

MADHYA PRADESH BHOJ OPEN UNIVERSITY BHOPAL

M.A. PSYCHOLOGY FINAL SYLLABUS

(OPTIONAL 1)CLINICAL PSYCHOLOGY PAPER1. PSYCHOPATHOLOGY

Unit 1. Foundations of Psychopathology

1. A brief history of psychopathology
2. Classification of psychopathology DSM IV TR
3. Developmental pathogenesis
4. Childhood mental disorder

Unit 2.generalized Anxiety Disorder and other mild mental Disorders

1. Anxiety disorders, panic and phobias
2. Generalized anxiety disorder and obsessive compulsive disorder
3. Post-Traumatic Stress Disorder (PTSD)
4. Somatoform disorder and dissociative disorder

Unit 3.mood Disorders

1. Mild, moderate and Major depressive disorder
2. Bipolar disorder
- 3 Other Mood disorders: Mood disorder due to general medical condition
4. Substance – induced mood disorder

Unit 4: Schizophrenia and other Psychotic Disorders

- 1.Schizophrenia: Etiology, Neurocognitive Functioning and interpersonal aspects
- 2.Paranoid and delusional disorders
- 3.Psychotic disorder due to general medical condition
- 4.Substance induced psychotic disorders

Unit 5: Personality Disorders

1. Borderline personality disorder
2. Narcissistic personality disorder
3. Dependent and histrionic personality disorder
4. Schizoid and Paranoid personality disorder

PAPER 2.PSYCHODIAGNOSTICS

Unit 1. Introduction to Psych diagnostics

1. Introduction to psych diagnostics, definition, concept and description
2. Methods of behavioralassessment
3. Assessment in Clinical psychology
4. Ethical issues in assesment

Unit 2.Psych diagnostics in psychology

1. Objectives of psych diagnostics
2. Different stages in psych diagnostics
3. Batteries of test and Assessment interview
1. Report writing and recipient of report

Unit 3. Tests of cognitive functions

1. Measures of intelligence and conceptual thinking

2. The Measurement of Conceptual thinking (The Benet and Wechsler's Scales)
3. Measurement of Memory and Creativity
4. Utility of data from the test of cognitive functions

Unit 4. Projective Techniques in Psych diagnostics

1. Introduction to projective techniques and neuropsychological test
2. Principles of measurement and projective techniques, current status with special reference to the Rorschach Test
3. The Thematic Apperception Test, Children's Apperception Test.
4. Personality Inventories

PAPER 3. PSYCHOTHERAPEUTIC METHODS

Unit 1. Psychological Treatment of mental Disorders: major modalities

1. Psychoanalysis, Psychoanalytic/ Psychodynamic therapy
2. Insight Psychotherapy, Interpersonal Psychotherapy
3. Short term psychotherapies
4. Methods of child psychotherapy

Unit 2. Cognitive and Behavior Therapies

1. Behavior modification techniques
2. Cognitive Behavior therapies (including Rational emotive therapy)
3. Solution focused therapies
4. Integrative and multimodal therapies

Unit 3. Other Therapies for Psychological Interventions

1. Roger's Client Centered therapy
2. Family and Group Psychotherapy
3. Psychodynamic couple therapy
4. Psychotherapy integration

Unit 4. . Psychotherapy Across Life Cycle

1. Psychotherapy with children and adolescents
2. Psychotherapy with adults and middle aged persons
3. Psychotherapy with older adults.
2. Psychotherapy in terminal illnesses (AIDS, Cancer)

(OPTIONAL 2) COUNSELING PSYCHOLOGY

PAPER.1.COUNSELING PSYCHOLOGY

Unit 1. Introduction

1. Introduction to Counseling and Characteristics of a counselor
2. Process of counseling
3. Theoretical approaches to counseling
4. Ethics in counseling

Unit 2.Counseling : models and Approaches

1. Psychoanalysis, Psychodynamic, Psychotherapy
2. Behavioral therapy and Cognitive Behavior Therapy Approaches to Counseling
3. Drama and Art Therapy in Counseling
4. Other therapies (persons centered counseling, solution focused counseling)

Unit 3. Types of Counseling

1. HIV/AIDS Counseling
2. Educational and vocational Counseling
3. Child Protection and Child Rights Counseling
4. Addiction/Anxiety Counseling

Unit 4. Counseling for mental Disorders

1. Depression
2. Personality disorder
3. Gender identity disorder
4. Eating disorder

PAPER.2. ASSESSMENT IN COUNSELING PSYCHOLOGY

Unit 1. Introduction

1. Introduction to Assessment: Definition, Description and Differentiating between testing and assessment.
2. Assessment complexities
3. The ambience and climate needed for assessment and counseling
4. Determination of aspects to be covered

