(2000) Setting for Health Promotion: Linking Theory and Practice, Sage Publication, New Delhi.

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DSE-PSYB 4330: PEACE PSYCHOLOGY

Objectives:

1. To explore concepts of peace and conflict from a psychological perspective
2. Create awareness about national and international peace and conflict process and how psychology can play an important role.

Unit 1: Introduction:

Meaning of peace, psychology of peace; management to transformation - key concepts: peacekeeping, peacemaking, peacebuilding, reconciliation, conflict management, conflict resolution, conflict prevention, and conflict transformation.

Unit 2: Psychological Understanding of Peace and Conflict

Psychoanalytical - Freud, VamikVolkan; Social-Psychological – Herbert C. Kelman, Vollhardt &Bilali, Psychocultural Interpretations – Marc Howard Ross.
Unit 3: Building peace

Structure, Process, Integrated framework for peace building, peace education

Unit 4: Peace Process and Transformation

Kashmir, North-East – Manipur, Nagaland, Assam, Pakistan, Northern Ireland- inter-community diversity network model, South Africa – truth and reconciliation model, and Israel – cross community network model, stories of peace challenge

References
1. Bose, S. (2005).Kashmir at the Crossroads: Problems and Possibilities, In Das, S. K. (Ed.) Peace Process
2. and Peace Accord, 142-171, New Delhi: Sage.
3. Cheistie, D. J., Hare, A. P., &Winter, D. D. (2001). Peace, Conflict and Violence: Peace Psychology for
4. the 21st Century. Englewood Cliffs, New Jersey: Prentice-Hall.
5. CQ Researchers (2011).Issues in Peace and Conflict Studies, New Delhi, Sage.
6. Das, S. K. (2005). Nobody's Comminique: Ethnic Accords in North-East. In Das, S. K. (Ed.) Peace Process
7. and Peace Accord, pp120-141, New Delhi: Sage.
8. Delahaye, P., & Krishnan, B. (2003). Imagine Nagaland: The Courage to be Positive, In Sampson, C.,
9. Abu-Nimer, M., et al. (Ed.) Positive Approaches to Peacebuilding, pp169-186, Washington,

DC: Pact

10. Publications.

11. Fox, M. A. (2014). Understanding Peace: A Comprehensive Introduction, New York, Routledge.

12. Freud, S. (1930). Civilization and its Discontents, Penguin Books Ltd.

13. Galtung, J., Jacobsen, C. G., & Brand-Jacobsen, K. F. (2002).Searching for Peace: The Road to Transcend,

14. London: Pluto Press.

15. Gurumayum, L. (2007). The role of Manipuri Women in Crisis Management during the Extension of

16. Ceasefire between the Government of India and NSCN (IM) without Territorial Limits, WISCOMP Perspectives,

17. Hasan, M. (2005).Improving India-Pakistan Relations, In Das, S. K. (Ed.) Peace Process and Peace

18. Accord, pp 25-253, New Delhi: Sage.

19. Jeong, H, W. (2008). Understanding Conflict and Conflict Analysis. New Delhi: Sage.

20. Kelman, H. C. (2015). A Social-Psychological Approach to Conflict Analysis and Resolution, In Sandole,

21. D. J. D., Byrne, S., et al. Handbook of Conflict Analysis and Resolution, South Asia: Routledge.

22. Lederach, J. P. (2004). Building Peace: Sustainable Reconciliation in Divided Societies, Washington, DC:

23. United States Institute of Peace.

24. Ross, M. H. (2001). Psychocultural Interpretations and Dramas: Identity Dynamics in Ethnic

25. Conflict.Political Psychology, 22 (1), 157-178.

DSE-PSYB 4340: HEALTH PSYCHOLOGY

Objective:

To understand the relationship between psychological factors and physical health and learn how to enhance well-being.

UNIT 1: Introduction:

Introduction to Health Psychology; components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.

UNIT 2: Behavior and health:

Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.

UNIT 3: Stress:

Nature, Sources, Effects of stress on physical and mental health; Coping and stress management.

UNIT 4: Health Management:

Health-enhancing behaviors: Exercise, Nutrition, safety, managing and controlling pain. Health Protective behaviours, Illness Management.

Practicum: Any 1 practicum pertaining to the syllabus.

Readings:

Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill

Edition. Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India:

Dorling Kindersley. Misra,G. (1999).Stress and Health. New Delhi: Concept.

Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th

Ed.).NY: Wiley. Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi:

Tata McGraw Hill.