



DHANALAKSHMI SRINIVASAN UNIVERSITY
 Samayapuram, Trichirapalli.
SCHOOL OF ALLIED HEALTH SCIENCE

B.Sc - Clinical Psychology – 4 Years Course (Batch : 2022-2023)

S.No	Years	Hours	COURSE CODE
First Year			
1.	General Psychology	60	22CLP01
2.	Biological Psychology	60	22CLP02
3.	Developmental Psychology	60	22CLP03
4.	Nutritional Values in Behavior	50	22CLP04
5.	Language – English	60	22CLP05
6.	Computer and Its Application	50	22CLP06
7.	Clinical Posting	650	-
Total		990	
Second Year			
1.	Cognitive Psychology	60	22CLP07
2.	Health Psychology	60	22CLP08
3.	Abnormal Psychology	60	22CLP09
4.	Social and cultural Psychology	50	22CLP10
5.	Environmental studies & Human Values	50	22CLP11
6.	Experimental Psychology Practical – I	60	22CLP12P
7.	Clinical Posting	650	-
Total		990	
Third Year			
1.	Modern Clinical Psychology	60	22CLP13
2.	Counselling Psychology	60	22CLP14
3.	Basics of Organizational Behaviour	50	22CLP15

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4.	Psychological Measurements, Statistics and Research Methodology	50	22CLP16
5.	Foundation of Psychotherapy	50	22CLP17
6.	Experimental Psychology II Practical – II	60	22CLP18P
8.	Clinical Posting	650	-
Total		980	
Fourth Year			
1.	Internship – Practice	-	-

B.Sc.-Clinical Psychology (4 Years Degree Course)

PROGRAMME OUTCOME (PO)

- Graduates will analyze clinical psychology theories, concepts, and principles.
- Graduates will administer, score, and interpret psychological assessments and diagnostic tools.
- Graduates will plan, implement, and evaluate evidence-based therapeutic interventions.
- Graduates will critically evaluate research studies in clinical psychology.
- Graduates will demonstrate adherence to ethical principles, professional standards, and legal frameworks.

PROGRAM EDUCATIONAL OBJECTIVES (PEO)

- Graduates are prepared to provide culturally sensitive and evidence-based services in clinical psychology.
- The program develops graduates' research skills, critical thinking, and analytical abilities.
- The program enables graduates to integrate theory and practice in clinical psychology settings.
- The program fosters graduates' ability to work collaboratively with healthcare professionals and communities.
- The program prepares graduates for advanced education, research, or entry-level positions in clinical psychology.

FIRST YEAR

22CLP01

PAPER I - GENERAL PSYCHOLOGY

HOURS: 60 HRS

Course Outcome (CO):

- Define and explain fundamental psychological concepts, theories, and principles.
- Apply psychological principles to real-world problems and everyday life.
- Demonstrate critical thinking and problem-solving skills in understanding psychological phenomena.
- Develop effective communication skills for conveying psychological concepts.

Unit I :

Definition of Psychology, Goals of Psychology, History of Psychology, Application of Psychology. Modern Approaches to Psychology – Scientific Methods of analysis - Human Subjects and Animal Behavior.

Unit II:

Biological Basis of Behavior – Body and Mind relationship – Normal and abnormal Behavior - Mental Health and Mental Hygiene – Concept, Characteristics, Defense Mechanism – Dealing with Ego - Role in various fields.

Unit III :

Intelligence - Theories of Intelligence - Aspects of Creativity, the Creativity Process - Creative Product - Creative Person and the Creative Situation, Relationship between Creativity and Intelligence. Creative Thinking Process, Problem Solving and Creativity

Unit IV :

Learning - Nature of Learning, Verbal learning: Nature, Materials and Experimental methods, Procedures of learning; Conditioning: Classical conditioning and Operant conditioning; Trial and Error, Insightful Learning, Basic principles of learning, trace conditioning, Shaping, role of Reinforcement, schedule of reinforcement.

Unit V :

Motivation, Motivation Cycle - Nature of Motivation, Need, Drive and Incentive, Primary and Secondary Motives; Types of motivation - Physiological Motivation – Hunger, Thirst, Psychological motivation – Achievement, Affiliation, Power, Parenting; Theories of Motivation – Current status of motivational Psychology. Biological and Social needs – Hunger – Body weight – Sexual behavior – Achievement – Intrinsic motivation.

Unit VI :

Definition of Emotion, Nature; Types; Physiological responses-Arousal and emotional intensity; Theories of Emotion - Communication of Emotion – Emotional expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions, Biology of emotion.

Unit–VII :

Personality – Definition, meaning - Classifications of Personality – Four theories of Personality - Assessment of personality.

Unit VIII :

Psychology of Stress, Health and Well-being – Mind body relationship, Stress and diseases, Stress and psychological disorder. Positive aspects of stress, Factors influencing stress tolerance. Psychology of happiness

Unit IX :

States of Consciousness, Self-Awareness and the Unconscious Mind, Sleep Cycle - Definition, Stages & Disorders, Treatment.

Unit X :

Psychological Approaches to Environment - Nature of Psychological Research, Steps in Psychological Research – Examples - Problems and Issues of Human Development

Text Books:

- 1) Morgan and King, 1996 Introduction to Psychology (4th Ed) New York: Brooks/Cole.Publishing Company.
- 2) Mangal.S.K. (2020). General Psychology (2nd Edition). Streling Publishers.
- 3) Rod Plotnik. (1993). Introduction to Psychology, Brooks/Cole Publishing Company, Pacific Grove, California. 3rd Edition.

Reference Books:

1. Rajamanickam, M. (2000). Modern General Psychology. Agra: H.P. Bhargava Book House.
2. Benjamin,L.T.,Hopkings, .J.R., Nation, .J.R. (1987). Psychology, New York: Macmillan Publishing Company.
3. Wade, C.&Tavris. C., (1987). Psychology, New York: Harper and Row Publishers Inc.

22CLP02 PAPER II - BIOLOGICAL PSYCHOLOGY HOURS: 60 HRS

Course Outcome (CO):

- Identify the neural mechanisms underlying human behavior, including sensory and motor functions.
- Analyze the interplay between biological systems and psychological processes, such as stress, emotion, and cognition.
- Explain the neurobiological basis of neurological and psychiatric disorders, including neurodevelopmental and neurodegenerative conditions.

Unit-I

Introduction - Meaning of Biological Psychology - Goals of Research, Biological roots of Physiological Psychology. Functionalism and Inheritance of Traits, Evolution of human species, evolution of large brains. Ethical issues in research with animals and human.

Unit-II

Genetics and Behavior – Hereditary – Principles of Hereditary – Genetic Disorders – Environment – Influence of Hereditary and Environment, Influence on Intelligence – Individual difference.

Unit-III

Nervous System- Brain Structures, Composition of the Nervous System – its development, The forebrain, The midbrain, The hindbrain, The spinal cord. The Peripheral Nervous System: Spinal nerves, cranial nerves, the autonomic nervous system.

Unit-IV

Neurophysiology Conduction, Transmission, and the Integration of Neural Signals - Electrical signals are the vocabulary of the Nervous System -The sequence of transmission process at chemical synapses – Neurons and synapses combine to make circuits gross Electrical Activity of the Human Brain.

Unit-V

Neurotransmitters and Neuropharmacology. Many chemical neurotransmitters have been identified -Neurotransmitter system from a complex array in the brain.

Unit – VI

Drugs range from molecular processes to effects on transmission - Drugs that affect the brain can be divided into functional classes - Drug abuse is pervasive.

Unit – VII

Psychobiology of Sensory Systems - Anatomy of the visual system (Eyes, Photoreceptors). Relation between eye and brain. Muscles and Glands.

Unit–VIII

Hormones and the Brain: Hormones act in a great variety of ways throughout the body - Hormones act on a wide variety of cellular mechanisms - Each endocrine gland secretes specific hormones –Hormones affect behavior in different ways –Hormonal and Neural system interact to produce integrated responses.

Unit–IX

Meaning of Emotions – Theories of Emotions – Types of Emotions Viewpoint – Individual Differences in Emotional Responsiveness – Autonomic Responses – Brain Circuits in Emotions.

Unit – X

Biology of Behavior – Approaches the brain and behavior – Levels of Analysis -: Evaluating the behavioural effects of brain damage, producing brain lesions. Study of the living human brain.

Text Books

1. Rosenzweig, M. S., Marc Breedlove, S & Watson, N. V. (2005). Biological Psychology. MA:Sinauer Associates, Inc.
2. Garret, B. (2008). Brain and Behaviour, New Delhi: Sage.
3. Carlson.R.N. (2017). Foundations of Physiological Psychology (6th Ed.). New Delhi, Pearson Education, Inc
4. **Kalat , J.W. (2004). Biological Psychology. CA: Wadswort/Thomson Learning**

Reference Books

1. Barbara Fadem, (2020). Behavioral Science. (8th Edition), Wolters Kluwer,

22CLP03 PAPER III - DEVELOPMENTAL PSYCHOLOGY HOURS: 60 HRS

Course Outcome (CO):

- Understand the different stages, and processes of human development.
- Distinguish, Examine and Analyze various different stages of human development Analyze
- Understand and execute the human developmental stages in the modern society

Unit-I

Lifespan development - Meaning Young Adulthood Physical development – Health and Physical condition – Genes and Chromosomes; Fertilization; Stages of prenatal development; Prenatal environment; Birth process; Approaches to child birth - Sexual and reproductive issues – Psychosocial development.

Unit-II

Infancy - Physical development - sensory-motor development; Language development, Moral development, Psychosocial development.

Unit-III

Early Childhood: Physical development – Middle Childhood - Psychosocial development: Gender identity- Friendship; Moral development; Piaget's view-Social learning approach

Unit-IV

Late Childhood: Physical development- Motor development; Cognitive development- Concrete operational thought; Language development; Psychosocial development; Self-esteem; Moral development; Relationship- Stages of friendship- Gender and Friendship.

Unit-V

Early Adolescence: Physical development- Puberty; Cognitive development- Piaget's formal operations; Identity formation; Selfconcept- Self-esteem- Marcia's approach to identity development. Relationship- Family ties- Relationship with peers; Popularity and rejection; Conformity; Juvenile delinquency.

Unit-VI

Adolescence: Physical and Cognitive Development Physical development – Physical changes – Health Cognitive development – Measuring. Adulthood

Unit–VII

Middle Adulthood: Psychosocial Development Change at midlife: Classic theoretical approaches – The self at midlife – Changes in relationships- Consensual relationships- Relationship with maturing children – Other Kinship ties

Unit–VIII

Late Adulthood Old age today – Physical development – Longevity and aging – Physical changes –Physical and mental health – Aspects of cognitive development – Psychosocial development theory and research – lifestyle and social issues – Personal relationships in late life. Health and wellness; Memory; Living arrangements; Institutionalism; Work and retirement; Social network; Family relationship.

Unit–IX

Death: definition; Death across lifespan; Death education; Process of death; Choosing the nature of death; Caring for terminally ill; Bereavement and grief. Death & Bereavement The many faces of death

Unit – X

Psychological issues – Special losses – Medical, Legal and ethical issues – Finding meaning and purpose in life and death.

Text Books:

1. Papalia, D. E., & Olds, S.D.(2004). Human Development (9th Edn.) New Delhi: Tata McGraw Hill Publishingco., Ltd.,

Reference Books:

1. Schiamberg, L. B.(1984) Human Development(2nd Edn. New York: Macmillan publishing Co.
2. Hurlock, E. B(1976). Child Development (4th Edn.). New Delhi: Tata McGraw Hill Co. Ltd.,

22CLP04 PAPER IV - NUTRITIONAL VALUES IN BEHAVIOR HOURS: 60 HRS

Course Outcome (CO):

- Recognize the role of essential nutrients in influencing cognitive function, mood, and behavioral patterns.
- Analyze the interrelationship between dietary habits, lifestyle factors, and mental health outcomes.
- Apply knowledge of nutritional psychology to design interventions promoting healthy eating habits and behavioral change.

Unit-I :

Introduction to nutrition - Food as source of nutrients, functions of food, definition of nutrition, nutrients & energy. Concepts – Role of nutrition in maintaining health - Classification of foods – Role of food and its medicinal value. Interrelationship between nutrition & health - Visible symptoms of goods health.

Unit-II :

Introduction to macro Nutrients - and micro Nutrients Principles of nutrient requirements. Carbohydrates, Protein, Fat, Vitamins, minerals - Classification - Functions, classification, food sources, storage in body. Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency.

Unit-III :

Energy: Unit of energy, sources, determination of energy expenditure, energy value of foods, Measurement of total energy requirement, Basal Metabolic Rate, determination of BMR. Balanced Diet - Basic food groups and food guide (RDA), food pyramid, Basic principles of menu planning.

Unit – IV

Nutrition in pregnancy and Lactation Nutritional demands of pregnancy – Food selection in pregnancy – Complications of pregnancy – Diet during labor – Diet following delivery – Diet in Lactation.

Unit – V

Nutritional During Infancy and Early Child hood: Nutritional requirements of infants – Breast feeding – Introduction of solid foods – Feeding difficulties in infants – Other considerations in infant feeding – The toddler.

Unit – VI

Role of Nutrition for Children - Nutritional requirements – food habits and eating practices. Role of Nutrition for Adolescents and Adults - Nutritional requirements – food habits and eating practices.

Unit – VII

Nutrition for older Persons: Nutrition and Aging – Dieting intakes and requirements of older people - Planning meals for older people – Nutritional problems and Nutrition programs for older people.

Unit – VIII

Malnutrition and eating disorder Protein energy Malnutrition – Vitamin deficiencies - Mineral Deficiencies, obesity, under weight and anorexia nervosa & Bulimia - Etiology – Complications – Dietary treatment.

Unit – IX

Nutrition in various Diseases Introduction to therapeutic diets Dietary management for Gastro intestinal diseases, Diabetes mellitus, Renal diseases, Cardiac diseases, Malignancy, Hyper tension and HIV.

Unit – X

Nutrition on Brain Development Normal cellular growth of the brain – Effects of mal nutrition – Role of nutrition on brain. Nutrition Counseling: The Nutrition counselor – Resources for the nutrition counselor – Responsibility of the nutrition counselor –Determining the role of Nutrition counselor practioner.

Text Books:

1. B. Srilakshmi, Dietetics (Second Edition) New Age International (p) Ltd.
2. M. Swaminathan, M. Advanced Text –Book on food & Nutrition Vol-I and Vol-II Published by The Bangalore printing & publishing Co. Ltd.
3. Sue Rodwell Williams(2001) .Basic Nutrition and Diet Therapy. 11th Edition Published by Haa court (India) Private Limited.

Reference Books

4. Modern Nutrition in Health and Disease 10th edition by Maurice E. Shils
5. Antia, F.P (1973): Clinical dietetics and Nutrition, Second Edition, Oxford University Press, Delhi.

22CLP05

PAPER – V ENGLISH

HOURS: 60 HRS

COURSE DESCRIPTION:

The course is designed to enable students to enhance ability to comprehend spoken and written English (and use English) required for effective communication in their professional work. Students will practice their skills in verbal and written English during clinical and classroom experience.

OBJECTIVES:

- At the end of the course, the student will develop
- Ability to speak and write grammatically correct English Effective skill in reading and understanding the English language skill in reporting

THEORY

S. No	CONTENT
	COURSE CONTENT COMMUNICATION <ul style="list-style-type: none">• Communication at the workplace• Human needs and communication “Mind mapping” Information communication
	COMPREHENSION PASSAGE <ul style="list-style-type: none">• Reading purposefully Understanding• What is read Drawing Conclusion Finding and analysis
	EXPLAINING <ul style="list-style-type: none">• How to explain clearly• Explaining procedures Giving directions
	WRITING BUSINESS LETTERS <ul style="list-style-type: none">• How to construct correctly• Formal language• Address Salutation• Body and Conclusion
	REPORT WRITING <ul style="list-style-type: none">• Reporting an accident• Reporting what happened at a session• Reporting what happened at a meeting

22CLP06 PAPER VI - INTRODUCTION TO COMPUTERS HOURS: 50 HRS

DESCRIPTION

This course is designed for students to develop basic understanding of uses of computer and its applications.

OBJECTIVES

- At the end of the course, the student will develop
- Demonstrate skill in the use of MS Office, MS Excel and MS Power point
- Demonstrate use of internet and Email

COURSE CONTENT INTRODUCTION TO COMPUTER

- Creating and Managing Professional Documents using Word
- Presenting and Managing Data effectively using Excel Creating and Managing presentations using Power point
- Communicate and Manage tasks, contacts, and Appointments Using OfficeOutlook
- Introduction to Digital Lifestyle

THEORY

S. No	CONTENT
1.	<p>TYPING TEXT IN MS WORD</p> <ul style="list-style-type: none"> • Inserting tables in a document. • Formatting the text – using different font sizes, bold, italicsBullets and numbering • Pictures, file insertion • Aligning the text andjustify sChoosing paper size Adjusting margins • Header and footer, Inserting page No’s in a documentPrinting a file with options • Using spell check and grammar
2.	<p>CREATING TABLE IN MS-EXCEL</p> <ul style="list-style-type: none"> • Cell editing – Using formulas and functionsManipulating data with excel • Using sort function to sort numbers and alphabets\ • Drawing graphs and charts using data in Excel – Auto formatting – Insertingdata from other worksheets.
3.	<p>PREPARING NEW SLIDES USING MS- POWERPOINT</p> <ul style="list-style-type: none"> • Inserting slides – Slidetransition and animation – Using templates • Different text and font sizes – Slides with sounds – Inserting clip arts, pictures,tables and graphs– Presentation using wizards.
4.	<p>INTRODUCTION TO INTERNET</p> <p>Using search engine – Google search – Exploring the next using Internet Explorer and</p> <ul style="list-style-type: none"> • Navigator – Uploading and Download of files and images • E-mail ID creation Sending messages – Attaching files in E-mail <ul style="list-style-type: none"> • Typing a text and aligning the text with different formats using MS-Word • Inserting a table with proper alignment and using MS-Word

	<ul style="list-style-type: none">• Create mail merge document using MS-word to prepare greetings for 10 friends• Preparing a Slide show with transition, animation and sound effect using MS PowerPoint• Customizing the slide show and inserting pictures and tables in the slides using MS PowerPoint• Creating a worksheet using MS-Excel with data and use of functions Using MS-Excel prepare a worksheet with text, date time and data Preparing a chart and pie diagrams using MS-Excel• Using Internet for searching, uploading files, downloading files and creating e-mail ID
5.	METHODS OF TEACHING <ul style="list-style-type: none">• Lecture cum discussion• Demonstration• Practical work record

SECOND YEAR

II B. Sc Clinical Psychology – Batch 2023-2024

22CLP07

PAPER – I COGNITIVE PSYCHOLOGY

HOURS: 60 HRS

Course Outcome (CO):

- Define the fundamental processes of cognition, including attention, perception, memory, language, and problem-solving.
- Examine the neural mechanisms underlying cognitive functions and their relationship to behavioral outcomes.
- Apply cognitive theories and research to understand cognitive deficits and develop evidence-based interventions.

Unit-I

Cognitive Psychology - History, Methods, and paradigms: Structuralism, Functionalism. Behaviorism - The study of Individual Differences –The Cognitive Revolution and the Birth of Cognitive Science. Methods in Cognitive Psychology - Experiments – Naturalistic Observation, Controlled Observation and Clinical Interviews. Paradigms of Cognitive Psychology

Unit – II

Thinking, basic elements of thoughts, Reasoning-Decision Making, stages, process, barrier-Problem solving: Problem solving cycle, Types of problem, Block of problem solving. Attention- Neural basis; Selective attention, Vigilance behavior theories of selective attention Filter theory, Schema theory Attention - Deploying Cognitive Resources - Networks of Visual Attention- Selective Attention - Attention outside the Laboratory, Examples- Cell phone Usage While Driving etc.,

Unit-III

Cognitive Mapping Techniques - Lateralization of Function: Studies of Split –Brained Patients - Brain –Imaging Techniques: CAT (CT) Scans-Magnetic Resonance Imaging (MRI)- Positron Emission Tomography (PET) - Functional Magnetic: Imaging (fMRI) - Other Brain Recording Techniques: Electroencephalography (EEG) - Event –Related Potential (ERP)- Transcranial Magnetic Stimulation (TMS)

Unit- IV

Cognitive impairment disorders - brain disorders. dementia - cognitive impairment disorders examples. Disorders of childhood and adolescence. Externalizing and internalizing disorders. Language: Fundamental aspects of language, language acquisition, language comprehension processes- semantics; syntax.

Unit- V

Perception - Pattern and Objects - Approaches to perception - Disruptions of Perception. Memory - Forming and Using New Memory - Traditional Approaches of the Study of memory - Sensory Memory - Working Memory - Executive Functioning- Neurological Studies. Reasoning: Meaning, Approaches to reasoning.

Text book:

1. Kathleen M. Galotti (2014).Cognitive Psychology, New Delhi, Sage Publications.
Reference Books:
2. \R.Reed Hunt, Henry C ELLIS (2006) Fundamentals of Cognitive Psychology.7th Edition New Delhi, Tata McGraw-Hill Publishing Company Limited.
3. John. B.Best (1995) 4th Edition.Cognitive Psychology, New York, West Publishing Company.

22CLP08

PAPER II - HEALTH PSYCHOLOGY

HOURS: 60 HRS

Course Outcome (CO)

- The student will employ various models of health across different levels.
- Can Predict health behavior and beliefs to evaluate
- They can Examine and Analyze the impact of stress and related coping techniques
- Students can create and develop pain management program.

Unit - I

Introduction to health psychology. Concept and models of health: Biological, Biopsychosocial and Eastern. Health behaviour and belief: Factors predicting health behaviour and beliefs, health awareness and health seeking behaviour, health related beliefs in Eastern perspective.

Unit – II

Health enhancing behaviour-Benefit of exercise, Types of exercise, Factor promoting exercise behaviour; Eating behaviour & Health-functions of food, Seven components of food, Healthy eating pyramid.

Unit - III

Stress and Coping: Definition and perspectives of stress Stimulus based, response based and transactional perspectives. Sources of stress: Cataclysmic events, life events, and daily hassles; potential stressors coping with stress: personal resources, coping style and coping strategies Stress related illnesses.

Unit - IV

Management of serious illness- Quality of life assessment, pain management, terminal care, the aging of the population; Obesity- obesity in older age, factors associated with obesity, treatment of obesity.

Unit -V

Promoting and maintaining health. Sleep: Sleep cycles, Sleep Quality, Sleep related Disorders; Circadian rhythm; Biological, social, cultural, psychological and spiritual oriented interventions.

References:

1. Banyard. P (2002). Psychology In Practice: Health. Hodder & Stoughton Publishers.
2. Ogden, J. (2007). Health Psychology: A Text Book. McGraw Hill Publications.
3. Payne, S. & Sandra, H. (2004). Health Psychology. Open University Press.
4. Pitts, M. & Phillips, K. (2003). The Psychology of Health. Routledge Publishers.

22CLP09 PAPER III - ABNORMAL PSYCHOLOGY HOURS: 60 HRS

Course Outcome (CO)

- To understand about the abnormal psychology and their classifications
- To understand and analyze the eating and different types of personality disorders
- To understand about the anxiety-trauma and stressor related disorder
- To know the clinical features, causes and management of mood and psychotic disorders

Unit I:

Introduction to abnormal psychology: historical context, Overview of past and present views on the nature of psychiatric illnesses, their causes, treatment and diagnosis.

Concepts of normality and Abnormality, Myths and Misconceptions of abnormal behavior, classification of mental disorder; Stress and Mental health, Religious and spiritual coping.

Unit II:

Perspectives of abnormal behaviour- Psychodynamic, Biological, Socio-cultural, Behavioural and Cognitive; Different models of abnormal behavior and psychopathology, Clinical Assessment and Diagnosis.

Clinical features, causes and management of Eating disorder- Anorexia nervosa, Bulimia nervosa, Binge eating disorder, Pica, Rumination disorder. Personality disorder- types, causes, diagnose and treatment

Unit III:

Anxiety Disorder-Phobia, Social anxiety disorder, Panic disorder, Agoraphobia, Nocturnal panic attacks, GAD, OCD, Body dysmorphic disorder, Separation anxiety disorder; Trauma and stressor related disorder- Reactive attachment disorder, PTSD, Clinical features, causes and management,

Unit IV:

Mood disorders- Major depressive disorder, Manic episodes, Dysthymia, Psychotic depression Persistent depressive disorder, Premenstrual dysphoric disorder, Postpartum depression, Seasonal affective disorder, Bipolar disorder- Bipolar I and Bipolar II, Cyclothymia

Unit V:

Schizophrenia and other Psychotic disorders: types, clinical features, causes and management; Stress, caffeine, hallucination, Schizoaffective disorder, Schizophreniform disorder, Delusional disorder, Brief psychotic disorder

References:

1. Hooley, J.M., Butcher, J.N., Nock, M.K. & Mineka, S. Abnormal Psychology, Global Edition (2016), or 16th edition (2017), or other recent edition, Pearson.
2. Davey, G. (2014): Psychopathology. Wiley/BPS Textbooks. Page: Abnormal Psychology, Tata Mc-Graw Hill, New Delhi, 1987
3. Shanmugam: Abnormal Psychology, Tata Mc-Graw Hill, New Delhi, 1988

Text Book:

1. Bordens, K. S., & Horowitz, I. A. (2002). Social Psychology (2nd Ed.) Mahwah, New Jersey, Lawrence Erlbaum Associates, Inc.,

PAPER – IV

22CLP10 SOCIAL AND CULTURAL PSYCHOLOGY HOURS: 50 HRS

Course Outcome (CO)

- To Extrapolate the history, perspectives, methods and current trends of social psychology
- To be able to differentiate various theories of social interactions in the society
- To measures and to deal with social problems and legal perspective

Unit-I

Introduction to Social Psychology; Definition, Meaning, History, Current trends, Methods and Importance of Social Psychology today; Social Cognition; Social Perception - Perspectives & Methods.

Unit-II

Attitude – Definition, stereotype, Attitude formation, theories of attitude formation; difference between attitude, opinion & beliefs; Methods of attitude change; Stereotyping, Prejudice and Discrimination. Meaning and nature of social motivation, achievement motivation, interpersonal attraction, bases of attraction, attribution and person perception.

Unit-III

Understanding Relationships: Interpersonal attraction - Determinants, Close Relationships; Group & group formation: Definition of group, Formation of group, Group Dynamics –Factors related to group dynamics, Social Loafing, Social Discrimination, Perceived fairness and coordination in groups, Decision making in group - Experience of Marginalization, Group rules and Polarisation

Unit-IV

Social Influence; Conflict - Familial, social, and intergenerational, Structure and dynamics. Strategies of conflict resolution; Negotiation and Bargaining; Pro-social Behaviour - Ways to enhance pro social Behaviour; Aggression- Nature, causes and Control. Leadership and conformity: Functions of leader, characteristics and types of leadership, social conformity and determinants.

Unit-V

Social Problems – Violence, Gender Discrimination, Unemployment, Juvenile Delinquency, Criminality –causes and measures to reduce criminality, Measures of Indian government to overcome criminality. Culture - Socio-cultural diversity. Application of social psychology to social issues in India; dealing with social problems – Laws dealing with social issues; Reducing the impact of change in regard to problems such as child abuse & neglect, domestic violence.

References:

1. Baron, R.A., Branscombe, N.R., Byrne, D. and Bhardwaj, G.(2010). Social Psychology (12th Edition).Delhi, Pearson.
2. Baumeister, R.F.& Bushman, B.J.(2013) Social Psychology & Human Nature. Wadsworth
3. Ahuja, R. (2014). Social Problems in India. 3 rd Edition. Rawat Publication.
4. Aronson, E., Wilson, T.D. and Akert, R.M. (2010). Social Psychology (7th ed.) Boston: Prentice Hall.(Indian publication)
5. Hogg,M.& Vaughan,G.M.(2008) Social Psychology. Prentice Hall.

PAPER - V

22CLP11 ENVIRONMENTAL STUDIES & HUMAN VALUES HOURS: 50 HRS

Course Outcome (CO):

- To understand the environmental system.
- To understand the various environmental degradation and damages.
- To be aware of negotiations and international efforts for sustainable development.

Unit-I

The Services Provided by the Environmental System. Ecosystems: Food Chains, Food Webs, and Ecological Pyramids. Biochemical Cycles: Hydrological Cycle, Carbon Cycle.

Bio Diversity: Meaning / Importance - Reasons and Consequences of Biodiversity decline
Consequences of Overdrawing Water Resources. Importance of Forests: Causes and Consequences of Deforestation.

Unit-II

Sources and impact of Air Pollution - Water Pollution - Land Pollution - Municipal Solid Waste-Noise Pollution. The Science of Climate Change-The Green House Effect Sources and Impact of Climate Change. Coping with Climate Change.

Unit-III

Human Values – Introduction - Values, Characteristics, Types, Developing Value system in Indian Organisation, Values in Business Management, value-based Organisation, Trans –cultural Human values in Management. Human Values and Present Practices – Issues: Corruption and Bribe, Privacy Policy in Web and social media, Cyber threats, Online Shopping etc.

