

**ST. XAVIER'S UNIVERSITY, KOLKATA**

**SYLLABUS**

**M.A. PSYCHOLOGY**

Action Area IIIB  
New Town, Kolkata – 700160  
West Bengal, India  
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**Specialization:**

- a. Clinical Psychology
- b. Industrial Psychology/ Organizational Behaviour

**COURSE OUTLINE**

<b>Semester</b>	<b>Paper</b>	<b>Title</b>	<b>Marks</b>	<b>Credits</b>
<b>1<sup>st</sup> Semester</b>	<b>I (Core Course)</b>	<b>Paradigms of Psychology</b>	<b>100</b>	<b>6</b>
	<b>II (Core Course)</b>	<b>Basics of Cognitive Psychology</b>	<b>100</b>	<b>6</b>
	<b>III (Core Course)</b>	<b>Biological Foundations of Behavior</b>	<b>100</b>	<b>6</b>
	<b>IV (Core Course)</b>	<b>Theory Construction and Research Designs</b>	<b>100</b>	<b>6</b>
<b>Total</b>			<b>400</b>	<b>24</b>
<b>2<sup>nd</sup> Semester</b>	<b>V Core Course</b>	<b>Developmental Theories &amp; Neuro-developmental disorders</b>	<b>100</b>	<b>6</b>
	<b>VI Core Course</b>	<b>Problems of development and pathologies across life span</b>	<b>100</b>	<b>6</b>
	<b>VII Core Course</b>	<b>Personality Studies</b>	<b>100</b>	<b>6</b>
	<b>VIII Core Course</b>	<b>Statistical Techniques &amp; Computer Applications in Behavioural Sciences</b>	<b>100</b>	<b>6</b>
<b>Total</b>			<b>400</b>	<b>24</b>
<b>3<sup>rd</sup> Semester</b>	<b>IX. Core Course</b>	<b>Social Psychology</b>	<b>100</b>	<b>6</b>
	<b>X. Core Course</b>	<b>Industrial/ Organizational Behaviour</b>	<b>100</b>	<b>6</b>
	<b>XI. Elective Course Theory</b>	<b>a) Psychological Disorders b) Consumer Behaviour and Marketing Strategy</b>	<b>100</b>	<b>6</b>
	<b>XII. Elective Course Practical</b>	<b>a) Case Study, Testing and Report Writing b) Quality of Work Life and Performance</b>	<b>100</b>	<b>6</b>
<b>Total</b>			<b>400</b>	<b>24</b>
<b>4<sup>th</sup> Semester</b>	<b>XIII. Core Course</b>	<b>Positive Psychology</b>	<b>100</b>	<b>6</b>
	<b>XIV. Core Course</b>	<b>Psychotherapy</b>	<b>100</b>	<b>6</b>
	<b>XV. Core Course</b>	<b>Dissertation</b>	<b>100</b>	<b>6</b>
	<b>XVI. Elective Course (Practical)</b>	<b>a) Cognitive and Neuropsychological Assessment b) Human Resource Planning &amp; Development</b>	<b>100</b>	<b>6</b>
<b>Total</b>			<b>400</b>	<b>24</b>

**Semester 1:**

Semester	Paper	Title	Marks	Credits
1 <sup>st</sup> Semester	I (Core Course)	Paradigms of Psychology	100	6
	II (Core Course)	Basics of Cognitive Psychology	100	6
	III (Core Course)	Biological Foundations of Behavior	100	6
	IV (Core Course)	Theory Construction and Research Designs	100	6
<b>Total</b>			<b>400</b>	<b>24</b>

**Semester 2:**

Semester	Paper	Title	Marks	Credits
2 <sup>nd</sup> Semester	V Core Course	Developmental Theories & Neuro-developmental disorders	100	6
	VI Core Course	Problems of development and pathologies across life span	100	6
	VII Core Course	Personality Studies	100	6
	VIII Core Course	Statistical Techniques & Computer Applications in Behavioural Sciences	100	6
<b>Total</b>			<b>400</b>	<b>24</b>

