

# SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A<sup>++</sup> Accredited by NAAC (2021) With CGPA 3.52

## New Syllabus For Master of Arts [M. A. in Clinical Psychology] UNDER Faculty of Humanities

### M. A. Part - II (Sem - III and IV)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH  
*NATIONAL EDUCATION POLICY - 2020*  
HAVING CHOICE BASED CREDIT SYSTEM  
WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS  
(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2024-25 ONWARDS)

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## **1. PREAMBLE:**

This course is aimed at developing knowledge and understanding the principles of fields of **Clinical psychology**. The course gives an edge to the psychology students to enable them to inculcate the philosophies, ideologies, and methodologies of psychologist's profession. To fulfill this, the course covers wide range of topics pertaining to the core, supportive, interdisciplinary, and elective domains of applied psychology. The course is designed with appropriate consistency within the papers and among the papers. Therefore, interdependence of the papers is a characteristic feature of the course. The course will enable the learners to assume the role of the psychologists for the better development of individuals and society with a positive attitude.

## **2. PROGRAMME LEARNING OUTCOMES (PO)**

After successful completion students will be able to:

1. Understand the ideologies, methodologies, values, and ethical principles of psychologist's practices working in various settings with individuals and groups.
2. Strengthen the theoretical understanding, expand knowledge-base, and inculcate relevant values, attitudes and skills required for a professional psychologist through the theory and practical component of the course.
3. Develop interdisciplinary and specialized professional outlook, uphold the dignity and esteem of the psychology profession, and achieve self- actualization.
4. Inculcate the analytical ability, research aptitude and relevant skills for professional life.

## **3. DURATION:**

The Master of Arts in Psychology Programme shall be A FULL TIME COURSE OF TWO YEARS - FOUR SEMESTERS DURATION with 22 Credits per Semester. (Total Credits = 88)

## **4. ELIGIBILITY FOR ADMISSION:**

ANY GRADUATE FROM RECOGNIZED UNIVERSITY/HEI is eligible for admission for this course. The criteria for admission is as per the rules and regulations set from time to time by concerned departments, HEIs, university, government and other relevant statutory authorities.

## **5. MEDIUM OF INSTRUCTION:**

The medium of instruction shall be ENGLISH. However, the students will have AN OPTION TO WRITE ANSWER-SCRIPTS IN ENGLISH AND MARATHI. (EXCEPT LANGUAGES)

## **6. EXAMINATION PATTERN:**

The pattern of examination will be Semester and Examination with Internal Assessment/Evaluation.

## **7. SCHEME OF TEACHING AND EXAMINATION:**

## **M. A. Programme Structure for Semester III and IV**

**MM: Major Mandatory** - There will be FOUR mandatory courses for each semester.

**ME: Major Elective** (Student should opt for ANY ONE course from the group of elective courses/basket).

**RP: Research Project** - It is a mandatory course for 10 credits, 4 credits at semester III and 6 credits at semester IV

***NOTE: Separate passing is mandatory for both, Semester and Examination and Internal Evaluation/Assessment.***

## 8. STRUCTURE OF PROGRAMME:

### (Credit Distribution Structure for with Multiple Entry and Exit Options M.A. - II in Clinical Psychology

Year	Level	Sem	Mandatory	Major with Course Code (Credits)		RM	OJT / FP	Total Credits	Degree
				Electives	(Choose ONE elective)				
II		Sem III	1. Course Code: <b>MAU0325MML618I1</b> Course Name (Credits): Introduction to Psychopathology (4)		1. Course Code: <b>MAU0325MEL618I</b> Course Name (Credits): Clinical Psychotherapies (4)		Course Code: <b>MAU0325RPP618I</b> Course Name (Credits): Research Project (4)	22	Master Degree (After 4 year Degree)
			2. Course Code: <b>MAU0325MML618I2</b> Course Name (Credits): Clinical Psychology (4)						
			3. Course Code: <b>MAU0325MMP618I3</b> Course Name (Credits): Practical/ Internship (4)						
			4. Course Code: <b>MAU0325MML618I4</b> Course Name (Credits): Rehabilitation Psychology (2)						
II	6.0	Sem IV					Course Code: <b>MAU0325RPP618I</b> Course Name (Credits): Research Project (6)	22	Master Degree (After 4 year Degree)
			1. Course Code: <b>MAU0325MML618J1</b> Course Name (Credits): <b>Psychopathology</b> (4)		1. Course Code: <b>MAU0325MEL618J</b> Course Name (Credits): Recent Psychotherapies (4)				
			2. Course Code: <b>MAU0325MML618J2</b> Course Name (Credits): <b>Psychodiagnostics</b> (4)						
			3. Course Code: <b>MAU0325MMP618J3</b> Course Name (Credits): <b>Practicum</b> (4)						
			<b>MAU0325MML618I4</b> Course Name (Credits):						
<b>Cumulative Credits for PG Diploma</b>			<b>28</b>		<b>8</b>	<b>4</b>	<b>4</b>	<b>44</b>	

## 9. COURSE CODE TABLE:

### M. A. II, Sem- III and IV

Semester No.	Course Code	Title of New Course
III	MAU0325MML618I1	Introduction to Psychopathology
III	MAU0325MML618I2	Clinical Psychology
III	MAU0325MMP618I3	Practical (Internship)
III	MAU0325MML618I4	Rehabilitation Psychology
III	MAU0325MEL618I	Clinical Psychotherapies
III	MAU0325RPP618I	Research Project (Research Proposal and Developing Training Program)
IV	MAU0325MML618J1	Psychopathology
IV	MAU0325MML618J2	Psychodiagnostics
IV	MAU0325MMP618J3	Practicum (4 Psychological Disorder Cases and one regional Hospital Visit)
IV	MAU0325MEL618J	Recent Psychotherapies
	MAU0325MEL618I	
IV	MAU0325RPP618J	Research Project (Training Program Implementation and Report)

### Course Code List for Courses

Course Code	Name of the Course
01	Marathi
02	Hindi
03	English
04	Sanskrit (Lower)
05	Sanskrit (Higher)
06	Ardhamagadhi
07	Persian
08	Urdu
09	Kannada
10	Military Science
11	NSS
12	Music
13	History
14	Sociology

Course Code	Name of the Course
15	Economics
16	Political Science
17	Philosophy
18	Psychology
19	Social Work
20	AHIC
21	Linguistics
22	Geography
23	Home Science
24	Statistics
25	Education
26	Physical Education
27	Journalism

## 10. EQUIVALENCE OF THE PAPERS:

### Equivalence: M. A. II Sem- III and IV

Sem No.	Paper Code	Title of Old Paper	Sem No.	Credit	Course Code	Title of New Course	Credit
III	IX	Introduction to Psychopathology	III	04	MAU0325MML618I1	Introduction to Psychopathology	04
III	X	Techniques of Psychodiagnostics	III	04	MAU0325MML618I2	Clinical Psychology	04
III	XII	Practical (Experiments and Psychological Tests)	III	04	MAU0325MMP618I3	Practical (Internship and Testing)	04
III	XI	Psychotherapies	III	04	MAU0325MMP618I4	Rehabilitation Psychology	02
III	--	--	III		MAU0325MEL618I	Clinical Psychotherapies	04
III	--	--	III		MAU0325RPP618I	Research Project (Research Proposal and Developing Training Program)	04
IV	XIII	Psychopathology	IV	04	MAU0325MML618J1	Psychopathology	04
IV	XIV	Applied Psychodiagnostics	IV	04	MAU0325MML618J2	Psychodiagnostics	04
IV	XV	Modern Psychotherapies	IV	04	MAU0325MMP618I4		
IV	XVI	Practicum	IV	04	MAU0325MMP618J3	Practicum (4 Psychological Disorder Cases and one regional Hospital Visit)	04
IV	--	--	IV		MAU0325MEL618J	Recent Psychotherapies	04
IV	--	--	IV		MAU0325RPP618J	Research Project (Training Program Implementation and Report)	06

