

DEPARTMENT OF PSYCHOLOGY

HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Bharathidasan University
Nationally Accredited (3rd Cycle) with 'A' Grade by NAAC
College with Potential for Excellence.
Tiruchirapalli - 620002.

PG DEPARTMENT OF PSYCHOLOGY

Programme: M.Sc., Psychology

PO No.	Programme Outcomes <i>Upon completion of the M.Sc. Degree Programme, the graduate will be able to to</i>
PO-1	Obtain quality education in the field of psychology and research activities.
PO-2	Develop skills to analyze the deviant behavior of individuals with mental illness, and to assess, diagnose and categorizethe mental illness.
PO-3	Create and execute new ideas to develop entrepreneurial and managerial skills.
PO-4	Develop a local, regional, national and international perspective and be competent enough in the field of social sciences.
PO-5	Acquire skills in various areas of counseling to different segments of people and application of psychotherapies.

PSO No.	Programme Specific Outcomes <i>Upon completion of these courses the student would be able to</i>
PSO-1	Understand the concepts and improve knowledge in the application of research.
PSO-2	Diagnose and manage various mental disorders and mental health issues.
PSO-3	Develop skills of psychological assessment in employment areas, and to enhance performance and quality of relationships.
PSO-4	Acquire knowledge for higher studies and to meet competitive exams.
PSO-5	Administer counseling and practice psychotherapeutic techniques.

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI – 620 002

DEPARTMENT OF PSYCHOLOGY

OFFERS TO

PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE

CHOICE BASED CREDIT SYSTEM

B.Sc. REHABILITATION SCIENCE

(For Candidates Admitted from 2020 onwards)

Course Title	ALLIED-2 COUNSELLING
Total Hours	75
Hours/Week	5
Code	U20PS2ALT02
Course Type	Theory
Credits	2
Marks	100

GENERAL OBJECTIVE :

To understand and develop counseling skills and apply them in real life situations in personal and professional life

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the goal, role and characteristics of counselors.
CO-2	Apply the concepts of various counseling therapies

CO-3	Explain the process of group and career counseling
CO-4	Analyze the various forms of helping the needy client
CO-5	Relate the strategies of counseling to children and adults with special needs and their parents and siblings and significant others

**UNIT 1 : BASICS OF COUNSELLING AND INTERPERSONAL RELATIONSHIP
(15 Hrs)**

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

Extra reading/Key words: 20-20 consensus Definition of counseling

Extra Reading/ Key words: social/ constructionist view of communication Intercultural communication

UNIT 2 : COUNSELLING THERAPIES (20 Hrs)

- 3.1 Psycho-analytic Therapy Solution-focused counseling and Behavior Therapy
- 3.2 Transactional Analysis, Existential therapy and Adlerian therapy
- 3.3 Person-Centered Therapy and Rational-emotive Therapy
- 3.4 Reality therapy and Gestalt therapy

Extra Reading/ Key words: Abreaction therapy, Psychotherapy ,Art therapy

UNIT 3 : GROUP & CAREER COUNSELING (10 Hrs)

- 2.1 Definition of group Types of groups – Psycho educational groups, Counseling groups, Psychotherapy groups and Task/Work groups
- 2.2 The process of group Counseling,
- 2.3 Issues in groups, Benefits and drawbacks of groups.
- 2.4 Definition of career counseling, The importance & scope of Career Counseling and career information

UNIT 4 : THE NEEDY CLIENT AND FORMS OF HELPING (10 Hrs)

- 4.1 Helping the individual
- 4.2 Helping with social skills
- 4.3 Helping with thinking and feeling
- 4.4 Helping in groups and through networks

Extra Reading/ Key words: Interpersonal counseling , mentoring

UNIT 5 : COUNSELLING FOR PERSONS WITH DISABILITY (10 Hrs)

- 5.1 Handicapped child in the family
- 5.2 Counseling significant people in the lives of the handicapped
- 5.3 Personal and Social adjustment training for the handicapped
- 5.4 Vocational counseling

Extra Reading/ Key words: Counseling psychology, Disability Management

Note: Texts given in the extra reading/key words must be tested only through Assignment and Seminars.

Course Outcomes:

The learner will be able to

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the goal,role, characteristics of counseling and a counselor and the feature,stages of relationship and ways of improving relationship quotient.	PSO 1	R, U
CO-2	Describe the elements, models patterns and styles of Communication.	PSO 2	R
CO-3	Enumerate the various therapies used in the process of counselling children and persons with special needs.	PSO 3	U
CO-4	Describe the techniques of helping individual, helping with social skills, helping with thinking and feeling and helping in groups through networks.	PSO 4	U,A
CO-5	Explain the impact of having a child with disability in a family and counseling significant people , the need for personal and social adjustment training and the concept of Vocational Counselling for persons with disabilities. (skill development)	PSO 5	A.An

PRACTICUM:

(10 Hrs)

1. Arrange talks by eminent counsellors.
2. Case Presentations and analyses.
3. Observe and assist in counselling sessions.
4. Organise counselling sessions for different categories of disabled persons.
5. Conduct a workshop on Communication skills.

REFERENCES :

1. Samuel T. Gladding. (2009). *Counselling – A Comprehensive Profession*. Sixth Edition, Pearson Education.
2. Murgatroyd Stephen, (1988). *Counselling and Helping*, London; British Psychological Society and Methuen
3. Kennedy Eugene, (1977). *On becoming a Counsellor*, U.S.A.; Gill and Mac Millan.
4. Gerald Corey, (1991). *Theory and Practise of Counselling and Psychotherapy*, Brook/Cole Pub. Co.
5. Kochhar,S.K., (1990). *Guidance and Counselling in Colleges and Universities*, New Delhi; Sterling.
6. Weight, N.G., (1980). *Total Rehabilitation*, U.S.A.; Little Brown Company.
7. Fr. Joe Currie, S.J., (1993). *In the Path of the Barefoot Counsellor, 18 Steps Toward Becoming Effective Helping Persons*. Bangalore; TC Publications.
8. John Antony .D, (1994). *Dynamics of Counselling*, Nagercoil; Microskills Model Anugraha Publications.
9. Ray Woolfle and Windy Dryden, (1996). *Counselling Psychology*, New Delhi; Sage Publications.

JOURNALS:

1. *Journal of Counselling and Development*

HOLY CROSS COLLEGE (AUTONOMOUS) TIRUCHIRAPPALLI – 620 002

DEPARTMENT OF PSYCHOLOGY

OFFERS TO

PG AND RESEARCH DEPARTMENT OF REHABILITATION SCIENCE

CHOICE BASED CREDIT SYSTEM

B.Sc. REHABILITATION SCIENCE

(For Candidates Admitted from 2020 onwards)

Course Title	ALLIED – 1 (OPTIONAL) PSYCHOLOGY
Total Hours	60
Hours/Week	4 Hrs/Wk
Code	U20PS1ALT01
Course Type	Theory
Credits	4
Marks	100

General Objectives:

To understand the basic concepts of psychology and apply them in life.

Course Objectives:

The learner will be able to

CO No.	Course Objectives
CO-1	Understand the concepts of psychology, theories of learning and intelligence
CO-2	Remember the various concepts in memory forgetting and motivation
CO-3	Analyze the characteristics of creative persons and develop creative thinking and problem solving techniques.
CO-4	Analyze and evaluate the skill needed to develop self-concept and maintain better inter-personal relations
CO-5	Understand the concepts of consciousness, sleep and dreams and parapsychology

UNIT: I BASICS OF PSYCHOLOGY (10 Hrs)

- a. Meaning and History
- b. Sensory Perception
- c. Attention and Perceptual Processes
- d. Nature and Types of Memory and forgetting theories

Extra reading/ keywords: Psychology applied in different fields, Biographies of successful people, Mnemonic techniques

UNIT: II LEARNING, MOTIVATION AND EMOTIONS (15 Hrs)

- 2.1 Learning theories
- 2.2 Motivation, Types of Motives & theories
- 2.3 Emotions theories
- 2.4 Frustration and conflict

Extra reading/ keywords: Multiple Intelligence, Emotional Intelligence, Emotional Quotient

UNIT: III THINKING AND INTELLIGENCE (10 Hrs)

- 3.1 Thinking and Reasoning
- 3.2 Creativity
- 3.3 Domains of Psychological Attributes
- 3.4 Intelligence
- 3.5 Individual differences in Intelligence

Extra reading/ keywords: Lateral thinking, Innovative problem solving techniques, Artificial Intelligence, social intelligence

UNIT: IV PERSONALITY (10 Hrs)

- 4.1 Definition & Type of personality
- 4.2 Type and Trait Theories of Personality
- 4.3 Learning and Behavioural Theories
- 4.4 Humanistic Theories.

