

**SRR & CVR GOVT. DEGREE COLLEGE (A),  
VIJAYAWADA**

(NAAC Accredited 'B+' Grade)

**CENTRE FOR POTENTIAL EXCELLENCE**

**MASTER OF ARTS IN  
COUNSELLING PSYCHOLOGY  
(M.A. COUNSELLING PSYCHOLOGY)**

**BOARD OF STUDIES MEETING**

**2021-2022**



***DEPARTMENT OF PSYCHOLOGY***

**SRR & CVR Government Degree College (A), Vijayawada**

**Board of Studies Meeting  
Department of Psychology**

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**CURRICULUM FOR SECOND YEAR M.A. in COUNSELLING PSYCHOLOGY**









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**SRR & CVR GOVT. DEGREE COLLEGE (A), VIJAYAWADA****Minutes of the meeting of the PG Board of Studies in the Subject of Psychology****LIST OF BOS MEMBERS****Composition of BOS for the Academic Year 2020-21**

The meeting of the PG Board of Studies in the Subject of Psychology held on at 10 a.m., in Room No.106 at SRR & CVR Govt. Degree College (Autonomous), Vijayawada-520004.

<b>Chairman, Bos</b>	G. Venkateswarlu, Lecturer in Psychology, SRR & CVR GDC (A), Vijayawada.
<b>University Nomine</b>	Dr. P. Srinivas Phd, Principal, GDC, Pamarru psynivas@gmail.com
<b>External Experts</b>	Dr. B. Prasad Babu PhD, Regional Director, Indira Gandhi National Open University (IGNOU), Regional Centre, Vijayawada.
<b>Subject Experts</b>	B. Yoseph (lecturer), A.C. College, Guntur. bandarupallijoseph5@gmail.com
<b>Members (Guest Faculty)</b>	S. Harsha Sadgun, 9492735595 M. Sudheer Kumar, 9133994480
<b>Students Representatives</b>	Priyanka Nagaraju

## SIGNATURES:

<b>BOS Chairman</b>	<b>G. Venkateswarlu</b>	
<b>University Nominee</b>	<b>Dr. P. Srinivas</b>	
<b>External Expert</b>	<b>Dr. B. Prasad Babu</b>	 20/11/2021
<b>Subject Expert</b>	<b>B. Yoseph</b>	
<b>Members</b>	<ol style="list-style-type: none"> <li>1. S. Harsha Sadgun</li> <li>2. M. Sudheer Kumar</li> </ol>	 
<b>Student Representatives</b>	<ol style="list-style-type: none"> <li>1. Nagaraju</li> <li>2. Priyanka</li> </ol>	 

**AGENDA:**

1. Approval of the new syllabus which was designed by Krishna University, Machilipatnam for all semesters for the academic year 2021-22.
2. Approval of Question papers, blue print and model paper.
3. Approval of list of paper setters and examiners.
4. Any other item with the approval of the chair.

The chairperson welcomed the members, and initiated discussion on the syllabus for all semesters. He apprised the members of the guidelines of the UGC and Krishna University, Machilipatnam regarding approval of syllabus, and the recommended evaluation ratio for internal and external examinations. The members discussed in detail the various aspects presented before them and unanimously resolved the following:

**COURSE OUTCOMES AND PROGRAMME SPECIFIC OUTCOMES**

Students who complete the course of M.A. in Counselling Psychology will have a change in their knowledge, skills and attitude as mentioned here below.

**Knowledge:**

- Students will have conceptual knowledge of theories of counselling/therapy and counselling techniques.
- They will have the conceptual knowledge of human development, psychopathology, ethics, research & statistics.

