

ADIKAVI NANNAYA UNIVERSITY
CBCS PATTERN
PSYCHOLOGY STRCUTURE AND SYLLABUS
VI SEMESTER
W.E.FROM 2015-16 AB

Year	Semester	Paper	Subject	Hours	Credits	IA	EA	Total
III	VI	VII	Elective A. ABNORMAL PSYCHOLOGY	5	5	25	75	100
		VIII	Cluster Electives: VIII A1 . COUNSELLING PSYCHOLOGY	5	5	25	75	100
			Cluster Electives: VIII A2 . ENVIRONMENTAL PSYCHOLOGY	5	5	25	75	100
			A3 PROJECT	5	5	50	50	100

ADIKAVI NANNAYYA UNIVERSITY
CBSC PATTREN
SEMISTER VI ELECTIVE - A
PAPER-VII: ABNORMAL PSYCHOLOGY

No of lectures : 5 per week
Int. Assess. ISA : 25
End Semester : 75

I) ABNORMAL PSYCHOLOGY: AN OVERVIEW

- i. Concept of Abnormal Psychology
- ii. Common Mental Disorders
- iii. Research Approaches in Abnormal Psychology
- iv. Historical views of Abnormal Behavior
- v. Toward Humanitarian Approaches

II) CAUSAL FACTORS AND VIEW POINTS

- i. Causes and risk factors for Abnormal Behavior
- ii. Viewpoints for Understanding the Causes of Abnormal Behavior
 - The Biological Viewpoint and Causal Factors
 - The Psychosocial Viewpoint and Causal Factors
 - The Socio-Cultural Viewpoint and Causal Factors

III) CLINICAL ASSESSMENT

- i. The Basic Elements in Assessment
- ii. Assessment of the Physical Organism
- iii. Psycho-Social Assessment
- iv. The Integration of Assessment Data
- v. Classifying Abnormal Behavior

IV) PANIC, ANXIETY AND THEIR DISORDERS

- i. The fear and anxiety response patterns
- ii. Overview of anxiety disorders and their commonalities
- iii. Specific Phobias
- iv. Social Phobias
- v. Panic disorders with and without Agoraphobia
- vi. Generalized Anxiety Disorder
- vii. Obsessive-Compulsive Disorder
- viii. Socio-Cultural Causal Factors for all Anxiety Disorders

V) MOOD DISORDERS AND SUICIDE

- i. Unipolar Mood Disorders and Causal Factors
- ii. Bipolar Disorders and Causal Factors
- iii. Socio-Cultural Factors Affecting Unipolar and Bipolar Disorders
- iv. Treatment and Outcomes
- v. Suicide and Unsolved Issues

BOOKS FOR STUDY:

1. Carson, Robert, C., Butcher, James, M, Mineka, Susan and Hooley, Jill, M. (2008). Abnormal Psychology. Pearson Education Inc. New Delhi, 13th Edition.

BOOKS FOR REFERENCE:

1. Comer, Ronald, J., Fundamentals of Abnormal Psychology. (2002). Worth Publishers, New York, 3rd Edition.
2. Hoeksema, Nolen, Susan. Abnormal Psychology. (2005). Tata McGraw Hill Publishing Company, New Delhi, 3rd Edition.

ADIKAVI NANNAYYA UNIVERSITY
CBSC PATTREN
SEMISTER VI
VIII AI . COUNSELLING PSYCHOLOGY

No of lectures : 5 per week
Int. Assess. ISA : 25
End Semester : 75

UNIT 1: Introduction

- a) Definition and nature
- b) Counselling as a profession-Training, activities and professional ethics
- c) The effective counsellor- Personality characteristics, skills, self of counselor

UNIT 2: Counselling Process

- a) Stages of counselling
- b) Counselling relationship
- c) Initial interview
- d) Assessment for counselling

UNIT 3: Counselling Theory

- a) Individual counseling theory Psychoanalytic, Humanistic, Behavioral, Cognitive, Brief approaches
- b) Types of counseling

UNIT 4: Counselling Techniques

- a) Group techniques
- b) Multi-cultural techniques with special reference to Indian techniques such as yoga and meditation
- c) Counselling and technology

UNIT 5: Counselling Applications

- a) Family and couples counselling
- b) Child Counselling
- c) School and Career counselling
- d) Workplace Counselling
- e) Crisis intervention
- f) Counselling for wellness

Note: Projects and practical work related to the paper should include preparation of case study, assessment in counseling, supervised training including role-play and self-development workshops.

Reading List:

Feltham, C and Horton, I. (2000). *Handbook of Counseling and Psychotherapy*. London: Sage .

Gibson, R.L. and Mitchell, M.H. (2003). *Introduction to Counseling and Guidance* (6th Ed.). New Delhi: Pearson India.

Gladding, S.T. (2009). *Counselling: A comprehensive profession*(6th Ed.). New Delhi: Pearson India.

Misra, G. (Ed) (2010). *Psychology in India, Volume 3: Clinical and Health Psychology*. New Delhi: Pearson India.

Rao, S. (2002). *Counselling and Guidance* (2nd Ed.). New Delhi: McGraw Hil

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CBCS PATTREN
SEMISTER VI
VIII A2. ENVIRONMENTAL PSYCHOLOGY

No of lectures : 5 per week
Int. Assess. ISA : 25
End Semester : 75

Unit I. Nature and Scope of Environmental Psychology

- A. Earth as living system: the Gaia Hypothesis; Deep ecology
- B. Research Methods in Environmental Psychology: Naturalistic observation and field surveys

Unit II. Environment and Behaviour.

- A. Effects of behavior on environment: Perception, preferences and awareness of environment.
- B. Effects of environment on behavior: Noise pollution, chemical pollution, crowding and personal space.

Unit III. Ecology and Development.

- A. Human nature and environmental Problems: Pro-social and pro-environmental behaviours. Ecosystems and their components.
- B. Demography: Morality and fertility.
- C. Resource Use: Common property Resources. Sustainable Development. Ecology. Acculturation and Psychological adaptation.

Unit IV. Psychological Approaches to Environment.

- A. Eco-culture Psychology (Berry). Bio-social Psychology (Dawson). Ecological Psychology (Barker). Person Environment Transactions (Sokoloff; Ixtelton).

Unit V. Environmental assessment.

- A. Socio-psychological dimensions of environmental impact.
- B. Environmental Deprivation: Nature and consequences.
- C. Creating environmental awareness: Social movements (chipko, Tehri, Narmada.)

Readings

1. Gifford, R. (2007). Environmental psychology: Principles and practice (4th ed.). Colville, WA: Optimal Books.
2. Bell, P. A., Greene, T. C., Fisher, J. D., & Baum, A. (2001). Environmental Psychology (5th edition). Toronto: Harcourt Brace College Publishers.
3. Dreze, J & Sen. A. (Eds) 1992, Indian Development, Delhi: Oxford University Press

ADIKAVI NANNAYYA UNIVERSITY
CBSC PATTREN
SEMISTER VI
CLUSTER ELECTIVE -A
A3: PROJECT WORK

Guidelines and Evaluation Pattern of The Project Of The Cluster

The student who wants to do project should follow the following.

- 1.He/She has to select the topic with clear Aim & Objectives.
- 2.He/She to collect the previous information regarding the topic
- 3.He/She has to get the clear idea after getting the reference material, i.e., how to proceed and what to do (methodology).
- 4 .Before going to discuss the topic, every student has to do at least three seminars on his/her chosen topic.
- 5.Finally He/She has to come with Results & conclusions.
- 6.Bibliography (Reference Journals/Books should be mentioned)

Evaluation Pattern for Project Work:

Seminars 25 marks(Internal)	Report of the project:50 marks (External 25+Internal 25)	Project Viva Voce (External) 25 Marks	
1.After 15 days(5M) 2.After 30 days(5M) 3.After 45 days(15M)	1.Introduction(Selection of the topic,Aim&objectives) 2.Review of Information 3.Methodology 4.Analysis&Discussion 5.Suggestion& Conclusion	Presentation 15	Viva 10