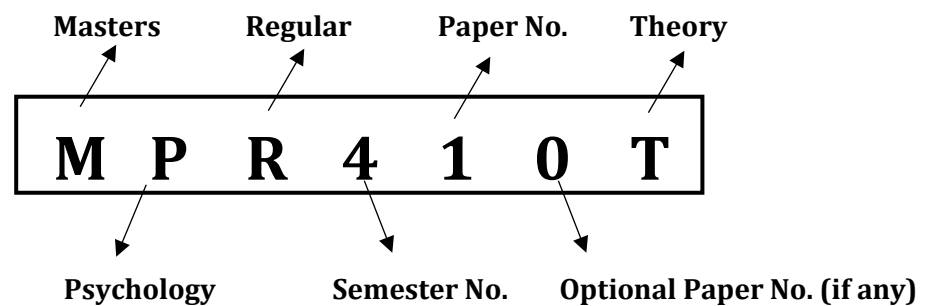
**Semester 3:**

Semester	Paper	Title	Marks	Credits
3 <sup>rd</sup> Semester	IX. Core Course	Social Psychology	100	6
	X. Core Course	Industrial/ Organizational Psychology	100	6
	XI. Elective Course Theory	a) Psychological Disorders b) Consumer Behaviour and Marketing Strategy	100	6
	XII. Elective Course Practical	a) Case Study, Testing and Report Writing b) Quality of Work Life and Performance	100	6
<b>Total</b>			<b>400</b>	<b>24</b>

**Semester 4:**

<b>Semester</b>	<b>Paper</b>	<b>Title</b>	<b>Marks</b>	<b>Credits</b>
<b>4<sup>th</sup> Semester</b>	<b>XIII. Core Course</b>	<b>Positive Psychology</b>	<b>100</b>	<b>6</b>
	<b>XIV. Core Course</b>	<b>Psychotherapy</b>	<b>100</b>	<b>6</b>
	<b>XV. Core Course</b>	<b>Dissertation</b>	<b>100</b>	<b>6</b>
	<b>XVI. Elective Course (Practical)</b>	<b>a) Cognitive and Neuropsychological Assessment b) Human Resource Planning &amp; Development</b>	<b>100</b>	<b>6</b>
<b>Total</b>			<b>400</b>	<b>24</b>

**PAPER CODE ILLUSTRATION**



## **Course Name: PARADIGMS OF PSYCHOLOGY**

1. Philosophy of Science
2. Schools / Perspectives
  - a. Structuralism;
  - b. Functionalism;
  - c. Associationism,
  - d. Gestalt Psychology;
  - e. Psychoanalysis;
  - f. Humanistic-Existential Philosophy
3. Positivist orientation in Psychology:
  - a. Developments in Behaviourism (Watson),
  - b. Neo-Behavioristic traditions (Hull, Tolman, Skinner),
  - c. Cognitive revolution (information-processing approach)
4. Indian Psychology
  - a. Buddhist Psychology – Basic constructs of Buddhist Psychology, Buddhist theory of unconscious mind, Indian Buddhist conceptions of persons; Contemporary application in mindfulness-based therapies;
  - b. Spiritual and Transpersonal Perspectives in Psychology;
  - c. Yoga Psychology

## **References**

1. Cornelissen, R.M.M., Misra, G., & Varma, S. (Eds.) (2011). Foundations of Indian Psychology – Theories and Concepts (Vol.1), New Delhi, India: Pearson.
2. King, D.B., Viney, W., & Woody, W.D. (2008). A history of Psychology: Ideas and Context (4th Ed.), London, UK: Pearson Education.
3. Rao, K.R., Paranjape, A.C., & Dalal, A.K. (Eds.) (2008). Handbook of Indian Psychology. New Delhi, India: Foundation Books.
4. Schultz, D.P. & Schultz, S.N. (2011). A History of Modern Psychology, 10th edition, UK: Wadsworth, Cengage Learning.

## **Course Name: Basics of Cognitive Psychology**

1. Attention (selective, divided and sustained attention) and Memory (encoding, storage and retrieval; sensory, short-term and long-term memory; working memory and mnemonics)
2. Perception: Perceptual processing, perceptual organization, perceptual constancies, top-down and bottom-up processes, depth perception, parallel and serial processing; theory of Signal Detection
3. Thinking (concept-formation) and Reasoning (types of reasoning: inductive and deductive; approaches to reasoning; componential, heuristics, and mental models)
4. Embodied Cognition and Meta-cognition.

## **References**

1. Best, J.B. (1989). Cognitive Psychology, Second Edition, West Publishing Company, New York.
2. Galotti, K.M. (2008). Cognitive Psychology: In and out of the laboratory (2nd Ed.). Bangalore: Wadsworth, Cengage Learning India Private Limited.
3. Matlin, M.W. (2014). Cognition (8th Edition). Delhi: Pearson.
4. Solso, R.L. (2004). Cognitive Psychology, Sixth Edition. Pearson Education Pvt. Ltd., New Delhi.
5. Sternberg, R.J. (2009). Applied Cognitive Psychology: Perceiving, Learning and Remembering. Delhi: Cengage Learning India Private Limited.

## **Course Name: Biological Foundations of Behaviour**

1. Biological basis of behaviour
  - a. Understanding physiology of behavior
  - b. Nature and scope
  - c. Brain and behavior connection
2. Structure and function of nervous system
  - a. Neuron, synapse and neurotransmitters

- b. Central Nervous System, Peripheral nervous system, Autonomic nervous system
- 3. Structure and function of brain
  - a. Frontal Lobe
  - b. Temporal Lobe
  - c. Occipital Lobe
  - d. Parietal Lobe
- 4. Neuropsychology of behavior
  - a. Motivation,
  - b. Learning,
  - c. Memory
  - d. Emotion

### **References**

1. Carlson, N. : Physiology of Behaviour, Allyn and Bacon,2000
2. Grossman, S.P. : A Text Book of Physiological Psychology, John Wiley and Sons Inc. New York, 1967
3. Guyton, Arthur C. & Hall, John E.: Textbook of Medical Psychology, (Ninth Edition) Prism Books Pvt. Ltd., Bangalore, 1966.
4. Morgan, C.T.: Physiological Psychology, McGraw Hill, New York, 1965.
5. Pinel, J.P.J: Biopsychology, Allyn and Bacon, 2000

### **Course Name: Theory Construction and Research Designs**

1. Theory construction in Psychology
  - a. Understanding of Theories, Law and Hypothesis
  - b. Report Writing: APA Format, Quantitative and Qualitative data.
2. Research Design
  - a. Advanced Research design & Sampling design
  - b. Sample size estimation.
3. Modern approaches to theory testing
  - a. Statistical models: random model, fixed model, mixed model
  - b. Reducing bias in statistical testing
4. Qualitative Methods

- a. Historical Moments in Qualitative Research; Ethical Issues & Considerations
- b. Characteristics of qualitative research: Sampling; Trustworthiness;
- c. Collecting qualitative data:
  - i. Case study,
  - ii. Interview,
  - iii. Observation method,
  - iv. Ethnography,
  - v. Archival research

## References

1. Bryman, A. (2004). *Quantity and Quality in Social Research*: Routledge.
2. Dyer, C. (2001). *Research in Psychology: A Practical Guide to Research Methodology and Statistics* (2nd ed.), Oxford: Blackwell Publishers.
3. Kerlinger, F.N., and Lee, H.B. (1999). *Foundations of Behavioural Research*. Wadsworth.
4. Denzin, N.K., and Lincoln, Y.S. (Latest edition). *Handbook of qualitative research*. Thousand Oaks: Sage
5. Mangal, S. K. *Statistics in Psychology and Education*, 2nd Edition (Author: S. K. Mangal): Publisher: PHI Learning Pvt. Ltd.
6. Debajyoti Das & Arati Das - *Statistics In Biology & Psychology* (6th Edition): Academic Publishers.
7. K. D. Broota: *Experimental Design In Behavioural Research*: New Age International Publishers.

## Semester II

### Course Name: **Developmental Theories & Neuro-developmental disorders**

1. Scope and methods of developmental psychology, developmental tasks across the lifespan, nature – nurture issue
2. Development of psychological competencies in infancy, childhood, adolescence, adulthood, elderly
3. Neurodevelopmental Disorders
4. Coping and management of neurodevelopmental disorders



## References

1. Mitchell, P., & Ziegler, F. (2013). *Fundamentals of Developmental Psychology*. Routledge.
2. Feldman, R. S. (2015). *Discovering the Life Span*. Pearson.
3. Harris, M. (2008). *Exploring Developmental Psychology: Understanding Theory and Methods*
4. Berk, L. E. (2018). *Development Through the Lifespan (7th Edn)*. Pearson.
5. Santrock, J. (2019). *Life-Span Development (17<sup>th</sup>Edn)*. McGraw-Hill Education.
6. Papalia, D. E., Olds, S. W., & Feldman, R. D. (2009). *Human Development (11<sup>th</sup>Edn.)*. McGraw-Hill Education.
7. Schroeder, C. S., & Smith-Boydston, J. M. (2017). *Assessment and Treatment of Childhood Problems - A Clinicians Guide (3rd Ed)*. The Guilford Press.
8. Nicholls, C. J. (2018). *Neurodevelopmental Disorders in Children and Adolescents. A Guide to Evaluation and Treatment*. Routledge.

## Course Name: Problems of development and pathologies across life span

1. Childhood behavioural disorders: Internalizing and Externalizing disorders
2. Problems related to anger and violence
  - a. Anger management during childhood and adolescence
  - b. Violence against children and adolescents
  - c. Child protection and rehabilitation
3. Problems of adulthood
  - a. Choosing a career; work stress
  - b. Marriage, family and parenting; single parenting; parenting special children; marital discord
  - c. 'Other'-couple relationship
  - d. Coping with midlife crisis, work and pre-retirement planning
4. Issues associated with ageing:
  - a. Retirement, living arrangement and grand-parenting
  - b. Coping with death and bereavement; euthanasia

- c. Loneliness and geriatric depression; geriatric interventions
- d. Identification and management of dementia

### **References**

1. Feldman, R. S. (2015). *Discovering the Life Span*. Pearson.
2. Papalia, D.E., Olds, S.W., and Feldman, R.D. (2004). *Human development* (9th edition). New Delhi: Tata McGraw-Hill.
3. Sanyal, N. and Dasgupta, M. (2021). *Ageing Positively: An Approach Towards Transcendence*. Oxon, New York: Routledge.
4. Schroeder, C.S. and Gordon, B.N. (2002). *Assessment and treatment of childhood problems: A clinician's guide*, 2nd edition, The Guilford Press, New York.

### **Course Name: Personality Studies**

1. Nature, determinants of Personality, nomothetic and idiographic perspectives
2. Psychoanalytic (Freud and Neo-Freudian perspectives), Behavioural, Social-Cognitive, Dispositional, Humanistic-Existential theories of personality
3. Assessment of personality: Inventories, questionnaires, semi-projective and projective techniques
4. Indian approach to personality (Triguna model)

### **References**

1. Arockiasamy, A. (2005). *Personality Psychology*. Thanjavur: Aranya Publishers.
2. Feist, J., Feist, G.L. and Roberts, T-A. (2018). (Indian Edition). *Theories of Personality*. McGraw Hill Education (India) Private Limited.
3. Hall, C.S. and Lindzey, G. (1978). *Theories of Personality*, 3rd edition New York, John Wiley.

## **Course Name: Statistical Techniques & Computer Applications in Behavioural Sciences**

1. Hypothesis-testing problems on statistical techniques:
  - a. Non-parametric tests –
    - i. Nature and assumptions.
    - ii. Sign Test
    - iii. Mann-Whitney U test,
    - iv. Kruskal-Wallis,
    - v. Chi Square: Assumptions and Computation of Chi Square
  - b. Parametric tests –
    - i. Multivariate analysis
    - ii. Multiple Correlation
    - iii. Multiple Regression
    - iv. Analysis of variances and covariances
2. Concept of Factor Analysis
3. Construction/ adaptation of a psychological test
4. Introduction to statistical techniques through computer by familiarizing with a statistical package

### **References**

1. Mangal, S. K. (2002). *Statistics in Psychology and Education*. PHI Learning.
2. Das, D., & Das, A. (2021). *Statistics in Biology and Psychology* (6<sup>th</sup>Edn.). Academic Publishers.
3. Aron, A., Aron, E., & Coups, E. J. (2019). *Statistics for Psychology*. (6<sup>th</sup>Edn.). Pearson Education.
4. Broota, K. D. (2020). *Research Design and Methods - A Process Approach*. (2<sup>nd</sup>Edn.). New Age International Publishers.
5. Hair, Black, Babin, & Anderson. (2019). *Multivariate Data Analysis*. (8<sup>th</sup>Edn.). Cengage Learning.
6. Tabachnick, B. G., & Fidell, L. S. (2013). *Using Multivariate Statistics* (6<sup>th</sup>Edn.). Pearson Education.
7. Anastasi, A. & Urbina, S. (2016). *Psychological Testing*. (7<sup>th</sup>Edn.). Pearson Education.

8. Veeraraghavan, V., & Shetgovekar, S. (2016). Textbook of Parametric and Nonparametric Statistics. Sage.
9. Verma, J. P. (2019). Statistics and Research Methods in Psychology with Excel. (1<sup>st</sup>Edn.). Springer, Singapore.

## **Semester III**

### **Course Name: Social Psychology**

1. Self, Social Identity, & Relationships –
  - a. Concept of Self, Identity, Culture, Community, Gender, Stereotype, Prejudice, Discrimination
  - b. Relationships – Attraction & Intimacy, Affiliation, Friendship & Romantic Relationships
2. Social Influence & Groups–
  - a. Conformity, Compliance, Obedience, Prosocial Behaviour
  - b. Group – Types of Groups, Norms, Group Behaviour, Conflict, Stress Management, Aggression, Mob behaviour
3. Theories– Social Construction, Social Representation, Discursive Social Psychology, Social Exchange, Social Comparison, Love, Stigma
4. Research Methods & Applications –
  - a. Experimental and Non-Experimental Research in Social Psychology
  - b. Cross-cultural Research in Social Psychology

### **References**

1. Baron & Branscombe (2017). Social Psychology. (14<sup>th</sup>Edn.). Pearson Education.
2. Aronson, Wilson, & Sommers. (2020). Social Psychology. (10<sup>th</sup>Edn.). Pearson Education.
3. Taylor, Peplau, & Sears. (2006). Social Psychology. Pearson Education.
4. Gruman, Coutts, & Schneider (eds.) (2017). Applied Social Psychology: Understanding and Addressing Social and Practical Problems (South Asian Adaptation).SAGE Publications India Pvt Ltd.
5. Myers & Twenge. (2021). Social Psychology (13<sup>th</sup>Edn.). McGraw Hill.