Unit 2. Approaches to Assessment in Counseling

1. Interview, Case History, testing
2. Approaches to Counseling: Psychodynamic approach and Cognitive approaches
3. The person centered approach to assessment and counseling
4. The narrative approach to assessment and counseling

Unit 3. Assessment in Counseling and guidance

1. The counseling setting, and the role of counselors in guidance and counseling
2. Individual and group techniques in counseling and guidance
3. Counseling and guidance for career planning and decision making
4. Multicultural counseling and guidance: Role of counselors in preventing illness and promoting positive health

Unit 4. Organizing and Planning Counseling and guidance.

1. Introduction to developing guidance and counseling programmer
2. Rational and purpose of guidance and counseling programmer
3. Organizing and evaluation of guidance and counseling programmer
4. Methods of Evaluation

PAPER.3. INTERVENTIONS IN COUNSELING

Unit 1. Psychological Intervention: major modalities

1. Psychoanalysis/Psychodynamic Counseling
2. Insight and short term Counseling
3. Interpersonal Counseling
4. Counseling Children

Unit 2. Cognitive Behavioral Counseling

1. Introduction to Behavior modification and cognitive approach in Counseling
2. Application of Cognitive therapies in Counseling
3. Cognitive behavior modification (Stress Inoculation, self-Instructional, Self-Management, Problem Solving)

4. Solution focused Counseling and Integrative Counseling

Unit 3. Other Counseling Interventions

1. Roger's Client Centered Counseling
2. Psychodynamic couple's Counseling
3. Family and Group Counseling
4. Eclectic Counseling

Unit 4. Counseling: Future Directions (E-Counseling)

1. Teaching and training for counseling
2. Current status of counseling with special reference to India
3. Future direction
4. Research findings

(OPTIONAL 3) INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY

PAPER.1. ORGANISATIONAL BEHAVIOUR

Unit 1. Organizational Psychology

1. Introduction of Organizational Psychology
2. Organizational Behavior, definition and importance
3. Fundamental concepts Organization Behavior
4. Different models of OB. (autocratic, custodial, supportive, collegial, etc.)

Unit 2. Personality and Attitudes in OB

1. Job satisfaction
2. Work motivation
3. Content theory, process theory and scheduled of reinforcement
4. Organizational commitment

Unit 3. Leadership and Team Building

1. Definition of leadership and importance of team building
2. Change Management
3. Team Management
4. Resolving Conflicts

Unit 4. Learning process and motivation in Organizational behavior

1. Principles and Process of learning
2. Behavioral management
3. Motivation in Organization
4. The process of motivation for higher moral and productivity

PAPER.2 HUMAN RESOURCE DEVELOPMENT

Unit 1. Human Resource Planning

1. Assessment of Human Resource in Organization and Human resource Planning
2. Human Resource Management
3. People dimension in HR. management and short term human resource planning
4. Short-term programmes in HR. and evaluation

Unit 2. Steps in Hum

1. Introduction to HUM, Planning and management

2. Training and Development
- 3 Workforce diversity and multicultural factors
4. Globalization and changing economy and their effects on HUM

Unit 3. Human Resource Laws

1. Intellectual Property rights
2. Labor laws (Indian and International)
3. Laws related to workplace violence and harassment
- 4 Laws related to Human Rights Violation

Unit 4. Importance of HR. Planning

1. Goals and objectives of Human Resource Planning, corporate social responsibility
2. Business strategy and operational strategies (technology and innovation in HRS)
3. Retention of qualified and technical personnel (competency mapping and performance appraisal)
4. Planning investment in development (including corporate counseling)

PAPER.3. ORGANIZATIONAL DEVELOPMENT (OD)

Unit 1. Introduction

1. Definition and introduction to Organizational development.
2. Foundations of Organizational Development:
3. Conceptual frame work of OD
4. First order and second order Change

Unit 2. Assumptions, beliefs and values in OD

1. Participation and Empowerment
2. Teams and teamwork
3. Parallel learning structures
4. a normative re-educative strategy of change

Unit 3. Analyzing and managing the OD Process

1. Components of OD Process,
2. Diagnosing the system, sub units and processes
3. Models for managing change (including six-box organizational model)
4. The programmer evaluation process in OD (Including third wave consulting)

Unit 4. OD Interventions

1. Definition, factors to be considered, Nature and classification of OD interventions.
2. Selection and organizing of intervention activities
3. Typology of interventions based on target groups.
4. Human process interventions: individual, group and inter-group, coaching, counseling, training, behavioral modeling, metering, motivating etc.