Unit-IV

Introduction to sustainable policies and practices in Indian Economy. Principles of Ethics Secular and Spiritual Values in Management - Introduction - Secular and Spiritual values, features, Levels of value Implementation. Features of spiritual Values, Corporate Social Responsibility - Nature, Levels, Phases and Models of CSR, Corporate Governance.

Unit-V

Environmental Laws - International Advancements in Environmental Conservation Role of National Green Tribunal Air Quality Index Importance of Indian
Traditional knowledge on environment Bio assessment of Environmental Quality Environmental Management System

Text Book:

1. Erach Bharucha (2004), Environmental Studies, UGC, New Delhi.

Reference books:

1. Dorothy f Boorse&Richard Wright (2010). Environmental science: toward a sustainable future (New Delhi: Prentice-Hall India),
2. Kumarasamy k., A. Alagappa Moses and M Vasanthy, (2004), Environmental Studies,Bharathidasan university pub. Trichy.
3. Kalavathy s. (ed.) (2004), Environmental Studies, Bishop Heber college pub., Trichy.

PAPER – V

22CLP12P EXPERIMENTAL PSYCHOLOGY - PRACTICAL –I HOURS: 60 HRS

Course Outcomes (CO):

- To understand the various methods of psychological characters.
- To expand knowledge regarding the interpretation of data.
- To prepare the experimental record.

List of Experiments:

1. Span of Attention.
2. Likert scale- attitude test
3. Test Anxiety Scale.
4. Seguin Form Board Test (SFBT).
5. Child Behavior Check list (CBCL).
6. Vinland Social Maturity Scale.
7. Personality factor questionnaire (16-PF)
8. Wechlar individual assessment test
9. Bhatia's Battery of Intelligence.
10. Thematic apperception test (TAT)

THIRD YEAR

22CLP13 PAPER I- MODERN CLINICAL PSYCHOLOGY HOURS: 60 HRS

Course Outcome (CO)

- To understand and analyze the substance related disorders
- To understand about the neurocognitive disorder
- To understand about the sleep and sleep related disorder
- To understand about the impulse control disorder
- To know the clinical features, causes and management of disorders dissociative disorder

UNIT-I

Substance related disorder- Alcohol use disorder, Drug abuse and dependence opium and its derivatives, Sedatives; Childhood and Adolescence (Neurodevelopmental disorders)-Conduct disorder, Elimination disorder, Attention-deficit hyperactivity disorder, Autism spectrum disorder, Learning disorder

UNIT-II

Neurocognitive disorder- Delirium, Major neurocognitive disorder, Parkinson's disease, Huntington's disease, Alzheimer's disease, Intellectual development; Sexual variants, abuse, and dysfunctions- Paraphilic disorder and its types and Gender dysphoria, Pedophilia and Hebephilia, Sexual dysfunctions in women

UNIT-III:

Sleep disorder- Circadian rhythm sleep-wake disorder, Restless legs syndrome, Sleep apnea, Hyper somnolence disorder, Insomnia, Narcolepsy, Nightmare disorder, REM sleep and Non REM sleep, Parasomnia- Nightmare, Sleep terrors, Sleep walking

UNIT-IV:

Impulse control disorder- Trichotillomania, Sexual compulsion, Internet addiction, Compulsive shopping, Pyromania, Intermittent explosive disorder, Kleptomania.

UNIT-V:

Somatic symptoms and Dissociative disorders- Somatic symptom disorder, Conversion disorder, Factitious disorder, Dissociative disorder- Depersonalization/ Derealization disorder, Dissociative amnesia, Dissociative identity disorder

References:

- 1.Hooley, J.M., Butcher, J.N., Nock, M.K. & Mineka, S. Abnormal Psychology, Global Edition (2016), or 16th edition (2017), or other recent edition, Pearson.
- 2.Davey, G. (2014): Psychopathology. Wiley/BPS Textbooks. Page: Abnormal Psychology, Tata Mc-Graw Hill, New Delhi, 1987

22CLP14

PAPER II-COUNSELLING PSYCHOLOGY

HOURS: 60 HRS

Course Outcome (CO):

- Understand the goal, role and characteristics of counselors.
- Apply the concepts of various counseling therapies
- Explain the process of group and career counseling
- Analyze the various forms of helping the needy client
- Relate the strategies of counseling to children and adults with special needs and their parents and siblings and significant others

UNIT 1

Definition, goals, clients and counselor quality - Transference and Counter transference, Counseling process, Rapport Building, Listening techniques, Empathic responding, probing, Confrontation Summarizing, Challenging Skills & Terminating Skills

UNIT II

Definition and scope of Counselling – History of Counselling –The Counselling process - Building Counselling Relationships –Structure, Initiative, The physical setting problem identification, exploration and the identification of goals, problem solving and application

UNIT III

Psychoanalytic counseling, Adlerian counseling, Behavioural counseling, RET, Reality therapy, and Humanistic Counselling, Person Centered Counselling, Gestalt Counselling, Existential Counselling, Systemic, Behavioural Counselling – Cognitive and Cognitive Behavioural counselling –Brief Counselling Approaches, Solution-focussed counseling, Crisis Counselling Approaches, Eclectic Counselling.

UNIT IV

Rapport Building, Reflective relationship techniques, Listening techniques – Active listening, forms of poor listening, Empathic responding, probing and Summarizing, Challenging Skills, Acceptance techniques, Structuring techniques, leading techniques, Reassurance and suggestion methods, Advanced empathy, immediacy, interpretation and confrontation, role playing, advice and information giving strategies, Terminating skills.

UNIT V

The place of groups in counselling – Types of groups – Psycho educational groups, Counselling groups, Psychotherapy groups and Task/Work groups – The process of group Counselling, The importance of Career Counselling: – The scope of Career Counselling and careers – Career Information. Counselling special populations:– working with elderly, crisis intervention, premarital counseling, The process of Couple, Marriage, and Family counseling, HIV/AIDS counseling, Counseling the Suicidal, counseling for terminally ill.

TEXT BOOK REFERENCE:

1.Kochhar,S.K., (1990). Guidance and Counselling in Colleges and Universities, NewDelhi; Sterling.

2.Samuel T. Gladding. (2009). Counselling – A Comprehensive Profession. Sixth Edition, Pearson Education.

3.Murgatroyd Stephen, (1988). Counselling and helping, London; British Psychological Society and Methuen

4.Kennedy Eugene, (1977). On becoming a Counsellor, U.S.A.; Gill and Mac Millan.

BOOKS FOR REFERENCE:

1. Weight, N.G., (1980). Total Rehabilitation, U.S.A.; Little Brown Company.
2. Fr. Joe Currie, S.J., (1993). In the Path of the Barefoot Counsellor, 18 Steps Toward Becoming Effective Helping Persons. Bangalore; TC Publications.
3. John Antony .D, (1994). Dynamics of Counselling, Nagercoil; Microskills Model Anugraha Publications.

22CLP15 PAPER III- BASIS OF ORGANIZATIONAL BEHAVIOUR HOURS: 50 HRS

Course Outcome (CO):

- Recognise the basic challenges in organisational behaviour
- Categorise the attitudes, emotions and personality in organization
- Organise the motivational process in organizational behaviour.
- Distinguish between leadership and politics.
- Compare and analyse organizational structure and culture.
- Understand the organizational change

UNIT 1:

Organisational Behaviour: Challenges & opportunities, contributing disciplines, management functions and relevance to Organisation Behaviour –Developing an OB Model. Diversity – geographical Characteristics – Implementing Diversity Management Strategies – Global Implications

UNIT 2:

Attitudes – Main components of Attitudes –Major Job Attitudes- Job satisfaction – Causes of Job Satisfaction –Emotions – Emotional Intelligence – OB –Application of emotions and Moods - Personality – MBTI –The Big Five Model –Other personality Traits – Global Implications – Values and Personality – Perception – Person Perception – Making Judgements about Others.

UNIT 3:

Emotions and Moods – Emotional Intelligence – OB Applications of Emotions and Moods – Global Implications –Motivation – Theories of Motivation – Early – Contemporary - Global Implications – Using rewards to Motivate Employees. Conflict - Management, Levels, Sources, bases, conflict resolution strategies, negotiation. Foundations of group behaviour: Stages of group development – Group Properties –Group decision Making.

UNIT 4:

Functions of Communication –Process – Direction of communication –Interpersonal Communication – Interpersonal Communication- Barriers to effective communication-Leadership –Theories –Types of Leadership- Finding and creating Effective leaders—Power Tactics – Politics

UNIT V:

Common Organizational Designs- New Design Options- Organizational design and employees' behaviour – Organizational Culture-Creating and sustaining culture – Eithical and Positive Culture – Approaches – Managing Organizational Change –Work Stress and its Management – Global Implications

BOOKS FOR REFERENCE

- 1.Umasekaran, Organisational Behaviour, Tata McGraw Hill.
- 2.Robbins S.P., Concepts contrivances and applications, Prentice Hall.
- 3.Umasekaran, Organisational Behaviour.
- 4.Helliregal.et.al, Organisational Behaviour, Thomson Learning.
- 5.McShane & Glinow, Organisational Behaviour, Tata McGraw Hill.

**22CLP16 PAPER IV- PSYCHOLOGICAL MEASUREMENTS, STATISTICS
AND RESEARCH METHODOLOGY** **HOURS: 50 HRS**

Course Outcome (CO) :

- The principles of Statistics and the types of variables
- The meaning and computation of the measures of central tendency and the measures of variability
- The meaning, computation and interpretation of correlation
- The probability and mathematical distribution statistical estimations and inferences a significance of differences.

Unit-I:

Introduction Meaning and Definition of Statistics – Need and importance of Statistics in Research – Classifications of statistics – Attributes – variables – continuous and discontinuous variables.

Unit-II:

Descriptive Statistics Meaning and Application of Measures of Central Tendency – mean – median – mode. Meaning and Application of Measures of Variability – Range – Standard Deviation – Quartile Deviation (semi inter quartile range) – Mean Deviation.

Unit-III:

Correlation Meaning of Correlation and its types – Pearson product moment correlation – rank order correlation – Applications of measures of relationship Normal curve – properties of normal curve – deviations from the normality – skewness – kurtosis

Unit-IV:

Difference between the means Difference between the means –‘t’ ratio – its applications – Oneway analysis of variance (ANOVA) – Concept of two way analysis of variance – repeated measures – analysis of co variance (ANCOVA)

Unit-V: Chi square, Para Metric and experimental design Meaning and definition of Chi - square - and its applications (Histogram – frequency polygon – bar diagram).

Text Books:

1. Garrett, H.E (1961); Statistics in Psychology and Education. Bombay : Allied pacific private Ltd.,
- 2.Kothari, C.R. Research Methodology, Willy Eastern Limited, New Delhi.

22CLP17 PAPER V- FOUNDATION OF PSYCHOTHERAPY HOURS: 50 HRS

Course Outcome (CO):

- Understand the development of psychoanalytic approach.
- Summarize existential and adlerian therapy.
- Paraphrase SFBT and person centered therapy.
- Understand the gestalt and transaction analysis.
- Analyse behaviour therapy.

UNIT I:

Meaning – Characteristics – Forms: Individual therapy - group therapy – insight therapy – action therapy- Psychoanalytic Therapy: Introduction-Key Concepts Therapeutic Processes- Procedures.

UNIT II:

Adlerian therapy: - Introduction-Key Concepts- Therapeutic Processes- Procedures. Existential Therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures. Beck's cognitive therapy

UNIT III:

Solution focused behaviour therapy: - Introduction-Key Concepts- Therapeutic Processes- Procedures; Person Centered Therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures.

UNIT IV

Gestalt therapy: - Introduction-Key Concepts- Therapeutic Processes- Procedures; Reality therapy: Introduction-Key Concepts- Therapeutic Processes- Procedures. Transaction analysis: - Introduction-Key Concepts- Therapeutic Processes- Procedures;

UNIT V

Behaviour therapy- Cognitive behaviour therapy, Rational emotive behaviour therapy: - Introduction- Key Concepts- Therapeutic Processes- Procedures;

Text Books:

1. Corey.G. (2001): Theory and Practice of Counseling and Psychotherapy. NewDelhi, Brooks/Cole.
2. Coon D &Mitterer, J.O. (2007): Introduction to Psychology: Gateway to Mindand Behavior. New Delhi: Thomson Wadsworth.

22CLP18P Experimental Psychology II -Practical – II HOURS: 60 HRS

Course outcomes (CO):

- Understand basics of psychological assessment.
- Understand different types of testing
- Apply different assessment techniques in practical life.

- 1.PGI Memory Scale
- 2.State-Trait AnxietyScale
- 3.Beck’s Depression Scale
- 4.Occupational Stress Index
- 5.Learning Disability Index
- 6.Myer-Briggs Type Indicator
- 7.Eyensencks personality scale
- 8.Educational Aspiration Scale
- 9.Achievement Motivation
- 10.Clinical Analysis Questionnaire
- 11.Mental Status Examination
- 12.Bogardus Social Distance Scale
- 13.Thematic Apperception Test (TAT)
- 14.Rorschach Ink-Blot Test
- 15.Wechsler’s Adult Intelligence Scale
- 16.Prejudice Scale
- 17.Family Relationship Scale

Prescribed text books:

- 1) Anne Anastasi and Susane Urbina (1997). Psychological Testing. Seventh Edition. New Jersey, Prentice Hall.

Books for reference:

- 1) Frank S. Freeman. (1962). Theory and Practice of Psychological Testing. New Delhi, Oxford & IBH Publishing Ltd

B.Sc CLINICAL PSYCHOLOGY
SCHEME OF EXAMINATION

FIRST YEAR

THEORY AND PRACTICAL CLASSES

Subject	Theory (Hrs)	Practical's (Hrs)	Total Hrs.
Paper I - General Psychology	60	-	60
Paper II - Biological Psychology	60	-	60
Paper III - Developmental Psychology	60	-	60
Paper IV - Nutritional Values in Behavior	50	-	50
English	60	-	60
Computer and Its Application	50	-	50
Clinical Posting	650	-	650

Examination Pattern - First Year

Sl. No.	Subject Title	IA		Theory		Practical		Viva Voce		Total Marks
		Max	Min	Max	Min	Max	Min	Max	Min	
1.	Paper I - General Psychology	50	25	100	50	-	-	-	-	150
2.	Paper II - Biological Psychology	50	25	100	50	-	-	-	-	150
3.	Paper III - Developmental Psychology	50	25	100	50	-	-	-	-	150
4.	Paper IV - Nutritional Values in Behavior	50	25	100	50	-	-	-	-	150

Internal Paper:

Sl. No.	Subject Title	IA		Theory		Practical		Viva Voce	
		Max	Min	Max	Min	Max	Min	Max	Min
1.	*English	50	25	-	-	-	-	-	-
2.	* Basics of Computer	50	25	-	-	-	-	-	-

* English & Computer is internal paper. Marks to be sent to the university.
There will be no university examination for Computer paper.

**B. Sc CLINICAL PSYCHOLOGY
 SCHEME OF EXAMINATION**

SECOND YEAR

THEORY AND PRACTICAL CLASSES

Subject	Theory (Hrs)	Practical's (Hrs)	Total Hrs.
Cognitive Psychology	60	-	60
Health Psychology	60	-	60
Abnormal Psychology	60	-	60
Social and cultural Psychology	50	-	50
Environmental studies & Human Values	50	-	50
Experimental Psychology Practical – I	60	-	60
Clinical Posting	650	-	650

Examination Pattern - Second Year

Sl. No.	Subject Title	IA		Theory		Practical		Viva Voce		Total Marks
		Max	Min	Max	Min	Max	Min	Max	Min	
5.	Paper I-Cognitive Psychology	50	25	100	50	-	-	-	-	150
6.	Paper II- Health Psychology	50	25	100	50	-	-	-	-	150
7.	Paper III - Abnormal Psychology	50	25	100	50	-	-	-	-	150
8.	Paper IV – Social and cultural Psychology	50	25	100	50	-	-	-	-	150
9.	Paper V– Environmental studies & Human values	50	25	100	50	-	-	-	-	150
10.	Paper VI- Experimental Psychology	-	-	-	-	50	25	50	25	100

**B. Sc CLINICAL PSYCHOLOGY
SCHEME OF EXAMINATION**

THIRD YEAR

THEORY AND PRACTICAL CLASSES

Subject	Theory (Hrs)	Practical's (Hrs)	Total Hrs.
Modern Clinical Psychology	60	-	60
Counselling Psychology	60	-	60
Basics of Organizational Behaviour	50	-	50
Psychological Measurements, Statistics and Research Methodology	50	-	50
Foundation of Psychotherapy	50	-	50
Experimental Psychology II Practical – II	60	-	60
Clinical Posting	650	-	650

Examination Pattern – Third Year

Sl. No.	Subject Title	IA		Theory		Practical		Viva Voce		Total Marks
		Max	Min	Max	Min	Max	Min	Max	Min	
1.	Paper I- Modern Clinical Psychology	50	25	100	50	-	-	-	-	150
2.	Paper II- Counselling Psychology	50	25	100	50	-	-	-	-	150
3.	Paper III-Basics of Organizational Behaviour	50	25	100	50	-	-	-	-	150
4.	Paper IV- Psychological Measurements, Statistics and Research Methodology	50	25	100	50	-	-	-	-	150
5.	Paper V- Foundation of Psychotherapy	50	25	100	50	-	-	-	-	150
6.	Paper VI- Experimental Psychology II	-	-	-	-	50	25	50	25	100