Extra reading/ keywords: The Hardy Personality

UNIT: V PSYCHOLOGICAL DISORDERS AND STRESS (15 Hrs)

- 5.1 Major Psychological Disorders
- 5.2 Effects of Stress and Coping
- 5.3 Substance Use Disorders
- 5.4 Types and Sources of Stress

Extra reading/ keywords: Disengagement coping, Relaxation Techniques

Note: Texts given in the extra reading/key words must be tested only through Assignment and Seminars.

Course Outcomes:

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the concepts of psychology,	PSO 1	R, U
CO-2	Explain theories of learning and intelligence	PSO 2	R
CO-3	Discuss the various concepts in memory forgetting	PSO 2	U
CO-4	Examine the importance of motivation in real life.	PSO 3	R
CO-5	Explain the characteristics of creative persons and develop creative thinking and problem solving techniques.	PSO 4	An
CO-6	List, explain and summarize the skill needed to develop self-concept and maintain better inter-personal relations	PSO 4	U
CO-7	Explain and summarize personality types and theories	PSO 5	R, An

PRACTICUM:

1. Various tests and exercises are conducted to understand
 - learning theories
 - level of motivation
 - emotional quotient
 - memory
2. Workshop on How to Develop Creativity and Thinking.
3. Workshop on Developing Self-concept and Esteem.
4. Solve simple problem situations and help solving personal problems.

REFERENCES:

1. Roger Van Oech, (1993). A Whack On the side of the head, Noida, India; Gospons papers Pvt. Ltd.
2. Clifford Morgan, Richard A King et.al. (1993). Introduction to Psychology. New York; Mc Graw Hill Inc.
3. Darley, Glucksherk, Kincha, (1991), Psychology, Prentice Hall Inc. A vision of Simen & Schuster,
4. Carlson, (1990). Psychology - The Science of Behaviour, U.S.A.; Allyn and Bacon, Inc.
5. Gordon H. Bower, Richard R. Bootzin and Robert B. Zajonc, (1987). Principles of Psychology, U.S.A.; Random House: Inc.
6. Huffinon & William, (1987). Psychology in Action, Singapore; John Wiley & Sons, Inc.
7. John A.Glover, Roger H.Burning, (1987). Educational Psychology, Principles and Applications, U.S.A.; Little Brown & Co. & Limited.
8. Arno .F. Witting and Gurney Williams, (1987). Introduction to Psychology. New York; Mc Graw Hill Inc.
9. Stephen Worchel, Wayne Sheilske, (1986). Psychology Principles and Applications, U.S.A.; Prentice Hall : A division of Simon & Schcester Inc.
10. Vergenia Nichols Quinn, (1985). Applying Psychology, Singapore; Mc Graw - Hill.
11. Gage / Berliner, (1984). Educational Psychology, U.S.A.; Houghton Mifflin Company.
12. David .W. Johnson and Frank .P. Johnson, (1982), Joining together, New Jersey; Prentice Hall and U.S.A.; Prentice Hall Inc.
13. Frank J.Bruno (1980), (1984). Behavior and Life, Singapore; John Wiley & Sons, Inc.

For candidates admitted from 2020 onwards

**Holy Cross College (Autonomous),
Tiruchirappalli-2
Department of Psychology offered to
Department of Audiology & Speech-Language
Pathology
First Year - Semester – I**

Course Title	Major Core-1 Clinical Psychology
Total Hours	60 hrs
Hours/Week	4 Hrs Wk
Code	U20PS1MCT01
Course Type	Theory
Credits	-
Marks	100

General Objectives:

After completing this course, the student will be able to understand the concept of psychology, assessment procedures and scope of psychology in speech and hearing.

Course Objectives:

CO No.	Course Objectives
CO-1	Remember and understand scope of clinical psychology and its significance for speech and hearing
CO-2	Explain the cognitive, motor, emotional and social development
CO-3	Understand the theories of learning and therapy techniques based on learning principles
CO-4	Implement neuropsychology in the field of speech and hearing
CO-5	Remember and understand scope of clinical psychology and its significance for speech and hearing

UNIT I - Introduction to Psychology

12Hrs

Introduction to psychology: definition, history and schools of psychology, Scope of psychology, Meaning and definition of clinical psychology, Historical development, modern clinical psychology Significance of clinical psychology in health sciences, Role of clinical psychology in speech and hearing, Concept of normality and abnormality, Models of mental disorders: biological, psychological social models
Extra reading /Key words: *different school of psychology, application of psychology in speech therapy*

UNIT II - Assessment Procedures in Clinical Psychology

12Hr

s Methods in clinical psychology: case history, clinical interviewing, clinical observation, definition and types of psychological testing, Assessment of cognitive functions, Behavioural assessment, Classification of abnormal behavior, History, need & rationale of classification, Current classificatory system: DSM, ICD
Extra reading /Key words: *ICD 10, DSM V, ICF*

UNIT III - Developmental Psychology

12Hrs

Child and developmental psychology: meaning, definition and scope, Meaning of growth, development & maturation, Principles of child development, Motor development: general principals of motor development, Stages in motor development: early motor development, motor development during later childhood and adolescence, decline with age, Cognitive development: growth from early childhood to adolescence, Piaget's theory of cognitive development, Emotional development and Social development

Extra reading /Key words: *theory of mind, importance of motor development in speech and language development.*

UNIT IV - Principles of Learning and Behavior Modification

12Hrs

Learning: meaning, definition and characteristics, Theories of learning: introduction, Pavlov's classical conditioning: experiments and principles, Skinner's operant conditioning: experiments and principles, Therapeutic techniques based on learning principles, Skill behavior techniques, Problem behavior techniques

Extra reading /Key words: *learning, conditioning, classical, operant, skill, behavior, application of learning theories in speech and language therapy*

UNIT V - Neuropsychology and its Relevance to Study of Speech

12Hrs

Neuropsychology: introduction and definition, Neuropsychological assessment and rehabilitation Application of neuropsychology in the field of speech and hearing, Counselling: introduction and definition, Types of counselling: directive and non- directive, Characteristics of a good counsellor

Extra reading /Key words: *importance of counseling, counseling tips for various speech and hearing disorders*

Note: Texts given in the Extra reading /Key words must be tested only through Assignment and Seminars.

Course Outcomes:

CO No.	Course Outcomes	PSOs Addressed	Cognitive Level
CO-1	Explain the role of clinical psychology in the field of speech and hearing.	PSO 2 PSO 5	U
CO-2	Understand methods of assessment in clinical psychology	PSO 4 PSO 3	R
CO-3	Detail the assessment of cognitive functions.	PSO 4 PSO 3 PSO 5	Ap, E
CO-4	Explain the stages in motor development till adulthood and counsel regarding it	PSO 2 PSO4	C

CO-5	Describe the characteristics of a good counsellor.	PSO 5 PSO 1	An, E
CO-6	Bridging theory with practical aspects of speech language pathology and audiology - skill development	PSO 5	Ap, C

Reference text books

1. Morgon C.T., King R.A., Robinson N.M. *Introduction to Psychology*. Tata McGraw Hill Publishing Co.
2. Anastasi, A. (1999). *Psychological testing*, London: Freeman
3. Baura, M (2004). *Human Development and Psychology*, Rehabilitation Council of India, New Delhi. ISBN: 81-7391-868-6
4. Coleman J.C. *Abnormal Psychology and Modern Life*, Taraporevala Sons & Co.

Reference Books:

1. Gregory, R.J. (2000). *Neuropsychological and geriatric assessment in Psychological Testing: History, Principles, and Applications (3rd ed.)*. New York: Allyn & Bacon.
2. Hurlock, E.B. (1981). *Child development*. (VI Ed.). Mc Graw Hill International Book Co.
3. Kline, P. (1993). *The Handbook of Psychological Testing*. Routledge
4. Lezak, M., Loring, D.W., and Hannay, H.J. (2004). *Neuropsychological Assessment. Fourth Edition*. New York: Oxford University Press
5. Siegal M.G. (Ed). (1987). *Psychological Testing from Early Childhood Through Adolescence*. International Universities Press.