**Course Name: Industrial/ Organizational Psychology**

1. Selection and Recruitment –
  - a. Job Analysis
  - b. Assessment and Selection techniques
  - c. Productive and Counterproductive work behaviour
  - d. Job involvement and Organizational commitment
2. Training and Performance Appraisal–
  - a. Approaches to training
  - b. Phases of training
  - c. Performance appraisal programme
  - d. Counselling, Evaluation and Follow-up
3. Human Engineering, Safety, Health& Organizational Culture–
  - a. Concept of Human Engineering, Cognitive Ergonomics
  - b. Work-Space Design, Accident and Safety measures, Harassment
  - c. Nature of Organizational Culture, Creating, Sustaining and Changing Culture
  - d. Organizational Socialization, Multiculturalism and Diversity Management, Stress Management
  - e. Entrepreneurship development
4. Groups, Leadership &Organizational Communication –
  - a. Individual attitude and Values in Organization
  - b. Group Dynamics, Power
  - c. Organizational Communication & Conflict
  - d. Organizational Decision Making
  - e. Leadership styles and impact on organizations, Theories of Leadership

**References**

1. Luthans, F. Organizational Behaviour - An Evidence Based Approach. Twelfth edition (Indian Edition).

2. Riggio, R. E. (2017). Introduction to Industrial/Organizational Psychology (Seventh Edition). Routledge.
3. Spector, P. E. (2016). Industrial and Organizational Psychology: Research and Practice. Wiley India Edition.
4. Robbins, Judge, Vohra. Organizational Behaviour (Eighteenth Edition). Pearson Education.
5. Uhl-Bien, Schermerhorn Jr., Osborn, Dash. Organizational Behavior, 13ed (An Indian Adaptation).

### **EC11: Elective Course: Theory**

**[As per Choice of Specialization. A for Clinical and B for Organizational]**

#### **A) Psychological Disorders**

1. Normality and abnormality: Concept, definition, and types
2. Anxiety Spectrum Disorders and Affective Disorder: Generalized Anxiety Disorder, Panic Disorders, Phobias, Obsessive Compulsive Disorders, Somatoform Disorders, Major Depressive Disorder, Bipolar Affective Disorder
3. Psychosis: Schizophrenia, Delusional Disorders
4. Organic Disorders: Delirium, Amnesia, Dementia, Substance-use Disorders

#### **References**

1. Nietzel, M.T., Bernstein, D.A., Milich, R. Introduction to Clinical Psychology(4th Edition) Prentice Hall.
2. Barlow, D.H. & Durand, V.M. (1999). Abnormal psychology (2nd ed.). Pacific Grove: Books/Cole.
3. Davison, G.C., Neal, J.M. &Kring, A.M. (2004). Abnormal psychology. (9th ed.). New York:
4. Wiley. 5. Nolen- Hoeksema, S. (2004). Abnormal Psychology 3rd Edn. McGraw Hill: New York, USA.

## **Course Name: Consumer Behaviour and Marketing Strategy**

1. Consumer Psychology & Consumer Behaviour – History, Context and Concepts
2. Models of Consumer Behaviour
3. Brands and their values - Brand image, Brand loyalty and Brand personality
4. Marketing Strategy-
  - a. Communication, Persuasion and Marketing Strategies
  - b. Facets of Advertising: Print, Radio, Television, Web-based. Impact of advertisement on consumer behaviour.
  - c. Changes in marketing strategies over the years

## **References**

1. Schiffman, Wisenblit, & Kumar. Consumer Behaviour (12<sup>th</sup>Edn.). Pearson Education
2. Kumar, S. R. Consumer Behaviour: The Indian Context - Concepts and Cases.(2<sup>nd</sup> Edition). Pearson Education.
3. Solomon & Panda. Consumer Behaviour (13<sup>th</sup>Edn.). Pearson Education
4. Mothersbaugh, D. L., Hawkins, D. I., Mookerjee, A. (2019). Consumer Behavior : Building Marketing Strategies | 13th Edition Paperback. McGraw-Hill.
5. Belch, G. E., Belch, M., A., Purani, K. (2021). Advertising and Promotion: An Integrated Marketing Communications Perspective (Special Indian Edition) (12<sup>th</sup>Edn.). McGraw Hill Education.

## **EC12: Elective Course: Practical**

**[As per Choice of Specialization. A for Clinical and B for Organizational]**

### **A) Practical: Case History, Testing, Report writing**

1. Case History and Mental Status Examination
2. Rating Scales and Questionnaires: BDI, BAI, STAI, STAXI, NEO-5, EPQ.
3. Projective Tests: Rorschach Inkblot Test, Thematic Apperception Test, Human Figure Drawing Test
4. Report Writing : Child & Adult

## References

1. Anastasi, A., & Urbina, S. (1997). *Psychological testing* (7th ed.). Delhi: Pearson Education
2. Fernandes-Ballesteros, R. (ed.). (2003). *Encyclopedia of psychological assessment*. Vol. I & II. New Delhi: Sage.
3. Freeman, F. S. (1965). *Theory and practice in psychological testing* (3rd ed.). New Delhi: Oxford and IBH.
4. Gregory, R. J. (2000). *Psychological testing: History, principles, and applications* (3rd Ed.). Boston: Allyn & Bacon.
5. Kaplan, R. M., Saccuzzo, D. P. (2001). *Psychological testing: Principles, applications, and issues* (5th ed.). New Delhi: Asian Books Pvt. Ltd.
6. Groth – Marnat, G (2003). *Handbook of Psychological Assessment*. John Wiley & Sons Inc., Hoboken, New Jersey
7. Exner, J. E., Jr. (2003). (4th ed.). John Wiley & Sons Inc.
8. Bellak, L., & Abrams, D. M. (1997). *The Thematic Apperception Test, the Children's Apperception Test, and the Senior Apperception Technique in clinical use*, 6th ed.

## B) Practical: Quality of Work Life and Performance

Learn the testing and conduct practical on any 4 of the following:

1. Assessment of Leadership Style (actual or perceived)
2. Work Motivation of the employees of an organization
3. Work Life Balance
4. Time Management
5. Organizational Stress or Job Stress or Occupational Stress
6. Quality of Work Life (QWL)
7. Quality of Life (QOL)

## References

1. Pestonjee, D. M., Pande, S. (2013). *Stress and Work: Perspectives on Understanding and Managing Stress*. India. Sage Publication.



2. Weinberg, A., Sutherland, V.J., Cooper, C. (2016). Organizational Stress Management: A Strategic Approach. United Kingdom. Palgrave Macmillan.
3. Linden, W. (2018). Managing Stress. Sage.
4. Buchanan & Huczynski. (2020). Organizational Behaviour - Pearson Education Limited
5. Arnold, J., Robertson, I.T., and Cooper, C.L. (1996). Work Psychology. McMillan India Ltd., Delhi.
6. Newstrom, J.W. and Davis, K. (Eds). (2001). Organizational Behavior: Human Behavior at Work (11<sup>th</sup>Edn.) McGraw Hill Education.
7. Conte & Landy. (2019). Work in the 21st Century - An Introduction to Industrial and Organizational Psychology (6th ed) - Wiley

## **Semester IV**

### **Course Name: Positive Psychology**

1. Introduction to positive Psychology: Concept and History
  - a. Nature and Dimension of Positive Psychology
  - b. Scope of Positive psychology
2. Positive Emotional States and Processes
  - a. Positive Emotions and well being: Hope & Optimism, Love
  - b. The Positive Psychology of Emotional Intelligence
  - c. Influence of Positive Emotions
  - d. Spiritualistic Orientation – Meditation, Yoga, & Other Methods.
3. Happiness
  - a. Introduction to Psychology of happiness
  - b. Well -being and happiness
  - c. Types of happiness- Eudaimonic and Hedonic History of Happiness, Theories
  - d. Traits associated with Happiness, Setting Goals for Life and Happiness
4. Psychological well-being
  - a. Coping and resilience - Meditation & Mindfulness
  - b. Role of psychotherapy in positive wellbeing

## References

1. Boniwell (2012) - Positive Psychology in a Nutshell - The Science of Happiness (3rd edn) - Open University Press (2012)
2. Baumgardner & Crothers (2014) - Positive Psychology. Pearson.
3. Carr(2004). Positive Psychology\_ The Science of Happiness and Human Strengths. Brunner-Routledge.
4. Joseph (2015) - Positive Psychology in Practice - Promoting Human Flourishing in Work, Health, Education, and Everyday Life – Wiley
5. Lopez & Snyder (2002) - Handbook of Positive Psychology (2nd Edn) - Oxford University Press, USA (2002)
6. Snyder & Lopez (2007) - Positive Psychology - The Scientific and Practical Explorations of Human Strengths - Sage Publications, Inc (2007)
7. Seligman (2004) - Authentic Happiness - Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment-Atria Books (2004)
8. Williams & Kabat-Zinn (2013) - Mindfulness - Diverse Perspectives on its Meaning, Origins and Applications – Routledge

## Course Name: Psychotherapy

1. Introduction to Psychotherapy:
  - a. Objectives and Principles of Psychotherapy
  - b. Types of Psychotherapies
  - c. Ethical and cultural issues in Psychotherapy; Record keeping
  - d. Psychotherapy Research
  - e. Stress, Burnout and personal growth of the therapist
2. Psychodynamic Psychotherapies: Techniques, Stages, Effectiveness, Limitations, Indications and Contraindications
  - a. Psychoanalysis: Freudian and Neo Freudian
  - b. Short Term Psychodynamic Psychotherapies
3. Behaviour Therapy and Cognitive Behaviour Therapies
4. Client Centered, Existential, Humanistic therapy and Gestalt Therapy

## References

1. Patterson, C.H. & Wabkins, C. E. (1996). Theories of psychotherapy. Harper & Collins
2. Archer, J & McCarthy, C.J. (2007). Theories of Counseling and Psychotherapy.
3. Beck, A.T., Rush, A.J., Shaw, B.F., Emery, G. (1979). Cognitive therapy of depression. NY. Guilford Press
4. Franks, C.M. (Ed). (1969). Behaviour Therapy. Mc Graw Hill.

## Course Name: Dissertation

1. To develop critical thinking
2. To give exposure to research process, learning the steps of research, including literature review, data collection, and data interpretation.
3. To know about research ethics and guidelines.
4. To provide the scope to conduct scientific research independently.

## CC16: Elective Course: Practical

[As per Choice of Specialization. A for Clinical and B for Organizational]

### A) Cognitive and Neuropsychological Assessments

- a) IQ assessment: VSMS, DST, WISC- 5 India
- b) Attention and Memory: Digit Span test, TMT, Letter cancellation, PGI memory scale
- c) Visuo-spatial: BGT, Nahor-Benson Test
- d) Executive Functioning: Stroop neuropsychological screening test, Signal Detection Test, WCST

## References

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3. Levin, H. S., Benton, A. L., & Grossman, R. G. (1982). Neurobehavioural

- consequences of closed head injury. New York Oxford University Press.
4. Wechsler, D. (1955). Wechsler adult intelligence scale manual. San Antonio, TX: The psychological corporation.
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## **B) Human Resource Planning & Development**

Learn the testing and conduct practical/project work on any 3 of the following:

1. Assertion / Assertiveness
2. Leadership Preference Scale
3. Supervisor / Organizational Support Assessment
4. Job Satisfaction

Discuss theory and conduct project work on any 1 of the following:

5. HRM Assessment Approach (including Focus Group Discussion & Interviews)
6. Case Study on HRM Practices in an organization

## **References**

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4. Harris, M. (2000). *Human Resource Management*. 2nd edition. The Dryden Press.
5. Leonard, S. H., Lewis, R., Freedman, M. & Passmore, J. (2013). *The Wiley-Blackwell Handbook of the Psychology of Leadership, Change, and Organisational Development*. Wiley-Blackwell.
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