**Skills:**

Students will acquire Individual counselling skills, group counselling skills, marriage & family counselling skills and educational counselling & career counselling skills. Students will acquire:

- referral skills, diagnostic skills, assessment skills, research skills, multicultural skills

**Attitude:**

- Students will grow in awareness of themselves and achieve self-growth.
- They will learn to do pro bono service and involve themselves in bringing about social change through social action

**RESOLUTIONS:**

1. Resolved to approve the new syllabus for M.A in Counselling Psychology, which was designed by Krishna University, Machilipatnam for all semesters for the academic year 2021-22.
2. Resolved to approve the syllabus with 5 units for 4 theory papers and one practical paper and one field practice, *NO ELECTIVES* in each semester I & II respectively. And 4 theory, 1 Elective and Internship & Project in each semester III & IV respectively.
3. Resolved to approve the division of marks for internal and external examinations i.e., 40 marks for internal and 60 marks
4. Resolved to approve the division of internal marks i.e.
  - a) 10 marks for best of the two mid exams.
  - b) 10 marks for the two assignments i.e. 5 marks for each assignment.
  - c) 10 marks for Project/Group discussion.
  - d) 5 Marks for Seminars
  - e) 5 Marks for Viva-voice
5. Resolved to approve the division of external marks i.e.
  - a) In **Section A**, answer **any 5 out of 10 questions**. Each one **carries 4 marks** totaling to **20 marks**. Two questions from each unit/module to be selected.
  - b) In **Section B**, answer **all 5 questions**. Each question has internal choice. Each question **carries 8 marks** totaling to **40 marks**. Each question has to be selected from each unit/module.
  - c) Time duration – **3 hours**
6. Resolved to approve the list of paper setters and external examiners submitted by the department to the Academic Council.
7. Resolved and approved to conduct the external examinations either in offline, online or blended in view of Pandemic COVID-19 situation.
8. Resolved to approve the Blue print of the question paper. Question paper has to be designed in such a way that 24 marks have to be obtained from each unit/module.

<b>YEAR</b>	<b>SEM</b>	<b>CODE</b>	<b>PAPERS</b>
II	3	CPSY 301C	FIELDS OF COUNSELLING PSYCHOLOGY
		CPSY 302C	SCHOOL PSYCHOLOGY
		CPSY 303C	APPLIED SOCIAL PSYCHOLOGY
		CPSY 304E	INDIAN PSYCHOLOGY
		CPSY 305E	POSITIVE PSYCHOLOGY
		CPSY 306E	PSYCHOLOGY OF INDIVIDUAL DIFFERENCES
		CPSY 307O	INTRODUCTOION TO PSYCHOLOGY I
		CPSY 308I	INTERNSHIP
	4	CPSY 401C	MARITAL & FAMILY THERAPY
		CPSY 402C	CHILD & ADOLESCENT COUNSELLING
		CPSY 403C	SUBSTANCE ABUSE COUNSELLING
		CPSY 404E	ASSESSMENT IN COUNSELLING & GUIDANCE
		CPSY 405E	MANAGING STRESS
		CPSY 406S	SWAYAM PAPER (MOOC)
		CPSY 407O	INTRODUCTION TO PSYCHOLOGY II
CPSY 408P	PROJECT		

**II M. A. COUNSELLING PSYCHOLOGY- SEM 3**

CODE	TITLE	MARKS			CREDITS
		Ext.	Int.	Total	
CPSY 301C	FIELDS OF COUNSELLING PSYCHOLOGY	60	40	100	4
CPSY 302C	SCHOOL PSYCHOLOGY	60	40	100	4
CPSY 303C	APPLIED SOCIAL PSYCHOLOGY	60	40	100	4
CPSY 304E	INDIAN PSYCHOLOGY	60	40	100	4
CPSY 305E	POSITIVE PSYCHOLOGY	60	40	100	4
CPSY 306E	PSYCHOLOGY OF INDIVIDUAL DIFFERENCES	60	40	100	4
CPSY 307O	INTRODUCTOION TO PSYCHOLOGY I	60	40	100	4
CPSY 308I	INTERNSHIP			100	8*
<b>TOTAL</b>		<b>300</b>	<b>200</b>	<b>500</b>	<b>24</b>

