

# MA IN CLINICAL PSYCHOLOGY SYLLABUS FOR 2014-15

## **SEMESTER I**

MM-100

I	Perspectives on Human Behaviour
II	Theories of personality and Indigenous psychology
III	Research Methodology
IV	Psychopathology
V	Practical Experiment & Test

## **SEMESTER II**

VI	Biological Basis of Behaviour
VII	Psychological Assessment
VIII	Life Span Development
IX	Clinical Research Methods
X	Practical Internship diagnosis

## **SEMESTER III**

XI	Social Psychology
XII	Health Psychology
XIII	Clinical diagnosis and Community Mental Health
XIV	Psychotherapy
XV	Practical – Internship: Diagnosis of cases

## **SEMESTER IV**

XVI	Clinical Counselling
XVII	Behavioural Medicine
XVIII	Psychology of Special Groups
XIX	Rehabilitation
XX	Practical-Internship: therapy

## M.A Clinical Psychology

### M.A SEMESTER – I (PSYCHOLOGY)-(2009-2010)

The curriculum frame – work is as under.

I	Perspectives on Human Behaviour	100	3 hours
II	Theories of personality and Indigenous psychology	100	3 hours
III	Research Methodology	100	3 hours
IV	Psychopathology	100	3 hours
V	Practical Experiment & Test	100	4 hours
	<b>Total</b>	<b>500</b>	

**M.A Clinical Psychology**  
**SEMESTER – I**  
**PAPER- I**

**PERSPECTIVES ON HUMAN BEHAVIOR**

M.M. – 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

- UNIT - I Introduction: Understanding Psychology- Goals and areas of Psychology, Approaches to the study of Psychology, Behaviour in terms of S-O-R and Psychology in our day-to-day life.
- UNIT–II Perspectives on Behaviour: Behaviorism, Cognitive Psychology, Psychoanalysis and Human Psychology.
- UNIT – III Attention and Perception: Selective attention and theories, Principals of Perceptual Organization, Picture and Distance Perception, Determinants.
- UNIT – IV Learning and Memory: Thinking and Problem Solving – Deductive and Inductive thinking. Theories of Thought Processes, Approaches and Strategies of Problem Solving.
- UNIT- V Motivation and Emotion: Theories of Motivation, Effect of motivation on Behaviour and culture. Theories of Emotion, Emotion and cognition.

**Recommended Text Books:**

- ◆ Baron, R.A. (2006). Psychology, Delhi: Pearson.
- ◆ Berg, E.L. (2003). Child Development. Delhi: Pearson.
- ◆ Cicca relli, S. K., & Meyer, G.N. (2006). Psychology, Delhi: Pearson.
- ◆ Gleitman,H. (1991). Psychology. London: W.W. Norton & Company.
- ◆ Morgan, C.T., King, R.A., Weisz., J.R., & Sehople, J. (2004). Introduction to psychology. Delhi: Tata McGraw Hill Publishing Company.

- ◆ Jr. Eysenck (2006). Introduction to psychology.

**M.A Clinical Psychology**  
**SEMESTER – I**  
**PAPER- II**

**THEORIES OF PERSONALITY AND INDIGENOUS PSYCHOLOGY**

M.M. – 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

- UNIT – I      Personality: Meaning, Perspectives & Measurement of Personality. Concept of Mature Personality, Personality Theory: Problems & Procedures.
- UNIT – II      Psychodynamic perspective: Freud, Erickson, Adler's theory of personality Structure, Dynamics and Development of Personality and the Research Methods used.
- UNIT – III     Trait approach Allport, Cattell and Eysenk- theory of personality, Structure Dynamic and Development of personality Research Methods.
- UNIT –IV      Cognitive, Behavioral and Humanistic Approach Kelly, Bandura and Roger's theory of personality.
- UNIT – V      Indigenous Concept and Models of personality – Yogic and Sankya models, Current Researches in the field of personality.

**BASIC BOOKS:**

- ◆ Liebert, R.M. & Spiegler, M.P. (1993): Personality: Strategies & issues, P.C California Books Cole Pub. Co.
- ◆ Hall C.S. & Lindsey, G, (1996) Theories of Personality N. Y. J. Wiley & sons.
- ◆ Pervin L.A. (1975): Psychology of personality: readings in theory, Chigos.Rand Meznally College Lab.

- ◆ Sinha J.N. (1969): Indian Psychology, Calcutta.
- ◆ Mukkopadhyay, Swami Niranjanand Saraswati Yoga Darsan Munger: Bihar School of Yoga.

**M.A Clinical Psychology**  
**SEMESTER – I**  
**PAPER- III**

**RESEARCH METHODOLOGY**

M.M. - 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

- UNIT – I      Meaning and Nature of Scientific research. Steps involved in research. Types and Control of variables. Sources of biases in research. (Research artifacts).
- UNIT – II      Types of Research: Descriptive research, Relational research and Experimental research. Ethical issues in Behavioural research.
- UNIT – III      Sampling – randomized and non – randomized sampling, various methods of sampling. Concept of Probability – Probability distribution and Normal Probability Curve. Non- Parametric tests. Use of non – parametric tests. Chi – square test and Mann Whitney U test.
- UNIT – IV      Between group designs, Randomized group design and Randomized block design. ANOVA of single factor design and factorial design.
- UNIT – V      Within group design: Introduction to within subject design. Single factor repeated measures design. Two factors repeated measures design.

**BASIC BOOKS:**

- ◆ Kerlinger D & Kazt L. (1986) Foundation of Behavioural research Bangalore. PRISM.
- ◆ Broota, K.D(1992) Experimental design in behavioural research Wiley eastern Ltd. New Delhi.
- ◆ McGuigan, F.J. (1990). Experimental Psychology: Methods of Research. USA. Prentice Hall.

- ◆ Dooley, D. (1995). Social Research Methods. New Delhi. Prentice hall of India.
- ◆ Winer, B. J. (1971) Statistical principles in experimental design, New York. McGraw hill.

**M.A Clinical Psychology**  
**SEMESTER – I**  
**PAPER- IV**

**PSYCHOPATHOLOGY**

M.M. – 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

- UNIT – I      Concept of Psychopathology, Classification systems in psychopathology: W.H.O. (ICD-10) and multi-axial systems (DSM-IVTR): Evaluation of classification system.
- UNIT – II      Theoretical background, approaches to psychopathology (1) Psychodynamic; (2) Behavioural; (3) Cognitive; (4) Phenomenological (5) Biological and (6) Socio cultural; Diagnosis – purposes of diagnosis, reducing undesirable variability: diagnostic system.
- UNIT – III     Anxiety disorder: panic, phobia, OCD, post – traumatic, GAD, Somatoform disorders, Impulse Control Disorder, Eating Disorder, Sleep Disorder, Dissociative: Types, Symptoms and Management.
- UNIT – IV     Psychotic disorder: Schizophrenia, Mood disorder. Personality disorders (cluster categories and problems), Types & Symptoms: Types, Symptoms and Management.
- UNIT – V      Substance Related Disorders. Mental Retardation and Developmental Disorders.

**BASIC BOOKS:**

- ◆ Aboud, F.D. (1988): Health Psychology in global perspective. Thousand oaks, C.A.: sage (1998).
- ◆ Page, J.D.:(1975) Psychopathology: The Science of understanding Deviance.(2<sup>nd</sup> ed.)
- ◆ Carson, C.R., Butcher J.N.(1992): Abnormal Psychology and modern life (9<sup>th</sup> ed) Harper Collins publisher. (1992)
- ◆ Adams, H.E. & Sutkar. P.B: comprehensive handbook of psychopathology New York. Plenum Press.
- ◆ Prokop, C.R. & Bradley, and L.A.: Medical Psychology (1991): Contribution to Behavioural medicine, Academic press.
- ◆ Davison G.C. and Neal. J. N. (2000) Abnormal Psychology – 8<sup>th</sup> ed. Wiley Publishers.

**M.A Clinical Psychology**  
**SEMESTER – I**  
**PAPER- V**

**PRACTICAL : Experiments & Tests**

M.M. - 100

**ANY FIVE OF THE FOLLOWING:**

1. Assessment of the biological parameters of stress with the help of Biophysical recorders (8 – channel Biofeedback Instrument).
2. Stammer Suppressing through Stammer Suppressor.
3. Assessment of Mental Health.
4. Assessment of intelligence (WAIS).
5. P. G. I. Health Questionnaire – Chandigarh.
6. Verification of cerebral laterality through cerebral stimulator
7. Assessment of personality organization.



## **M.A Clinical Psychology**

### **M.A SEMESTER – II (PSYCHOLOGY)-(2009-2010)**

**The curriculum frame – work is as under.**

VI	Biological Basis of Behaviour	100	3 hours
VII	Psychological Assessment	100	3 hours
VIII	Life Span Development	100	3 hours
IX	Clinical Research Methods	100	3 hours
X	Practical Internship diagnosis	100	4 hours
	<b>Total</b>	<b>500</b>	

# **M.A Clinical Psychology**

## **SEMESTER – II**

### **PAPER- VI**

#### **BIOLOGICAL BASES OF BEHAVIOUR**

**M.M.- 100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

**UNIT – 1** The Organism: Organismic Function, Maintenance of Functional integrity Homeostasis and Psychology. The integration of the organism Neuron and Behaviour: Nervous conduction and Synaptic Transmission.

**UNIT – II** The Central & Peripheral Nervous Systems: The structure of the CNS: The spinal cord. The brain stem, The cerebrum, Encephalization, Three kinds of Muscle Tissue, Properties of Smooth, Cardiac and Striated Muscles. Sympathetic and Parasympathetic N. S.

**UNIT – III** The Physiological Base of Sensation & Perception: Functions of Receptors, Stimulus, Sensory Thresholds. Dimension of threshold. Physiological and Physical correlates. Characteristics of the organism. Adaptation, Role of CNS in Sensation.

**UNIT – IV** Localization of Mental Function:  
Localization of sensory function (Visual, Audio, Tactic), Thought processes, Arousal system, The Limbic system and attention, Motivational process and Motor control. Localization of learning mechanism in Brain.

**UNIT – V** Physiological Bases of Motivation and Emotions:  
Regulatory Mechanism: Temperature, water, salt and minerals. Specific hunger, Mechanism of feeding. The drive of sexual excitement, reproductive system. Other drives in reproductive system. Emotion as a Visceral Action.

#### **BASIC BOOKS:**

- ◆ Peter M. Milner (1970) – Physiological Psychology Holt, Rinehart & Winston.
- ◆ Wenger M.A.(1956) - Physiological Psychology Holt, Rinehart & Winston Jones M.H. Jones F. N.
- ◆ Uttal, R.W. (1986) The Psychology of Mind John Wiley.

**M.A Clinical Psychology**  
**SEMESTER – II**  
**PAPER- VII**  
**PSYCHOLOGICAL ASSESSMENT**

**M.M. - 100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Nature of uses of Psychological Test: Historical Perspective, Psychometric properties of tests.

UNIT – II Tests for Intelligence and Cognition: Individual and Groups Tests, Stanford Binet Intelligence Scale, Wechsler Scales, Aptitude Tests.

UNIT – III Personality Assessment: Administration and Scoring, Interpretation, Evaluation of frequently used Personality Inventories and Questionnaires and Projective Test such as Inkblot tests ( Rorschach and Holtzman, TAT, CAT, Draw-a-person Test, Sentence Completion Test.

UNIT – IV Personal Orientation Test and Rating Scale: Locus of control, Attitude scales, STAI and other clinical rating scales.

UNIT – V Test of special population: Infants and Pre- school Testing, McCarthy scales of Children's abilities, Piagetian scales, Assessment of Mentally Retarded Persons. Testing persons with Physical Disabilities, Hearing impairment and Motor impairments.

**BASIC BOOKS:**

- Anastasi, A. and Urbina, s (1997) Psychological Testing 7<sup>th</sup> Ed. New Delhi.
- Freeman F.S. (1962). Theory and Practice of Psychological testing. 3<sup>rd</sup> Ed. New Delhi. Oxford & IBH.
- Guilford, J. P. Psychometric Methods. New Delhi Tata Mc Graw Hill

**M.A Clinical Psychology**  
**SEMESTER – II**  
**PAPER- VIII**

**LIFE SPAN DEVELOPMENT PSYCHOLOGY**

**M.M. – 100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Scope, Nature and Principles of Development, Factors influencing development: Heredity, Environment, Motivation and Learning.

UNIT – II Methods: Cross- sectional, Longitudinal approach, Research strategies: Correlation, Experimental and other sequential techniques. The development tasks and theories of development.

UNIT – III How life begins, Infancy, Babyhood and Childhood. The characteristics, adjustment, hazards and Personality Development.

UNIT – IV Adolescence and Adulthood – Characteristics, Physical, Social, Cognitive and development. Psychosocial changes and adjustments.

UNIT – V Middle & Old age: Characteristics, Problems, Personal, Social and Vocational Adjustment.

**BASIC BOOKS:**

- Baltes, P.B. & Brim O.G. (1978): Life span development behaviour, N. Y. Academic Press.
- Thomas, M. R. (2000): Recent theories of Human Development, thousand Oaks: sage Publication.
- Zanden, J.W. & Vander (1997): Human Development (7<sup>th</sup> Ed.) New York: Mc Graw Hill.
- Elizabeth B. Hurlock (1977): Development Psychology. A life span approach, (5<sup>th</sup> Ed.)
- Jere E. Brothy & Sherry L. Willis (1981): Human Development and Behaviour, St. Maitins Press, NY.

**M.A Clinical Psychology**  
**SEMESTER – II**  
**PAPER- IX**

**CLINICAL RESEARCH METHODS**

**M.M. – 100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Scientific research in Clinical Psychology: Its Nature, Characteristics and Limitations. Types of Research: Problems, Theory Developing and Hypothesis testing in clinical set up.

UNIT – II Sampling: Types of sampling in Probabilistic and Non – Probabilistic, Techniques of sampling size of sampling.

UNIT – III Research Design: post facto, Experimental Design : Between group Design L Randomized and matched groups. Within groups repeated measures.

UNIT – IV Designs: Factorial Designs, Ex Post Facto Research – Quasi Experimental Designs – Survey Research Before – After Design.

UNIT – V Content Analysis: Applications of content analysis in Clinical Research, Clinical Report writing.

**BASIC BOOKS:**

- ◆ Kerlinger, F. N. (1983). Foundations of Behavioural research (2<sup>nd</sup> & 3<sup>rd</sup> Ed.) Sarvjeet Publications, New Delhi. (1983).
- ◆ Festinger D. & Katz, L.(1953): Research Methods in Behavioural Sciences, Holt, Rinehart, New York.
- ◆ Kothari, C. R. Research methodology (1986): Methods and Techniques. Wiley Eastern.

**M.A Clinical Psychology**  
**SEMESTER – II**  
**PAPER- X**  
**PRACTICAL**  
**INTERNSHIP – DIAGNOSIS**

M.M. - 100

Four full length psycho- diagnostic case records will be prepared by each student while working in the psychiatric unit of a local mental hospital under the departmental supervisor. These records will be subjected to examination and viva by both internal and external examiners.

**M.A Clinical Psychology**  
**M.A SEMESTER – III (2009-2010)**

**The curriculum frame – work is as under.**

XI	Social Psychology	100	3 hours
XII	Health Psychology	100	3 hours
XIII	Clinical Diagnosis and Community Mental Health	100	3 hours
XIV	Psychotherapy	100	3 hours
XV	Practical-Internship: Diagnosis of cases	100	4 hours
	<b>Total</b>	<b>500</b>	

**M.A Clinical Psychology**  
**SEMESTER – III**  
**PAPER- XI**

**SOCIAL PSYCHOLOGY**

**M.M-100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Social Cognition and Influence Processes: Person Perception, Impression management.

UNIT – II Attitude: Nature and Characteristics; Development and Change.

UNIT – III Prosocial Behaviour, Aggression and Violence.

UNIT – IV Group Dynamics: Meanings, Formation, Decision making, Problem Solving and Group level Behaviour.

UNIT – V Social Issues in India – Poverty, Castes and Communal Tension, Gender and Population.

**BASIC BOOKS:**

- Billing, M. (1976) Social Psychology and Inter group relations, NY: Academic Press.
- Lindsey, G & Aronson, E (Eds) (1985) The Handbook of social psychology, NY: Random House.
- Mishra, G.(1990) Applied social psychology in India ND: Sage.
- Eiser, J. R. (1986) Social Psychology, London: Cambridge University Press.
- Dalal, A. K. (1989) Attribution theory and research ND Wiley limited.
- Feldman R. S. (1985) Social Psychology, New York, Mc Graw hill.
- Baron, A. B. Byre, D (1991) Social Psychology, Boston Allyn & Bacon.
- Pandey, J. (1988). Psychology in India; the state – 7 the art. Vol – 2 ND. Sage



**M.A Clinical Psychology**  
**SEMESTER – III**  
**PAPER- XII**

**HEALTH PSYCHOLOGY**

**M.M - 100**

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Concept of Health Psychology, Psycho physiological disorders: Theories of Personality disposition, Coronary Heart Disease (CHD), Asthma, Allergy, Eczema Itching, Rheumatoid, Arthritis, Peptic Ulcer, Diabetes and Menstrual Disorder, Sexual and Gender Identity Disorder.

UNIT – II Intervention models and Psychotherapies, Psychodynamic, Biological, Diathesis – Stress model.

UNIT – III Behavioral, Phenomenological and Gestalt approach to therapy.

UNIT – IV Behavioral Medicine and Spiritual approach to therapy.

UNIT – V Mental Health promotion and Maintenance, Present issues and trends in Health Psychology.

**BASIC BOOKS:**

- ◆ Aboud, F.D. (1988): Health Psychology in global perspective. Thousand oaks, C.A.: sage
- ◆ Page, J.D.:(1975) Psychopathology: The Science of understanding Deviance.(2<sup>nd</sup> ed.)
- ◆ Carson, C.R., Butcher J.N.(1992): Abnormal Psychology and modern life (9<sup>th</sup> ed) Harper Collins publisher.
- ◆ Adams, H.E. & Sutkar. P.B: comprehensive handbook of psychopathology New York. Plenum Press.
- ◆ Prokap, C.R. & Bradley, and L.A.: Medical Psychology (1991): Contribution to Behavioural medicine, Academic press.
- ◆ Davison G.C. and Neal. J. N. (2000) Abnormal Psychology – 8<sup>th</sup> ed. Wiley Publishers.

**M.A Clinical Psychology**  
**SEMESTER – III**  
**PAPER- XIII**

**CLINICAL DIAGNOSTICS AND COMMUNITY MENTAL HEALTH**

**M.M - 100**

NOTE: This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Clinical Diagnosis: Symptomatic vs. Dynamic. Symptomatic Diagnosis: ICD – 10, DSM-IV (R).

UNIT – II Dynamic diagnosis: Observation, Case History and Interview...

UNIT – III Impressionistic approach of diagnosis: Informal assessment, Sources of errors in Impression Formation. Importance of Psychometric Approach.

UNIT – IV Diagnostic Use of Psychometric Tests: MMPI, Diagnostic Use of Projective Tests: Rorschach.

UNIT – V Neuropsychological Examination: approaches, Halstead Neuropsychological Test Battery, Luria- Nebraska Battery

**BASIC BOOKS:**

- Korchin, S. (1978). Modern Clinical Psychology. Harper and Row
- Wolman, B. B. (1972) Handbook of clinical Psychology, Mc Graw Hills

**M.A Clinical Psychology**  
**SEMESTER – III**  
**PAPER- XIV**

**PSYCHOTHERAPY**

**M.M. - 100**

NOTE: This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Methods for preventing problems and developing resourcefulness: Training family members, Sibling as behaviour change agents, Maintenance of Parent Training. Development of academic skills- Teaching study skills to adults, Improving study behaviour through self – control technique.

UNIT – II Assertiveness Training, Developing Assertive Behaviour through converts Modeling, Personal Appearance, Improving client’s grooming.

UNIT – III Methods for promoting Wise Decision Making with families, with children, Career Decision Making Evaluation of Problem Solving Competence.

UNIT – IV Social Interaction: Conversational skills, Weight Control: Psychological Techniques, Improving Physical Fitness, Cardio Vascular Problems: Psychological Prevention..

UNIT – V Drug Abuse: Drug abuse, Perception, Reinforcement for alternatives Peer Counselling: Peer Guidance Program and Behavioural interventions, Counsellor Accountability System.

**BASIC BOOKS:**

- Carson & Butcher: Abnormal Psychology and modern life.
- Wolpe, R. & Dryden. W. (Eds) (1996): Handbook of counseling Psychology, New Delhi.
- Woolberg, L. R. (1998) The techniques of Psychotherapy, Barcour Brace: Groune & Stration
- Toukimarian, S. G & Rennie D. c. (1992) Psychotherapy Processes & Research, Sage.
- Gelso; C.J. & Fretz, B. R. (1995) Counseling Psychology, Bangalore, Prism Books Ltd.
- Abate, L & Milan, M.A. (Ed) (1985) Handbook of Social Skill Training & research. New York: John Wiley & Sons.
- Gorey, G (1986) Theory and Practices of Counselling and Psychotherapy, Monterey California, books Coley Publishing.

**M.A Clinical Psychology**  
**SEMESTER – III**  
**PAPER- XV**

**PRACTICAL**

**INTERNSHIP : DIAGNOSIS OF CASES**

M.M. - 100

**Any Five of the following:**

1. Study of Behaviour Pattern in Different Emotional Conditions.
2. Assessing Auditory Visual Reaction Time with the help of Electronic Chronoscope.
3. Aversion Therapy
4. Indian Adaptation of TAT.
5. Rorschach Inkblot Technique
6. JMPI
7. Rosenzweig Picture Frustration Test.

## M.A Clinical Psychology

### M.A SEMESTER – IV (2009-2010)

**The curriculum frame – work is as under.**

XVI	Clinical Counselling	100	3 hours
XVII	Behavioural Medicine	100	3 hours
XVIII	Psychology of Special Groups	100	3 hours
XIX	Rehabilitation	100	3 hours
XX	Practical - Internship: Psycho- therapy	100	4 hours
	<b>Total</b>	<b>500</b>	

**M.A Clinical Psychology**  
**SEMESTER – IV**  
**PAPER – XVI**

**CLINICAL COUNSELLING**

M.M – 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Psychotherapeutic Counseling: Psychoanalytic technique, Behavioral technique, Client Centered Technique, Community Intervention and Group Therapeutic Techniques.

UNIT – II Methods for Altering Maladaptive Behavioural Deficits: Shyness, Delinquency, Depression, Speech and Sexual dysfunctions.

UNIT – III Methods for Altering Maladaptive Behavioral excesses: Excessive smoking, Alcoholism, Drug Addiction and Temper Out Burst, Physical Aggression.

UNIT – IV Methods of Altering Inappropriate Behavior: Marital Maladjustment, Child Misbehavior, Homosexuality and Exhibitionism.

UNIT – V Methods of Altering fears and anxiety and treating Psycho physiological Disorders: Test – Anxiety, Generalized anxiety, Stress, School Phobia, Snake phobia, Combination of fears, CHD, Asthma and Peptic Ulcer.

**BASIC BOOKS:**

- Carson & Butcher: Abnormal Psychology and modern life.
- Wolpe, R. & Dryden. W. (Eds) (1996): Handbook of counseling Psychology, New Delhi.
- Woolberg, L. R. (1998) The techniques of Psychotherapy, Barcour Brace: Groune & Stration
- Toukimarian, S. G & Rennie D. c. (1992) Psychotherapy Processes & Research, Sage.
- Gelso; C.J. & Fretz, B. R. (1995) Counseling Psychology, Bangalore, Prism Books Ltd.
- Abate, L & Milan, M.A. (Ed) (1985) Handbook of Social Skill Training & research. New York: John Wiley & Sons.
- Gorey, G (1986) Theory and Practices of Counselling and Psychotherapy, Monterey California, books Coley Publishing.

**M.A Clinical Psychology**  
**SEMESTER – IV**  
**PAPER – XVII**

**BEHAVIOURAL MEDICINE**

M.M – 100

**NOTE:** This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Introduction to Behaviour Modification: Basic principles of behaviour modification: Reinforcement, Extinction, Punishment, Stimulus control (Discrimination and Generalization) Respondent Conditioning.

UNIT – II Techniques of Behaviour Modification: Operant Conditioning procedures, Counter conditioning procedures, Aversive conditioning procedures, Self management. Using punishment: Time –out and response cost, other behaviour change procedure: Token Economy and Behavioural Contract.

UNIT – III Biofeedback: EMG, EEG, GSR, EKG and Thermal feedback. Habit reversal procedure: defining habit behaviours (Nervous habits, Motor tics and Stuttering). Treatment procedures for habit disorders/ Behaviour modification for habit disorders.

UNIT – IV Stress: Application, Clinical application in the management of stress related disorder. Fear and Anxiety Reductive Procedures, Speech and Psychomotor disorder, Sexual dysfunctions and deviations and Childhood disorders, Cognitive behaviour modification.

UNIT – V Present and future issues for behaviour modification, Professionals, Social, Legal and ethical issues in behaviour modification.

**BASIC BOOKS:**

- Master John C., Burish T.G. Hollon S. D. Rimm David C., (1974). Third Ed. Harcourt Brace Jovanovich Collage Publishers.
- Mictueverger Raymond G. (second Ed.) Behaviour modification, principles and procedures: Thompson Learning North Dakota state University.

**M.A Clinical Psychology**  
**SEMESTER – IV**  
**PAPER – XVIII**

**PSYCHOLOGY OF SPECIAL GROUPS**

M.M – 100

NOTE: This paper comprises of five units. From each unit minimum two questions will be set and candidates will be required to attempt one question from each unit.

UNIT – I Definition, Nature, Types, Characteristics of Special groups. Prevalence and Causes.

UNIT – II Physical Handicap: Orthopedic and Neuromuscular disability: Deaf, Dumb, Blind. Psychological factors related to these handicaps.

UNIT – III Psychology of Mentally Challenged groups: Mental Retardation, Learning disability and Autism..

UNIT – IV Old age problems: Physical psychosocial, Ageism, Adjustment in Old age.

UNIT – V Psychology of people living with Chronic Physical Illness: Cancer, HIV, Sickle Cell Anemia

**BASIC BOOKS:**

- Write, G. N. (1980) Total Rehabilitation, Boston: Little Brown &co.
- Oliver, M. (1996) Understanding Disability. Macmillan press Ltd, London.
- Pandey, R. S. Advani (1995), Perspectives in Disability and Rehabilitation, Vikas Publication house, New Delhi.
- Choudhary, A. K. (1995) Disabilities and Rehabilitation: An Overview, Vol – 21, No -6 VHAI, New Delhi.
- Rao, A. P. & Usha, M. N. (1995) Helping the Disability: Indian perspectives. Ashish Publication House, New Delhi.
- Aron, P. G. (1989) Dyslexia & Hyperlexia. Kluwer Academic, London.
- Werner, D. (1994) Disable village children. New Delhi.
- Joseph, W.(1984) Mental Retardation and Developmental Disabilities.



**M.A Clinical Psychology**  
**SEMESTER – IV**  
**PAPER – XIX**

**REHABILITATION**

**M. M. 100**

**NOTE:** This paper comprises of five unites. From each unit two questions will be set and candidate will be required to attempt one question from each unit.

- UNIT-I** Intervention- Definition, Basic Principles of intervention, Difference between Intervention and Psychotherapy.
- UNIT-II** Types of Intervention, Community Interventions, Vocational Training.
- UNIT-III** Perspectives of the services settings and agencies involved in the area of rehabilitation, Nature and model of services available.
- UNIT-IV** Schemes and Policies –Government Schemes and polices. The role of N.G.Os.
- UNIT-V** Legislation and legal aspects, Policies and acts, Ethical issues related to working with people with Disabilities.

**BOOKS:**

- Write, G.N. (1980) Total Rehabilitation Boston: Little Brown & co.
- Pandey, R.S. & Advani (1995) Perspectives in Disabilities Rehabilitation Vikas Publication House, New Delhi
- Joseph, W. (1984) Mental Retardation and Developmental Disabilities

**M.A Clinical Psychology**  
**SEMESTER – IV**  
**PAPER – XX**

**PRACTICAL**

**INTERNSHIP: PSYCHOTHERAPY**

M.M. - 100

Four full length therapeutic case records will be prepared by each student while working in the psychiatric unit of a local mental hospital under the departmental supervisor. These records will be subjected to examination and viva by both internal and external examiners.