## 11. Determination of CGPA, Grading and declaration of results:

Shivaji University has adopted 10-point Grading System as follows:

➤ **In each semester, marks obtained in each course (Paper) are converted to grade points:**

- If the total marks of course are 100 and passing criteria is 40%, then use the following Table 1 for the conversion.
- If total marks of any of the course are different than 100 (e.g. 50) and passing criterion is 40%, then marks obtained are converted to marks out of 100 as below:

$$\text{Marks out of 100} = \frac{\text{Marks obtained by student in that course}}{\text{Total marks of that course}} \times 100$$

and then grade points are computed using Marks out of 100 as per Table 1.

**Table 1: Conversion of Marks out of 100 to grade point**

Sr. No.	Marks Range out of 100	Grade point	Letter grade
1	80-100	10	O: Outstanding
2	70-79	9	A+: Excellent
3	60-69	8	A: Very Good
4	55-59	7	B+: Good
5	50-54	6	B: Above Average
6	45-49	5	C: Average
7	40-44	4	P: Pass
8	0-39	0	F: Fail
9	Absent	0	Ab: Absent

**Table 2: Conversion of Marks out of 50 to grade point (Passing: 20)**

Sr. No.	Marks Range out of 50	Grade point	Letter grade
1	40-50	10	O: Outstanding
2	35-39	9	A+: Excellent
3	30-34	8	A: Very Good
4	28-29	7	B+: Good
5	25-27	6	B: Above Average
6	23-24	5	C: Average
7	20-22	4	P: Pass
8	0-19	0	F: Fail
9	Absent	0	Ab: Absent

➤ **Computation of Semester Grade Point Average (SGPA):**

Based on the grade points earned in each course in each semester, *Semester Grade Point Average (SGPA)* is computed as follows:

The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student in that semester and the sum of the number of credits of all the courses undergone by a student in that semester. The SGPA of the  $i^{th}$  semester is denoted by  $S_i$ . The formula is given by

$$SGPA \text{ of semester } i = S_i = \frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$$

where  $c_j$  is the number of credits of  $j^{th}$  course,  $G_j$  is the grade points earned in the  $j^{th}$  course and  $k$  be the number of courses in  $i^{th}$  semester.

➤ **Computation of Semester Grade Point Average (SGPA) :**

Based on the SGPA of each semester, Cumulative Grade Point Average (CGPA) is computed as follows:

The CGPA is also calculated in the same manner considering all the courses undergone by a student over all the semesters of a programmed,

$$CGPA = \frac{\sum_{i=1}^m C_i \times S_i}{\sum_{i=1}^m C_i}$$

Where  $C_i$  is the total number of credits in  $i^{th}$  semester,  $S_i$  is the SGPA of  $i^{th}$  semester and  $m$  is the number of semesters in the programme.

➤ **Based on CGPA, final letter grade is assigned as below:**

Table 3: Final Cumulative Grade Point Average (CGPA) and Final Grade for course

Sr. No.	CGPA Range	Grade	Grade Descriptions
1	9.50-10.00	O	Outstanding
2	8.86-9.49	A+	Excellent
3	7.86-8.85	A	Very Good
4	6.86-7.85	B+	Good
5	5.86-6.85	B	Above Average
6	4.86-5.85	C	Average
7	4.00-4.85	P	Pass
8	0.00-3.99	F	Fail
9	Nil	AB	Absent

**Remarks:**

1. B+ is equivalent to 55% marks and B is equivalent to 50 % marks. The final later grade is based on the grade points in each course of entire Programme and not on marks obtained each course of entire Programme.
2. The SGPA and CGPA shall be round off to two decimal points.



**B) FOR TWO CREDITS: Total Marks: 40**

*Note: Following pattern is given by taking nature of courses in languages and Social Sciences into consideration.*

**Que. No. 1: Multiple choice questions (FIVE) (02 marks each) 10**

**Marks** The patterns are given below:

**Pattern 1:** Plain question with 4 alternatives. (3 MCQs for 6 marks)

**Marks) Pattern 2:** Match the following with four alternatives (1 MCQs for 2

**Marks) Group 1** **Group 2**

1. a)  
2. b)  
3. c)  
4. d)  
A) 1-a, 2-b, 3-c, 4-d   B) 1-b, 2-a, 3-c, 4-d   C) 1-c, 2-b, 3-a, 4-d   D) 1-d, 2-b, 3-c, 4-a

**Pattern 3: Give Two Statements (1 MCQs for 2 Marks)**

**Que. No. 2:** Short notes (Any Two out of Four) (Answer Limit: 150-200 Words)

(For Social Sciences) **10 Marks**

OR

**Que. No. 2:** Short Answer Question (Any One out of Two) (Answer Limit: 300-400 Words)

(For Languages) **10 Marks**

**Que. No. 3: Long Answer Questions (Any One out of Two (Answer Limit: 600-800 Words))**

(Common for both Social Sciences and Languages) 20

## Marks

## 13: SYLLABUS

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester III)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Mandatory**

**Course Name: Introduction to Psychopathology**

**Course Number: MM 1**

**Course Code: (MAU0325MML618I1)**

**Course Credits: (4)**

Marks: (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100

**Course Learning Outcomes:**

To acquaint the students with -

1. Current systems of classification of mental disorders.
2. Current paradigms in psychopathology.
3. The symptomatology of different psychological disorders.
4. Etiology and therapies of the disorders with respect to theoretical approaches

Module 1	Introduction to psychopathology	01	(4 Hours)
Module 2	Stress and Health	01	(4 Hours)
Module 3	Anxiety & Anxiety Related Disorders	01	(4 Hours)
Module 4	Substance-Related Disorders	01	(4 Hours)

**LIST FOR READING:** (Use international standard format/style applicable for your program)

**Books for Reading**

Hooley, J. M., Nock, M. K., & Butch, J. N. (2021). Abnormal Psychology. 18th ed. Global edition, Pearson education ltd.

Barlow, D. H. (2021). Clinical Handbook of Psychological Disorders (A Step-by-Step Treatment Manual). 6th ed. The Guilford Press.

Nolen-Hoeksema, S. (2020). Abnormal Psychology. 8th ed. McGraw Hill education publication.

**LIST FOR REFERENCES:** (Use international standard format/style applicable for your program)

**Books for References**

American Psychiatric Association (2013). Diagnostic and Statistical Manual of mental Disorder. 5th ed. (DSM-5).

Ahuja, N. (2011). A short Textbook of Psychiatry. 7th ed. Jaypee Published ltd.

Kring, A. M., Johnson, S. L., Davison, G. C., & Neate, J. M. (2012). Abnormal Psychology. 12th ed. Wiley Publications.

**ACTIVITIES AND EXERCISES SUGGESTED FOR INTERNAL ASSESSMENT:**

Note: Internal assignment work (20 marks)

For internal 20 marks make power point presentation on any of the following topic. Please refer books by reading. 13

1. Eating Disorders
2. Sleep-Related Disorders
3. Sexual Disorders
4. Neurocognitive Disorders

Shivaji University, Kolhapur  
M.A. (Psychology) (Part II) (Semester III) (NEP-2020)  
(Introduced from June, 2024)

## Introduction to Psychopathology

### Module – 1 Introduction to Abnormality

- 1.1 Abnormality
  - A. Define Mental Disorder
  - B. Indicators of Abnormality
- 1.2 Classification of Mental Disorder
  - A. DSM Classification
  - B. DSM-5
  - C. Advantages and Disadvantages of Classification
- 1.3 Research Methods in Clinical Psychology
  - A. The Case Study Method
  - B. The Correlational Method
  - C. The Experimental Method

### Module – 2 Stress and Health

- 2.1 What is Stress?
  - A. Stress and the DSM
  - B. Factors Predisposing a Person to Stress
  - C. Characteristics of Stressors
  - D. Measuring Life Stress
  - E. Resilience
- 2.2 Stress and Physical Health
  - A. The Stress Response
  - B. The Mind-Body Connection
  - C. Understanding the Immune System
- 2.3 Stress and Mental Health
  - A. Adjustment Disorder
  - B. Posttraumatic Stress Disorder
  - C. Acute Stress Disorder

### Module – 3 Anxiety and Anxiety Related Disorders

- 3.1 Generalized Anxiety Disorder
  - A. Prevalence, Age of onset, and Gender Differences
  - B. Comorbidity with other Disorders
  - C. Psychological Causal Factors
  - D. Biological Causal Factors
  - E. Treatments
- 3.2 Panic Disorder
  - A. Prevalence, Age of onset, and Gender Differences
  - B. The Timing of a First Panic Attack
  - C. Comorbidity with Other Disorders
  - D. Psychological Causal Factors
  - E. Biological Causal Factors

F. Treatments

3.3 Obsessive-Compulsive Disorder

- A. Prevalence, Age of onset, and Gender Differences
- B. Comorbidity with other Disorders
- C. Psychological Causal Factors
- D. Biological Causal Factors
- E. Treatments

**Module – 4 Substance-Related Disorders**

4.1 Alcohol-Related Disorders

- A. The Prevalence, Comorbidity, and Demographics of Alcohol Use Disorder
- B. The Clinical Picture of Alcohol-Related Disorders

4.2 Causal Factors in Alcohol Use Disorder

- A. Biological Causal Factors in Alcohol Use Disorder
- B. Psychological Causal Factors in Alcohol Abuse and Dependence

4.3 Treatment of Alcohol-Related Disorders

- A. Use of Medications in Treating Alcohol Abuse and Dependency
- B. Psychological Treatment Approaches
- C. Controlled Drinking versus Abstinence
- D. Alcoholics Anonymous
- E. Relapse Prevention

4.4 Substance use disorder

- A. Sedatives
- B. Stimulants
- C. Opiates
- D. Hallucinogen

## **Shivaji University, Kolhapur**

**M. A. (Clinical Psychology) (Part II) (Sem: III)**

**Introduced from June, 2024**

### **Clinical Psychology**

**Type:** Major Mandatory

**Course Name:** Clinical Psychology

**Course Number:** MM2

**Course Code:** (MAU0325MML618I2)

**Course Credits:** 4

**Marks:** For 4 Credits: Semester End: **80** Internal Assessment: **20** Total Marks: **100**

#### **Course Objectives:**

To acquaint students with the -

1. Ethical and Professional Issues of Clinical Psychology.
2. Nature of Clinical Interview.
3. Tools and Types used in Clinical Assessments.
4. Behavioral Assessments

#### **Course Learning Outcomes:**

After Completion of this Course, Student will be able to:

1. Analyze and resolve common ethical dilemmas in professional practice.
2. Demonstrate ethical codes of conduct in professional practice.
3. Understand the Nature of Clinical Psychology.
4. Acquire the Required Skills in Assessment Process and apply it in the field of clinical psychology.

<b>Module</b>	<b>Content</b>	<b>Credit (4)</b>
1	Clinical Psychology : Definition, Ethical and Professional Issues	1
2	The Clinical interview	1
3	Clinical Assessment	1
4	Behavioral assessment	1

## **Note: Internal assignment work (20 Marks)**

For internal 20 marks make a Mental Status Examination Report in detail as per Prescribed format. OR Psychological report. (Please refer the handbook of psychological assessment 5<sup>th</sup> ed., Author: Gary-Growth Marnet)

**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025 for the benefit of repeater students.

## **V. Recommended Reading**

### **A. Books for reading:**

1. Andrew M. Pomerantz (2020) Clinical Psychology 5<sup>th</sup> ed. Sage Publication (for Module 1, Module 2)
2. Wolfgang Linden and Paul L. Hewitt (2018) Clinical Psychology 2<sup>nd</sup> ed. New York, NY : Routledge, 2018 (for Module 3)
3. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey. (for Module 4)

### **B. Books for references**

1. Geoffrey P. Kramer, Douglas A. Bernstein and Vicky Phares (2014) Introduction to Clinical Psychology.8<sup>th</sup> Ed. Pearson Publication.
2. Douglas A. Bernstein, Bethany A. Teachman, Bunmi O. Olatunji and Scott O. Lilienfeld (2021) Introduction To Clinical Psychology 9<sup>th</sup> ed. Cambridge University Press Pub.
3. Kaplan, R.M & Saccuzzo, D. P (2009). Psychological testing: Principles, Applications and Issues. 7th Edition, Wadsworth, Belmont, USA
4. Hecker, J., & Thorpe, G. (2015). Introduction to clinical psychology. Psychology Press.
5. Bhola, P. & Raguram, A. (Eds.) (2016). Ethical Issues in Counselling and Psychotherapy Practice Walking the line .New Delhi: Springer
6. American Psychological Association. (2010). Ethical Principles of Psychologists and Code of Conduct. <http://www.apa.org/ethics/code/principles.pdf>
7. Miltenberger, R. G. (2001). Behavior modification: Principles and procedures (2nd Ed.). Belmont, CA: Wadsworth/Thomson Learning.

# **Shivaji University, Kolhapur**

**M. A. (Clinical Psychology) (Part II) (Sem: III)**

**Introduced from June, 2024**

## **Clinical Psychology**

### **Module 1 – Clinical Psychology: Definition, Ethical and Professional Issues**

1.1 What is Clinical Psychology

- A) Original Definition
- B) More Recent Definition

1.2 American Psychological Association's Ethics

- A) Aspirational and Enforceable
- B) Ethical Decision Making
- C) Psychologists' Ethical Beliefs

1.3 Confidentiality and Informed Consent

1.4 Competence, Ethics in Clinical Assessment and research

### **Module 2 – The Clinical interview**

2.1 The Interviewer

- A) General Skills
- B) Specific Behaviors

2.2 Components of the Interview

- A) Rapport
- B) Technique
- C) Conclusions

2.3 Pragmatics of the Interview

- A) Note Taking
- B) Audio and Video Recordings
- C) The Interview Room
- D) Confidentiality

2.4 Types of Interviews

- A) Intake Interviews
- B) Diagnostic Interviews
- C) Mental Status Exam
- D) Crisis Interviews

**Module 3 – Clinical Assessment**

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- 3.1 Tools, Types and Goals of Psychological Assessments
- 3.2 Tests and Tools used in Psychodiagnostics Assessments
- 3.3 Personality Inventory Assessment
- 3.4 Intellectual Assessment
- 3.5 Biological Assessment

**Module 4 – Behavioral assessment**

- 4.1 Behavioral Assessment
- 4.2 Strategies of behavioral assessment
  - A) Behavioral interviewing
  - B) Behavioral observation
  - C) Narrative recording
  - D) Internal recording
  - E) Event recording
  - F) Ratings recording
  - G) Cognitive-behavioral assessment
  - H) Cognitive self-report inventories
  - I) Record cognitions
  - J) Psycho-sociological assessment

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester III)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Mandatory**

**Course Name: Internship (Internship and Psychological Tests)**

**Course Number: (MM3)**

**Course Code: (MAU0325MMP618I3)**

**Course Credits: (4)**

**Marks:** (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100

**1) Course Title: Internship (Field work)**

**2) Objectives:**

- 1) To train the students to field work in the different areas of clinical psychology.
- 2) To make the students familiar with the psychological tests used for clinical purposes.
- 3) To impart the knowledge and skills for administering psychological tests and writing their reports.

**3) Books for Reading**

- 4) Coolican, H. (2017). *Research methods and statistics in psychology*. Psychology Press.
- 5) Barker, C., Pistrang, N., & Elliott, R. (2015). *Research methods in clinical psychology: An introduction for students and practitioners*. John Wiley & Sons.
- 6) Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.
- 7) Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> Ed. Springer.
- 8) Corey, Gerald (2005): "Theory and Practice of Counseling and Psychotherapy", 7th Ed., Books / Cole – Thomson Learning, Belmont, C. A., U.S.A.
- 9) Division, G. C., Neale, J.M. and Kring, A. M. (2004): "Abnormal Psychology", 9th Ed., John Willey and Sons Inc.
- 10) Gladding, Samuel T. (2009): "Counseling", Sixth edition, Pearson.
- 11) Hecker, Jeffrey E. and Thope, Geoffrey L. (2005) "Introduction to Clinical Psychology", Pearson Education Inc.

## GUIDELINES FOR INTERNSHIP FILE AND INTERNSHIP REPORT

These guidelines will be useful for undertaking an internship program during the summer or at any other time wherein the student/ researcher works full time with a company/organization)

There are certain phases of every Intern 's professional development that cannot be effectively taught in the academic environment. These facets can only be learned through direct, on-the-job experience working with successful professionals and experts in the field. The internship program can best be described as an attempt to institutionalize efforts to bridge the gap between the professional world and the ~~academic~~ institutions. Entire effort in internship is in terms of extending the program of education and evaluation beyond the classroom of a university or institution. The educational process in the internship course seeks out and focuses attention on many latent attributes, which do not surface in the normal class room situations. These attributes are intellectual ability, professional judgment and decision-making ability, inter-disciplinary approach, skills for data handling, ability in written and oral presentation, sense of responsibility etc.

In order to achieve these objectives, each student will maintain and submit a file (**Internship File**) and a report (**Internship Report**).

### **Internship file**

The Internship File aims to encourage students to keep a personal record of their learning and achievements throughout the Program. It can be used as the basis for lifelong learning and for job applications. **Items can be drawn from activities completed in the course modules and from the workplace to demonstrate learning and personal development.**

The File will assess the student's analytical skills and ability to present supportive evidence, whilst demonstrating understanding of their organization, its needs and his/her own personal contribution to the organization.

The File is essentially a comprehensive documentation of how one proceeds while working on the assignment and should be regularly checked by the faculty guide/ supervisor, issues discussed with the students, doubts if any clarified and signed as having done so. This will form the basis of **continuous evaluation** of the project.

The File will include **five sections** in the order described below.

1. **The Title Page** – An Internship Experience Report For (Your Name), name of internship organization, name of the Supervisor/Guide and his/her designation, date started and completed, and number of credits for which the report is submitted.
2. **Table of Content** – An outline of the contents of the file by topics and subtopics with the page

3. **Introduction** – Short, but should include how and why you obtained the internship experience position and the relationship it has to your academic/professional and career goals.
4. **Main Body** – Should include a brief summary/ executive summary of the **Internship Project Report** that the student has worked on, an **analysis of the company/organization** in which the student is working, a **personal review** of the student's management skills and how they have been developed through the program, the daily tasks performed, major projects contributed to, dates and hours spent on a task, observations and feelings, meetings attended and their purposes, listing of tools and materials and their suppliers, and photographs if possible of projects, buildings and co-workers.
5. **Appendices** – Include pamphlets, forms, charts, brochures, technical and descriptive literature, graphs and other information related to your internship experience.

## **Internship report**

The **Internship Report** is the research report that the student has to prepare on the project assigned by the organization. (In case a student is not assigned a specific research project in the organization, he has to select any one aspect of the organization and prepare a research report on it). The lay out of the report should be as per the standard layout prescribed by the organization wherein the student undertakes the Internship. In case, there is no layout prescribed by the organization the following components should be included in the report:

### **Title or Cover Page.**

The title page should contain Project Title; Student's Name; Program; Year and Semester and Name of the Faculty Guide.

### **Acknowledgements**

Acknowledgment to any advisory or financial assistance received in the course of work may be given. It is incomplete without student's signature.

### **Abstract**

A good "Abstract" should be straight to the point; not too descriptive but fully informative. First paragraph should state what was accomplished with regard to the objectives. The abstract does not have to be an entire summary of the project, but rather a concise summary of the scope and results of the project. It should not exceed more than 1000 words.

## Table of Contents

Titles and subtitles are to correspond exactly with those in the text.

## Introduction

Here a brief introduction to the problem that is central to the project and an outline of the structure of the rest of the report should be provided. The introduction should aim to catch the imagination of the reader, so excessive details should be avoided.

## Materials and Methods

This section should aim at experimental designs, materials used (wherever applicable). Methodology should be mentioned in details including modifications undertaken, if any. It includes organization site(s), sample, instruments used with its validation, procedures followed and precautions.

## Results and Discussion

Present results, discuss and compare these with those from other workers, etc. In writing this captions. All major equations should also be numbered and unless it is really necessary, do not write in —point || form.

## Conclusion(s) & Recommendations

A conclusion should be the final section in which the outcome of the work is mentioned briefly.

## Implications for Future Research

This should bring out further prospects for the study either thrown open by the present work or with the purpose of making it more comprehensive.

## Appendices

The Appendices contain material which is of interest to the reader but not an integral part of the thesis and any problem that have arisen that may be useful to document for future reference.

## References

References should include papers, books etc. referred to in the body of the report. These should be written in the alphabetical order of the author's surname. The titles of journals preferably should not be abbreviated; if they are, abbreviations must comply with an internationally recognized system.

## **The Layout Guidelines for the Internship File & Internship Report:**

A4 size Paper

Font: Times New Roman (12 points) or Marathi Mangal font (Unicode)

Line spacing: 1.5

Top and bottom margins: 1 inch/ 2.5 cm; left and right margins: 1.25 inches/ 3 cm

## **Conduct of Practical Examination:**

1. The practical examination will be conducted at the end of the third semester.
2. The student has to submit a Internship report along with the completion certificates duly signed by the teacher in charge and the head of the department, at the time practical examination.
3. Each batch of practical will consists of maximum 10 students.
4. A separate batch for practical examination will be formed if this number exceeds even by one.
5. Duration of practical examination will be of 3 hours per batch.
6. The practical paper will carry 80 marks.
7. The student has to bring his/her subject for practical examination.

## **Scheme of marking for practical examination:**

<b>Assessment Scheme:</b>	<b>Mark</b>
<b>Internship Report</b>	<b>40</b>
<b>Report Writing</b>	<b>20 ( Test administration)</b>
<b>Viva</b>	<b>20</b>

## **Standard of Passing:**

As prescribed under rules and regulations for each degree/ Programme /semester.

## **Nature of Question Paper:**

Examiners shall set the practical examination question papers (Experiments and Psychological Tests) and will be given it to the students.

## **Standard of Passing:**

As prescribed under rules and regulations for each degree/ Programme /semester.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: III)**  
**Introduced from June, 2024**

**Type: Major Mandatory**

**Course Name: Rehabilitation Psychology**

**Course Number: (MM4)**

**Course Code: (MAU0325MML618I4)**

**Course Credits: (2)**

**Marks:** (For 2 Credits): Semester End: 40 Internal Assessment: 10 Total Marks: 50

**I) Objectives:**

1. To understand the actual process of rehabilitation.
2. To make students familiar with professional skills in rehabilitation.
3. To understand the collaborative working in rehabilitation.
4. To learn and understand basic physical, sensory, developmental, cognitive, mental disability and its effects on performance.

**II) Programme Outcome's**

1. The program outcomes of a rehabilitation psychology program typically focus on the knowledge, skills, and attitudes that students are expected to acquire by the time they complete the program.
2. These outcomes prepare them for successful careers in the field of rehabilitation psychology, which involves helping individuals with disabilities or injuries to maximize their potential and achieve meaningful and fulfilling lives.

<b>Module</b>		<b>No. of Credits</b>
Module 1	Introduction to rehabilitation	1
Module 2	Psychological Assessment and Community Based Rehabilitation	1

**I) Books for Reading:**

Frank, R., Rosenthal, M., & Chaplan, B. (2000). *Handbook of Rehabilitation Psychology* (2<sup>nd</sup> ed.). Psychological Association.

Teotia, A. (2018). *Rehabilitation psychology*, Notion Press.

**Note: Internal assignment work (10 Marks):** For internal 10 marks demonstrate various techniques used in counseling and therapeutic session.

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**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: III)**  
**Introduced from June, 2024**  
**REHABILITATION PSYCHOLOGY**

**Module 1. Introduction to rehabilitation Psychology**

- 1.1. Introduction and definition of rehabilitation psychology
- 1.2. History and nature of rehabilitation psychology
- 1.3. Concepts of ability and disability, types of disability

**Module 2. Psychological Assessment and Community Based Rehabilitation**

- 2.1 Assessment of persons with disability
- 2.2 Goals of Community Based Rehabilitation
- 2.3 Role of NGO and role of community

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**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025.

**Shivaji University, Kolhapur**  
**M. A. (Clinical Psychology) (Part II) (Sem: III)**  
**Introduced from June, 2024**

**Type: Major Mandatory**

**Course Name: Clinical Psychotherapies**

**Course Number: ME1**

**Course Code: (MAU0325MEL618I)**

**Course Credits: 4**

**Marks:** Semester End: 80 Internal Assessment: 20 Total Marks: 100

**Course Objectives:**

To acquaint the students with the

- 1) Various treatment systems used in therapy
- 2) Application of psychotherapies in the treatment.
- 3) Various skills required in the therapeutic sessions

**Course Learning Outcomes:**

After completion of this course, student will be able to:

- 1) Understand basic concepts associated with various psychotherapies.
- 2) Exhibit knowledge about theoretical principles of various psychotherapies
- 3) Acquire skill sets required for applying psychotherapies.
- 4) Apply insight into various intervention techniques used in psychotherapies.

<b>Module IV</b>		<b>Credits</b>	<b>04</b>
Module 1	Sigmund Freud and Classical Psychoanalysis		01
Module 2	Rogers and Person-centered counseling		01
Module 3	Cognitive Therapies		01
Module 4	Brief Behavior therapy		01

**Note: Internal assignment work (20 Marks):** For internal 20 marks demonstrate various techniques used in counseling and therapeutic session.

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**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025 for the benefit of repeater students

## V. Recommended Reading

### A. Books for reading:

1. Seligmn, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4th ed. Pearson. (for Module 1, Module 2 and Module 3)
2. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2004). *The art and science of brief psychotherapies : a practitioners guide*. 1<sup>st</sup> ed. American Psychiatric Publishing, Inc. (for Module 4)

### B. Books for references:

1. Capuzzi, D. & Stauffer, M.D. (2016). *Counselling and psychotherapy:theories and interventions*. 6th ed. American Counselling Association, Alexandria.
2. Conte, C. (2009). *Advanced techniques for counselling and psychotherapy*. Springer Publishing Company, LLC.
3. Corey, G. (2017). *Theory and practice of counselling and psychotherapy*. 10<sup>th</sup> ed. Cengage learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies : a practitioners guide*. 3rd ed. American Psychiatric Publishing, Inc.
5. Didonna, F. (2009). *Clinical handbook of mindfulness*. Springer.
6. Felthan, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2nd ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5th ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills: A Helpers manual*. 3<sup>rd</sup> ed. Sage South Asia ed.

## Shivaji University, Kolhapur M. A. (Clinical Psychology) (Part II) (Sem: III) Introduced from June, 2024

### CLINICAL PSYCHOTHERAPIES

#### **Module 1 –Sigmund Freud and Classical Psychoanalysis**

- 1.1) Important theoretical concept
- 1.2) Treatment using classical psychoanalysis
- 1.3) Skill development: analyzing and counter transference

#### **Module 2 – Rogers and Person-centered counseling**

- 2.1) Important theoretical concepts
- 2.2) Treatment using person-centered counseling
- 2.3) Skill development: Empathetic responding

**Module 3 – Cognitive Therapies**

## 3.1 Albert Ellis and REBT

- A) Important theoretical concepts
- B) Treatment using REBT
- C) Skill development rational emotive imagery

## 3.2 Aaron Beck and Cognitive therapy

- A) Important theoretical concepts
- B) Treatment using cognitive therapy
- C) Skill development: Analyzing and modifying cognitions

**Module 4 – Brief behavior therapy**

## 4.1 General description of behavior therapy

## 4.2 Behavioral assessment

## 4.3 Interventions

- A) Anxiety management training
- B) Exposure therapy

**Activities and exercises suggested for internal assessment (Any Two out of five) (20 Hours)**

1. Conduct a Psychotherapy
2. Group Discussion Technique for better understand the concepts of psychotherapy
3. Watching documentaries and films related to the subject.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester III)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Research Project**

**Course Name: Research Project: Training Program Implementation and Report (RP1)**

**Course Number: (RP1)**

**Course Code: (MAU0325RPP618I)**

**Course Credits: (4)**

**Marks: (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100**

**Course Learning Outcomes:** Student will be able to

1. Develop strong research skills and critical thinking abilities.
2. Stand out to potential employers for student's research expertise.
3. Gain comprehensive knowledge and practical skills in chosen field.
4. Explore different areas within various field before specializing.
5. Develop professional skills sought by employers.
6. Get a head start on potential Ph.D. research.

**IV. a) Books for reading:**

RESEARCH PROJECT HANDBOOK for M. A. II, SEMESTER – III and IV, Prepared by BOS Psychology

**b) Books for reference:**

Edwards, A.L. (1985): Experimental Designs in Psychological Research. New Delhi: Harper and Row.

Kerlinger, Fred N. (1994). Foundations of Behavioral Research. 3rd ed., Delhi: Surjeet Publications.

McBride, D. M. (2016). The Process of Research in Psychology 3rd Edition. New Delhi: Sage Publications  
 Ranjit Kumar (2014). Research Methodology: A step-by-step guide for beginners.  
 4th Edition. Sage Texts, Sage Publications India Pvt Ltd.

Uwe, Flick (2017). Introducing Research Methodology: A Beginner's Guide to Doing a Research Project. 2nd Edition, Sage Texts, Sage Publications India Pvt Ltd.

**(Separate RESEARCH PROJECT HANDBOOK at the end of this syllabus)**

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Mandatory**

**Name: Psychopathology**

**Course Number: (MM4)**

**Course Code: (MAU0325MML618J1)**

**Course Credits: (4)**

**Marks:** (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100

**Course Learning Outcomes:**

Learning Objectives:

To acquaint the students with -

1. Current systems of classification of mental disorders.
2. Current paradigms in psychopathology.
3. The symptomatology of different psychological disorders.
4. The etiology and therapies of the disorders with respect to theoretical approaches.

<b>Module 1</b>	<b>Mood Disorders and Suicide</b>	<b>01 (4 Hours)</b>
<b>Module 2</b>	<b>Schizophrenia</b>	<b>01 (4 Hours)</b>
<b>Module 3</b>	<b>Personality Disorders</b>	<b>01 (4 Hours)</b>
<b>Module 4</b>	<b>Disorders of Childhood and Adolescence</b>	<b>01 (4 Hours)</b>

**LIST FOR READING: (Use international standard format/style applicable for your program)**

A. Books for Reading

1. Hooley, J. M., Nock, M. K., & Butch, J. N. (2021). Abnormal Psychology. 18<sup>th</sup> ed. Global edition, Pearson education ltd.
2. Barlow, D. H. (2021). Clinical Handbook of Psychological Disorders (A Step-by-Step Treatment Manual). 6<sup>th</sup> ed. The Guilford Press.
3. Nolen-Hoeksema, S. (2020). Abnormal Psychology. 8<sup>th</sup> ed. McGraw Hill education publication.

**LIST FOR REFERENCES: (Use international standard format/style applicable for your program)**

B. Books for References

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of mental Disorder. 5<sup>th</sup> ed. (DSM-5).
2. Ahuja, N. (2011). A short Textbook of Psychiatry. 7<sup>th</sup> ed. Jaypee Published ltd.
3. Kring, A. M., Johnson, S. L., Davison, G. C., & Neate, J. M. (2012). Abnormal Psychology. 12<sup>th</sup> ed. Wiley Publications.

**ACTIVITIES AND EXERCISES SUGGESTED FOR INTERNAL ASSESSMENT:**

Note: Internal assignment work (20 marks)

For internal 20 marks make power point presentation on any of the following topic. Please refer books by reading.

1. Ethical Issues in Treating Psychopathy
2. Legal Issues in Treating Psychopathy
3. Social Media and Mental Health
4. Mental Healthcare Act, 2017.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**  
**Psychopathology**

Module – 1 Mood Disorders and Suicide

1.1 Unipolar Depressive Disorders

- A. Major Depressive Disorder
- B. Persistent Depressive Disorder
- C. Other Forms of Depression

1.2 Bipolar and Related Disorders

- A. Cyclothymic Disorder
- B. Bipolar Disorders (I and II)

1.3 Causal Factors in Mood Disorders

- A. Causal Factors in Unipolar Disorders
  - i) Biological
  - ii) Psychological
- B. Causal Factors in Bipolar Disorders
  - i) Biological
  - ii) Psychological

1.4 Treatments for Mood Disorders

- A. Pharmacotherapy
- B. Alternative Biological Treatments
- C. Psychotherapy

1.5 Suicide

- A. Clinical Picture
- B. Who Attempts and Dies by Suicide?
- C. Suicide Prevention and Intervention

## Module – 2 Schizophrenia

### 2.1 Schizophrenia

- A. Origins of the schizophrenia construct
- B. Clinical Picture

### 2.2 Other Psychotic Disorders

- A. Schizoaffective Disorder
- B. Schizophreniform Disorder
- C. Delusional Disorder
- D. Brief Psychotic Disorder

### 2.3 Causal Factors in Schizophrenia

- A. Genetic and Biological Factors
- B. Structural and Functional Brain Abnormalities
- C. Psychosocial and Cultural Factors

### 2.4 Treatments and Outcomes

- A. Pharmacological Approaches
- B. Psycho-Social Approaches

## Module – 3 Personality Disorders

### 3.1 Clinical Features of Personality Disorders

- A. General Features of Personality Disorders
- B. Difficulty in Diagnosing Personality Disorders
- C. Difficulty in Studying the Causes of Personality Disorders

### 3.2 Clusters of Personality Disorders

- A. Cluster A Personality Disorders
  - 1. Paranoid Personality Disorder
  - 2. Schizoid Personality Disorder
  - 3. Schizotypal Personality Disorder
- B. Cluster B Personality Disorder
  - 1. Histrionic Personality Disorder
  - 2. Narcissistic Personality Disorder
  - 3. Antisocial Personality Disorder
  - 4. Borderline Personality Disorder
- C. Cluster C Personality Disorder
  - 1. Avoidant Personality Disorder
  - 2. Dependent Personality Disorder
  - 3. Obsessive-Compulsive Personality Disorder

### 3.3 Treatments and Outcomes for Personality Disorders

- A. Challenges Associated with Treating Personality Disorders
- B. Adapting Therapeutic Techniques to Specific Personality Disorders

## Module – 4 Disorders of Childhood and Adolescence

### 4.1 Anxiety and Depression in Children and Adolescence

- A. Anxiety Disorders of Childhood and Adolescence
- B. Childhood Depression and Bipolar Disorder

### 4.2 Neurodevelopmental Disorders

- A. Attention-Deficit/Hyperactivity Disorder
- B. Autism Spectrum Disorder

### 4.3 Intellectual Disability

- A. Levels of Intellectual Disability
- B. Causal Factors in Intellectual Disability
- C. Organic Intellectual Disability Syndromes

D. Treatments, Outcomes, and Prevention

4.4 Specific Learning Disorders

A. Causal Factors in Learning Disorders

B. Treatments and Outcome

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Mandatory**

**Course Name: Psychodiagnostics.**

**Course Number: (MM5)**

**Course Code: (MAU0325MML618J2)**

**Course Credits: (4)**

**Marks:** (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100

**Course Objectives:**

To acquaint students with the –

1. Nature of clinical and diagnostic tests.
2. Application of projective techniques.
3. Neuropsychological impairment.

**Course Learning Outcomes:**

After Completion of this Course, Student will be able to:

1. Understand the psychometric structure of psychological tests.
2. Administer psychological assessments relevant to client needs.
3. Interpret the scores obtained on the psychological test assessments.
4. Develop a psychological test report and covey the findings to clients.

<b>Module</b>	<b>Content</b>	<b>No. of Credits 04</b>
Module 1	Minnesota Multiphasic Personality Inventory (MMPI)	1
Module 2	The Rorschach Ink blot Test	1
Module 3	Thematic Apperception Test (TAT)	1
Module 4	Screening for Neuropsychological Impairment	1

## Recommended Reading

### A. Books for reading:

1. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.

### B. Books for reference:

1. Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> ed. Springer.
2. Kaplan, R.M & Saccuzzo, D. P (2009). Psychological testing: Principles, Applications and Issues. 7th ed, Wadsworth, Belmont, USA.
3. Hecker, J., & Thorpe, G. (2015). Introduction to clinical psychology. Psychology Press.
4. Cohen, R. J., & Swerdlik, M. E. (2005). Psychological testing and assessment: An introduction to tests and measurement (6 ed.). New York: McGraw-Hill.
5. Andrew M. Pomerantz (2020) Clinical Psychology 5<sup>th</sup> ed. Sage Publication.
6. Wolfgang Linden and Paul L. Hewitt (2018) Clinical Psychology 2<sup>nd</sup> ed. New York, NY : Routledge, 2018.

### Note: Internal assignment work (20 Marks)

For internal 20 marks write a brief review on any one diagnostic test – California Personality Inventory (CPI), Million Clinical Multi-Axial Inventory, Wechsler Scales, any other clinical diagnostic test.

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**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Psychodiagnostics**

**Module 1 – Minnesota Multiphasic Personality Inventory (MMPI)**

1.1 MMPI

    A) Administration

    B) Interpretation Procedure

1.2 MMPI-2 Context scales

1.3 MMPI-A Context scales

1.4 MMPI-2 and MMPI-A Supplementary scales

**Module 2 – The Rorschach Ink-blot Test**

2.1 The Rorschach

2.2 Administration

2.3 Scoring

2.4 Interpretation: Location, Determinants, Content

**Module 3 – Thematic Apperception Test (TAT)**

3.1 Thematic Apperception Test

3.2 Administration

3.3 Typical themes elicited

3.4 Scoring procedures

3.5 Interpretation

**Module 4 – Screening for Neuropsychological Impairment**

4.1 Introduction

4.2 Interviewing for brain impairment

4.3 Domains of neuropsychological functioning

4.4 Bender Visual Motor Gestalt Test

    A) Administration

    B) Motor and perception procedures

    C) Scoring

    D) Interpretation guidelines

**Note: Internal assignment work (20 Marks)**

For internal 20 marks write a brief review on any one diagnostic test – California Personality Inventory (CPI), Million Clinical Multi-axial Inventory, Wechsler Scales, any other clinical diagnostic test.

**Note:** Question papers as per pre-revised syllabi will be set at the examinations to be held in October, 2024 and April, 2025 for the benefit of repeater students.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II)**  
**(Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Mandatory**

**Course Name: Practicum (4 Psychological Disorder Cases and one regional Hospital Visit)**

**Course Number: (MM6)**

**Course Code: (MAU0325MMP618J3)**

**Course Credits: (4)**

**Marks:** For 4 Credits Semester End: 80 Internal Assessment: 20 Total Marks: 100

**I.PAPER:**

**II. Title of Paper: PRACTICUM**

**III. Objectives:**

1. To acquaint the students with different types of clinical cases.
2. To diagnose mental health problems.
3. To prepare the students in taking case history, and making diagnosis of clinical cases, and writing its report.

**IV. Recommended Reading**

**A. Books for Reading**

1. Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal psychology* 17<sup>th</sup> ed. Global edition. Pearson education ltd.
2. Nevid, J. S., Rathus, S. A., & Greene, B. (2018). *Abnormal psychology in a changing world*. 9<sup>th</sup> ed. Pearson education ltd.
3. Comer, R. J. (2015). *Abnormal psychology*. 9<sup>th</sup> ed. Worth publisher, New York
4. Groth-Marnat, G. (2009). *Handbook of psychological assessment*. 5<sup>th</sup> ed. John Wiley & Sons, Inc., Hoboken, New Jersey.
5. Kellerman, H. & Burry, A. (2007). *Handbook of psychodiagnostic testing*. 4<sup>th</sup> ed. Springer.

**B. Books for References**

- 1) Barlow, D. H. and Durand, V. M. (1999): "Abnormal Psychology, 2nd Ed., Pacific

Grove, Books / Cole.

- 2) Capuzzi, David and Gross, Douglas, R. (2007): "Counseling and Psychotherapy: Therapies and Interventions", 4th Ed., Pearson Education India.
- 3) Carson, R. C., Butcher, J. N., Mineka, S. and Hooley, J.M. (2007): "Abnormal Psychology", 3rd Ed., Pearson Education, India.
- 4) Corsini, R. J. and Wedding, D. (Eds.) (1995): "Current Psychotherapies", Itasca, III: F. E. Peacock.
- 5) Mathur, S. S. (1985): "Clinical Psychology", Vinod Pustak Mandir, Agra.
- 6) Neizal, M. T., Bernsten (1995): "Introduction to Clinical Psychology", 2nd Ed.
- 7) Weiner, B. (1983): "Clinical Methods in Psychology", N. Y., John – Wiley and Sons.

## ACTIVITIES AND EXERCISES SUGGESTED FOR INTERNAL ASSESSMENT:

### **Note: Internal assignment work (20 Marks)**

For internal 20 marks students visit and write its full report on Regional Mental Hospital/Rehabilitation Centre/ Mentally Challenged School/Learning Disability School/Rehabilitation /NGO etc. (any one).

### **Case Study**

Every student or pair of students has to visit Hospital/Clinic/Correctional Institution/ NGO set up /Rehabilitation centers etc. to study clinical cases. He/She has to study comprehensively any four different types of clinical cases in consultation with the concerned subject teacher. He/She has to apply appropriate psychological assessment tools (tests/scales from provided list) and techniques for psycho-diagnosis. After history, symptoms and diagnosis, He/She has to apply appropriate psychotherapeutic techniques to solve the problem. After completion of case work comprehensive psychological report in standard format covering all above aspects should be submitted for every case.

**Note- More than two students are not allowed to take same cases to study.**

### **List of Clinical Tests / Scales / Techniques**

- 1) WAIS – Malin's Test
- 2) Standard Progressive Matrices
- 3) Culture Fair Scale of Intelligence

- 4) Test of Thinking
- 5) Emotional Intelligence Scale
- 6) Social Intelligence Scale
- 7) NEO - FFI
- 8) H.S.P.Q.
- 9) Locus of Control Scale
- 10) The 16 PF Questionnaire
- 11) MMPI
- 12) EPQ – R
- 13) KNPI
- 14) Adjustment Inventory
- 15) Test of Behavioral Assessment
- 16) Coping Resource Inventory
- 17) Indian Adaptation of TAT
- 18) Ink – Blot Test
- 19) Medico-psychological Questionnaire
- 20) P.G.I. Health Questionnaire
- 21) Cornell Medical Index Health Questionnaire
- 22) Anxiety Scale
- 23) Depression Scale
- 24) Stress Scale
- 25) Mental Health Inventory

**▪ Nature of Examination / Question Paper**

Each student will be given **One** hypothetical clinical case (one based on the patient description and one based on the Test profile) by university. He / She has to write brief history, describe symptoms and make diagnosis of the case. After diagnosis, he / she has to apply appropriate psychotherapeutic techniques to solve the problem. A comprehensive psychological report in standard format covering all above aspects should be written.

- **Scheme of Marking**

Sr. No.	Content	Marks	Description
1	Case Study Report	50	40 Marks assessment by HOD and 10 Marks assessment by External Examiner
2	Case Analysis	10	10 Marks assessment by External Examiner
3	Presentation project and Viva	20	20 Marks assessment by External Examiner

- Total : 80 Marks
- **Note :**
  1. There shall be two practicum sessions of 4 periods each per week per batch consist of 10 students.
  2. Eligibility for the practicum examination is subject to certification of case study report as well as visit report written by the student, duly signed by teacher in charge and HOD.
  3. Practicum examination will be held at the end of the Semester IV

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II)**  
**(Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Major Elective**

**Course Name: Recent Psychotherapies**

**Course Number: (ME2)**

**Course Code: (MAU0325MEL618J)**

**Course Credits: (4)**

**Marks:** (For 4 Credits: Semester End: 80      Internal Assessment: 20      Total Marks: 100

**Course Objectives:**

To acquaint the students with the

- 1) Various treatment systems used in therapy
- 2) Application of psychotherapies in the treatment.
- 3) Various skills required in the therapeutic sessions

**Course Learning Outcomes:**

After completion of this course, student will be able to:

- 1) Understand basic concepts associated with various psychotherapies.
- 2) Exhibit knowledge about theoretical principles of Mindfulness.
- 3) Acquire skill sets required for applying psychotherapies.
- 4) Apply insight into various intervention techniques used in psychotherapies.

**Module IV.**

**No of Credits 04**

Module 1	Family System Approaches	01
Module 2	Interpersonal Psychotherapy	01
Module 3	Mindfulness Therapy	01
Module 4	Gestalt Therapy	01

**V. Recommended Reading**

**A. Books for reading:**

1. Seligmn, L., & Reichenberg, L. W. (2007). *Theories of counselling and psychotherapy: systems, strategies and skills*. 4<sup>th</sup> ed. Pearson.

**B. Books for references:**

1. Capuzzi, D. & Stauffer, M.D. (2016). *Counselling and psychotherapy:theories and*

*interventions*. 6th ed. American Counselling Association, Alexandria.

2. Conte, C. (2009). *Advanced techniques for counselling and psychotherapy*. Springer Publishing Company, LLC.
3. Corey, G. (2017). *Theory and practice of counselling and psychotherapy*. 10<sup>th</sup> ed. Cengage learning.
4. Dewan, M. J., Sternbarger, B. N. & Greenberg, R. P. (2018). *The art and science of brief psychotherapies : a practitioners guide*. 3rd ed. American Psychiatric Publishing, Inc.
5. Didonna, F. (2009). *Clinical handbook of mindfulness*. Springer.
6. Feltham, C., & Horton, I. E. (2010). *The SAGE handbook of counselling and psychotherapy*. 2nd ed., SAGE.
7. Nelson-Jones, R. (2005). *Practical counselling and helping skills*. 5th ed. SAGE.
8. Nelson-Jones, R. (2012). *Basic Counselling Skills: A Helpers manual*. 3<sup>rd</sup> ed. Sage South Asia ed

### **ACTIVITIES AND EXERCISES SUGGESTED FOR INTERNAL ASSESSMENT:**

Note: Internal assignment work (20 marks)

For internal 20 marks make power point presentation on any of the following topic. For internal 20 marks watch short videos of application of various psychotherapies and write a review.

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester IV)**  
**(NEP-2020)**  
**(Introduced from June, 2024)**

**RECENT PSYCHOTHERAPIES**

Module 1 – Family system approaches

1.1 Family therapies that focus on background

- A) Adlerian family therapy
- B) Multigenerational family therapy

1.2 Family therapies that focus on emotions

- A) Virginia Satir
- B) Emotional focus couple theory

1.3 Family therapies that focus on thought and actions

- A) Behavioral and cognitive- behavioral therapy

B) Skill development: Genogram

Module 2 – Interpersonal Psychotherapy

2.1 Essential characteristics of interpersonal psychotherapy

- A) Interpersonal relationship
- B) Interpersonal conceptualization
- C) Time limit during acute treatment
- D) The therapeutic relationship in Interpersonal psychotherapy

2.2 Structure of interpersonal psychotherapy

Module 3 – Mindfulness Therapy

3.1 Mindfulness

- A) Therapeutic mindfulness
- B) Mindfulness and mindlessness
- C) Forms of practice

3.2 Practical applications for psychotherapy

- A) Psychological process
- B) Mindfulness meditation
- C) How we construct our experience

3.3 Mindfulness and meditation

- A) What is meditation?
- B) Obstacles to meditation
- C) Deeping meditation

Module – 4 Gestalt therapy

- 4.1) Important theoretical concepts
- 4.2) Treatment using Gestalt therapy
- 4.3) Transactional analysis
- 4.4) Skill development: Gestalt chair work

**Shivaji University, Kolhapur**  
**M.A. (Psychology) (Part II) (Semester**  
**IV) (NEP-2020)**  
**(Introduced from June, 2024)**

**Type: Research Project**

**Course Name: Research Project: Training Program Implementation and Report (RP2)**

**Course Number: (RP2)**

**Course Code: (MAU0325RPP618J)**

**Course Credits: (6)**

**Marks: 6 Credits Semester End: 120 Internal Assessment: 30 Total Marks: 150**

**Course Learning Outcomes:** Student will be able to

1. Develop strong research skills and critical thinking abilities.
2. Stand out to potential employers for student's research expertise.
3. Gain comprehensive knowledge and practical skills in chosen field.
4. Explore different areas within various field before specializing.
5. Develop professional skills sought by employers.
6. Get a head start on potential Ph.D. research.

**IV. a) Books for reading:**

RESEARCH PROJECT HANDBOOK for M. A. II, SEMESTER – III and IV, Prepared by BOS Psychology

**a) Books for reference:**

Edwards, A.L. (1985): Experimental Designs in Psychological Research. New Delhi:

Harper and Row. Kerlinger, Fred N. (1994). Foundations of Behavioral Research. 3rd ed., Delhi: Surjeet Publications.

McBride, D. M. (2016). The Process of Research in Psychology 3rd Edition. New Delhi: Sage

Publications Ranjit Kumar (2014). Research Methodology: A step-by-step guide for beginners. 4th Edition. Sage Texts, Sage Publications India Pvt Ltd.

Uwe, Flick (2017). Introducing Research Methodology: A Beginner's Guide to Doing a Research Project.

2nd Edition, Sage Texts, Sage Publications India Pvt Ltd.

**(Separate RESEARCH PROJECT HANDBOOK at the end of this syllabus)**