*C- Core E- Elective O- Open Elective I- Internship*

THEORY- 4 Papers (3 Core & 1 Elective) + Internship

**II M. A. Counselling Psychology**  
**FIELDS OF COUNSELLING PSYCHOLOGY**

**SEM- 3****Syllabus****CPSY 301C****Unit I- INDIVIDUAL AND FAMILY**

- A. Premarital, Family and Couple Counselling; Family Planning; Role and Skills of a Counsellor in Judicial Setting; Protection of Women from Domestic Violence Act 2005.  
 B. Family Court Act, 1984; Family Problem & Recovery, Sex and Sexuality; Sexual satisfaction; Suicide and Counselling- Definition, Causes, Assessment and Management.

**Unit II- HEALTH CARE**

- A. Counselling in Health Care Setting; Palliative & Hospice Care; Mental Health and Counselling-Definition, Scope & Types; True Human Encounter & Helping Relationship.  
 B. Counselling for the Terminally Ill; HIV/AIDS/STD Counselling; Counselling for Caregiver- Types & Characteristics; Grief & Bereavement; Quality of End of Life Care.

**Unit III- INDUSTRY**

- A. Stress and Time Management- Concept, Causes, Management; Alcohol Abuse & Absenteeism; Role of Counsellor.  
 B. De-addiction Counseling- Treatment & Strategies; Rehabilitation Counselling- Definition, Areas & Special Fields; Functions of Rehabilitation Counsellor.

**Unit IV- EDUCATION**

- A. School Counselling- Elementary, High School & College; Methods of Counselling; Role of Teachers in Counselling  
 B. Adolescence Counselling- Theories, Essential Skills & Strategies; Career Counselling- Theories, Concept & Principles; Process & Stages of Career Counselling.

**Unit V- COUNSELLING IN SOCIALWELFARE SECTOR**

- A. Counselling for Children; Needs of Children in Children's Home & Juvenile Homes; Gender Specific Counselling- Concepts, Gender Identity, Women, Feminism & Feminist.  
 B. Social Defense in India; Social Work & Counselling in Correctional Settings; Counselling in Disability Sector- Parent & Genetic Counselling.

**FURTHER READINGS AND REFERENCES**

- [http://www.nimhans.kar.nic.in/epidemiology/doc/ep\\_ft12.pdf](http://www.nimhans.kar.nic.in/epidemiology/doc/ep_ft12.pdf) accessed on 8-03-2012
- 3. Grief Counselling and Grief Therapy J. William Worden Springer Publishing,1991  
<http://www.harpehills.org/4tasksofgrieving>
- B.G.Barki and B. Mukhopadhyay,( 1991): Guidance and Counselling- A Manual, Sterling publishers Private Limited, ISBN 81 207 0944 6

## II M. A. Counselling Psychology

### SCHOOL PSYCHOLOGY

**SEM- 3****Syllabus****CPSY 302C****Unit I- Introduction to School Psychology**

- A. Introduction; Defining School Psychology; Need and Relevance of School Psychology
- B. Historical Overview and Current Trends; Future of School Psychology in India; Roles and Function of a School Psychologist.

**Unit II- Developmental Factors in Children and Adolescents**

- A. Issues and Themes in Developmental Psychology; Lifespan Development; the Role of Heredity and Environment.
- B. Developmental theories; Approaches to Cognitive Development; Theories of language Development & Psychosocial Development; Ecological Systems Theory.

**Unit III- Problem Behaviour in Children and Adolescents**

- A. Children with Disability in India; Specific Learning Disabilities; Definition and Classification of Intelligence.
- B. Exceptional and Gifted Children; Identification of Gifted Children in India; Indian Government Funded Schemes; Role of the School Psychologist in Special Education.

**Unit IV- Internalizing & Externalizing Problems in Children and Adolescents**

- A. Internalizing Behavioral Problems; Depression; Anxiety; Social Withdrawal; Body Image Issues and Eating Disorders; Somatic Problems.
- B. Disruptive, