

சென்னைப் பல்கலைக்கழகம்
தொலைதரக் கல்வி நிறுவனம்



M.Sc. Degree Course in
COUNSELLING PSYCHOLOGY

Non-Semester

(Effective from the Academic Year 2008 - 2009)

UNIVERSITY OF MADRAS
INSTITUTE OF DISTANCE EDUCATION
CHENNAI- 600 005

M.Sc. COUNSELLING PSYCHOLOGY
SCHEME OF EXAMINATIONS
FIRST YEAR

Paper	Paper Title	Hours	Marks
I	Advanced General Psychology	3	100
II	Research Methodology	3	100
III	Social Psychology	3	100
IV	Life Span Development	3	100
V	Practicals related to counselling Psychology	3	100
SECOND YEAR			
VI	Counselling Theory and Skills	3	100
VII	Psychopathology	3	100
VIII	Behaviour Modification and Psychotherapy	3	100
IX	School Counselling	3	100
X	Case Studies cum Practicum	3	100

INSTITUTE OF DISTANCE EDUCATION

M.Sc. DEGREE COURSE IN COUNSELLING PSYCHOLOGY

SYLLABUS

(Non - Semester)

(W.e.f. 2008 - 2009)

FIRST YEAR

PAPER I

ADVANCED GENERAL PSYCHOLOGY

Unit : I

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

Unit : II

Sensation & perception : Basic concepts in sensation - absolute threshold, signal detection theory, sensory adaptation, general characteristics of sensation - vision, hearing and the non-visual senses, Attention - determinants

of attention, distraction, spanphysiological basis of attention; perception - organization, perceptual constancies, depth perception, perception of movement, illusions, role of learning in perception.

Unit : III

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

Unit : IV

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

Unit : V

Language and thought : properties of language, basics of language, pattern of language development, mental imagery; theories of language development; concept - types, processes in concept formation; problem solving-mental sets, functional fixedness, stages in problem solving; creativity - nature of creative thinking, characteristics of creative people.

Unit : VI

Intelligence : nature of intelligence - factor theories- Spearman, Thurstone, Guilford, Vernon, Cattell, Gardner; process - oriented theories - Piaget, Bruner, Sternberg, Jensen; Measurement of Intelligence, characteristics of intelligence tests, types of tests, what do intelligence tests measure? Constancy of IQ, mental subnormality, genetic and environmental influences.

Unit : VII

Motivation : motives, needs, drives and incentives, theoretical perspectives-instinct theory, humanistic, drive theories, incentive theories, opponent process theories, optimal level theories; biological motives - hunger, thirst, sleep, sex; stimulus motives sensory stimulation, exploration & manipulation, optimal arousal, social motives- measurement of social motives, affiliation, achievement, power, aggression, Frustration & conflicts of motives.

Emotions : expression of emotions, facial feed back hypotheses, physiology of emotion - autonomic changes, patterns of bodily response, brain & emotion, arousal; Theories of emotion, emoticns & lie detectors.

Unit : VIII

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

Reference

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

PAPER II - RESEARCH METHODOLOGY

Objective

To enable the students to understand the basic concepts in Behavioural Research and also the application of various research design.

Unit - I : Science and scientific approach

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

Unit - II : Problem & Hypothesis

Definition and criteria of problem and hypotheses, Multivariate nature of behavioural research problems and hypotheses.

Unit - III : Constructs, Variables and definitions

Concepts and constructs, constitutive and operational definitions of constructs and variables, types of variables.

Unit - IV : Types of research and research designs

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

Reference

1. Kerlinger, F.N. (2000) Foundations of behavioural research, New Delhi : Surjeet Publications.
2. Paneerselvam, R. (2005) Research Methodology, Prentice-Hall.
3. Cozby (2003) Methods in Behavioural Research 8th Edition, McGraw Hill.
4. Winer, B.J. (1971) Statistical Principles in Experimental design, New York, McGraw Hill.
5. Broota, K.D. (1992) Experimental Designs in Behavioural Research, New Delhi : Wiley Eastern.
6. Best, J.W. and Kahn, J.V. (2003) Research in Education. 9th Edition, New Delhi : Pearson Education.

PAPER III - SOCIAL PSYCHOLOGY

Objectives

To provide the students overview of the theories and methods in applied psychology.

To help them understand how social psychological theory can help to understand and address the social issues.

Unit - I : Introduction

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

Unit - V : Sampling and methods of data collection

Sampling methods : probability (VS) Non probability methods; Determination of sample size; Laboratory experiments, Field experiments, observation, interview, questionnaire, semantic differential, Q. methodology.

Unit - VI : Data analysis and report writing

Parametric statistics : One way and two way ANOVA, Critical ratio, Student 't'-test, Product moment correlation; Non parametric statistics-Chi square test, Rank order correlation; Report writing - Journal articles and thesis / dissertation writing.

Unit - VII : Test construction and development of norms

Item selection, Item validation, Item discrimination, Item analysis; Construction of achievement, abilities, attitudes and aptitudes tests, transformation of Raw scores into standard scores; factor analysis - a procedure for identifying psychological constructs.

Unit - VIII : Reliability and validity

Types of reliability : Split-half reliability, Interitem reliability, Interrater reliability.

Types of validity : Face validity, Construct validity, Criterion-related validity.

Unit - II : Understanding others & social cognition

Nonverbal communication : Basic channels, recognizing deception;

Attribution : theories, basic sources of error, applications;

Impression formation & impression management : Asch's research, cognitive perspective.

Social cognition : Schemas, sources of error in social cognition.

Unit - III : Attitudes

Attitude formation : social learning, Genetic factors, attitude functions, attitude-behaviour link;

Persuasion : The early approach & the cognitive approach;

Attitude change, cognitive dissonance.

Unit - IV : Prejudice

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

Unit - V : Interpersonal Attraction

Evaluating strangers : Physical proximity, emotional state need to affiliate; moving toward friendship : attractiveness, similarity, reciprocity.

Unit - VI : Social Influence

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

Unit - VII : Aggression

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

Unit - VIII : Group and individual behaviour

Groups : Nature, Function, Role, Status, Norms, Cohesiveness; Groups and task performance : Benefits and costs of working with others; Decision making : Nature of group decision, Outcome, Leadership.

Reference

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

PAPER IV - LIFE SPAN DEVELOPMENT

Unit : I

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

Unit : II

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

Unit : III

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

Unit : IV

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

Unit : V

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

Unit : VI

Marriage and areas of marital adjustment - parent hood - factors influencing and adjustment of parenthood - separation and single parents - family issues.

Unit : VII

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

Unit : VIII

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

Reference

1. Papalia, Diane E., Olds, Sally Wendoks (1992) : Human development, Tata McGraw Hill Publishing Co.
2. Hurlock, E., (1980) Developmental psychology, Tata McGraw Hill Publishing Co.
3. Berk, L.E. (2007) Development through the Life span, New Delhi, Pearson Edn.

PAPER V - PRACTICALS RELATED TO COUNSELLING PSYCHOLOGY

Students are expected to administer, score and interpret ten of the following, at least two from each category.

Assessment of intelligence & Aptitude

Bhatia's Battery of Performance Test - David's Battery of Differential Aptitude Test - Modified Alpha Test of Intelligence - Revised Beta Test of Intelligence.

Assessment of Personality

16 PF - Rosenzweig's picture frustration test -
Emotional intelligence - MMPI.

Assessment related to counselling

Problem check list - Study skills / study habits inventory
- Self directed search / interest schedules - Depression scale
- beck.

Assessment related to work

Job involvement - FIRO-B - Organizational
commitment - Organizational stress.

Reference

1. Woodworth, R.S. and Scholesberg (1972) Experimental psychology. Holt, Rinehart & Winston.
2. A. Anastasi & Susana Urbina (2004) 7th Edition. Psychological Testing, Pearson Education Inc., New Delhi.
3. Cronbach, L.J. (). Essentials of Psychological Testing.
4. Parameswaran & Ravichandra (2003) Experimental Psychology. Neel Kamal Publications.

SECOND YEAR

PAPER VI - COUNSELLING THEORY AND SKILLS

Unit : I

Definition, aims and allied Professions, A brief overview of scope of counselling and psychotherapy, goals of counselling, characteristics of effective counselling, Application of counselling in various areas.

Unit : II

Major theory groups : Psychoanalytic approaches, Phenomenological approaches, Behavioural approaches, Systems approaches.

Unit : III

Understanding counselling as a process - Outcome & Process goals in counselling; Psychoanalysis : Introduction - Assumptions - acquisition - Maintenance - Practice.

Unit : IV

Behavioural counselling : theory - Pavlov's classical conditioning - watson's conditioned behaviourism - Skinner's operant behaviourism - Wolpe's reciprocal inhibition - Eysenck's incubation theory; Practice : Goals for counseling - Behavioural assessment - relaxation Procedures - Systematic desensitization - Behavioural rehearsal and assertive training - Reinforcement methods - Aversive and Flooding methods - concluding comment.

Unit : V

Rational Emotive Behaviour Counselling and Cognitive Counselling : Assumptions - acquisition - Maintenance - Practice; Cognitive models.

Unit : VI

Multimodel Counselling : Introduction - Assumptions - acquisition - Maintenance - Practice.

Unit : VII

Life Skills Counselling : Introduction - Assumptions - acquisition - Maintenance - Practice.

Unit : VIII

Existential counselling and logotherapy : Introduction - Assumptions - acquisition - Maintenance - Practice.

Reference

1. Lewis E. Patterson and Elizabeth Reynolds Welfel (2000). The Counselling Process, 5th edition, Wasworth Brooks / Cole, Thomson Learning.
2. S. Narayana Rao (1981) Counselling Psychology, Tata McGraw Hill Publisher.
3. Brammer. L.M. and Shostrom E.L. (1977) Therapeutic Psychology, Englewood Cliffs, New Jersey.
4. Feltham. C & Horton. I (2000) Handbook of Counselling and Psychotherapy, London : Sage Publication.
5. Nelson - Jones, R. (1995). The Theory and Practice of Counselling, 2nd Edition, London : Cassell.

PAPER VII - PSYCHOPATHOLOGY

Unit : I

The nature of abnormal development - Definitions of normality. The continuing of abnormal behaviour, Problem behaviours in normal and disturbed children, Childhood difficulties, Prediction of subsequent disturbances, Problem behaviours in normal and disturbed adolescents.

Unit : II

Classification of psychopathology - Possible harmful effects of classification, Benefits of classification, Behavioural disorders, Approaches to classification, Alternative classification scheme.

Unit : III

Causal factors and viewpoints in abnormal psychology

Causes and Risk factors for Abnormal Behaviour, Biological, Psychosocial and Sociocultural view points and Causal factors.

Unit : IV

Neurotic disorder - Diagnosis and prevalence of neurotic disorders, Phobic disorders, Obsessive-Compulsive disorder, Conversion disorder, Habit disturbances, Treatment.

Unit : V

Psychotic Disorders (Functional & Organics).

Unit : VI

Mental retardation - Nature and prevalence of mental retardation, Categories and characteristics of mental retardation, Causes of mental retardation, Prevention; Delinquent behaviour - prevalence of delinquent behaviour, Social delinquency, Characterological delinquency, Neurotic delinquency, Intervention.

Unit : VII

Suicidal behaviour - Basic facts about youthful responses and origin of youthful suicidal behaviour, Assessing the seriousness of suicide attempts, Treatment of suicidal behaviour.

Unit : VIII

Alcohol and Drug abuse - Epidemiology of youthful alcohol and drug use, Categories of drug use, Factors associated with drug use, Treatment and prevention of drug abuse.

Reference

1. Weigner, I.V. (1982) Child and Adolescent Psychopathology, New York : John Wiley & Sons.
2. Werner, C. (1972), Psychopathology - from infancy through adolescence, New York, McGraw Hill.
3. Carson, butcher & Mineka (2000) Abnormal Psychology and Modern Life. 11th Edition New Delhi, Pearson Education.

PAPER VIII - BEHAVIOUR MODIFICATION & PSYCHOTHERAPY

Unit : I

What is behaviour? What is behaviour modification? Some misconceptions about behaviour modification; Basic learning principles - Classical, Operant and Social learning theory.

Unit : II

Behaviour assessment - Various phases of a program; Sources of information - Indirect, Direct or Computer - Assisted data collection; Comparing behaviour assessment with traditional assessment.

Unit : III

Areas of application : Education - From Preschool to University. Severe Problems : Developmental Disabilities, Childhood Autism and Schizophrenia, Self management of Personal Problems - Behavioural Community Psychology - Business, Industry and Government - Sport Psychology.

Unit : IV

Reinforcement and Punishment : Types of reinforcement, Schedules of reinforcement, Types of punishment, (Type I and Type II), Physical, Reprimands, Time out and Response cost.

Unit : V

Decreasing a Behaviour with Extinction.

Extinction : Factors influencing the effectiveness of Extinction - Pitfalls of Extinction - Guidelines for the effective application of Extinction.

Unit : VI

Techniques to develop or teach new behaviours - Shaping, Chaining, Fading and Prompting.

Unit : VII

A brief overview of Systematic Desensitization - General procedure and variants; Anxiety induction therapies - Implosion and flooding; Cognitive behaviour therapy.

Unit : VIII

Ethical Issues : A Behavioural view of ethics - Arguments against Deliberately Controlling Behaviour - Ethical Guidelines.

Reference

1. Martin, G., & Pear, J. (2000) Behaviour Modification (7th Edn.) New Delhi, Prentice Hall of India Pvt. Ltd.
2. Wolpe, J. (1982) Practice of Behaviour Therapy (3rd Edn.) New York, Oxford Pergamon Press Inc.

PAPER IX - SCHOOL COUNSELLING

Unit - I : Introduction

Introduction to guidance and counselling : History, nature, scope and needs of guidance and counselling in schools, individual differences, the role of student advisor and teacher in school counselling - important features; School counselling for the 21st century.

Unit - II : Areas of Educational Guidance

Purpose, Functions, Guidance for Special Learners : Gifted and Creative Students, Under Achievers, Students with Learning Disabilities.

Unit - III : Counselling and management of common childhood problems

School refusal, scholastic backwardness, conduct and emotional problems, counselling adolescents regarding sexuality and substance abuse, counselling parents and teachers.

Unit - IV : Psychological Assessment

Assessment for Diagnosis, Classification, Placement and Curriculum Evaluation, Individual and Group Assessment and appraisal; Ethical Responsibilities in the assessment Process.

Unit - V : Guidance Strategies for Social and Personal Problems

Developing self-confidence, Assertive training, Improving communication skills, Mental and Physical Methods of Relaxation; Self-improving Programmes : study skills training, Problem Solving Techniques, Managing Motivation, Time Management, Remedies for Procrastination, Decision Making.

Unit - VI : Techniques and Therapies

Programmed learning, preparing and appearing for examination; Classroom management - use of behaviour modification techniques in the classroom.

Unit - VII : Legal and Ethical Issues

Legal and Ethical responsibilities in school counselling: Legal concepts - Ethical standards - Government regulations - Keeping good student records.

Unit - VIII : Organization of guidance programme in school

Requisites of a good guidance programme in schools; Organizational set up; contents of guidance programme; Activities of a guidance programme in schools, Goals of counselling, Counsellor's skills, Counselling as a process of reconstruction, Exploring the client's world.

Reference

1. S.K. Kocitihar (1984) : Guidance & Counselling in Colleges and University, Starling Publications Pvt. Ltd.
2. Berki B.G. & Mukhopadhyay; Guidance & Counselling, Sterling Publication Pvt. Ltd., 1989.
3. S.K. Kocitihar (1984) Educational and Vocational Guidance in Secondary Schools, Sterling Publication Pvt. Ltd.
4. Atwater, (1985) Eastwood, Psychology for Living, Prentice Hall of India.
5. K.P. Pandey (1985) Advanced Educational Psychology, Second Revised Edition, Konark Publication Ltd.
6. Padus, Emrika (1992) The Complex Aid to your Emotions and Your Health, Revised Edition, Rodale Press Emmaus, Pennsy Inania.
7. Fransella, Fay and Banton (1990) Personal Construct Counselling in Action, Sage Publication.
8. Stanley B. Baker & Edwin R. Gerler, Jr. (2004) School Counselling for the Twenty First Century. 4th Edition, New Jersey, Pearson Education.

PAPER X - CASE STUDIES CUM PRACTICUM

The students are expected to submit 4 case studies relating to various areas of counselling under the supervised guidance of qualified counselors. The supervised practicum counselling should be carried out in collaboration with any of the identified competent Institutions / Organizations who are approved by the University.

Break-up of marks for case studies

80 marks (Each case study in allotted 20 marks)

20 marks (For Viva-voce related to case studies)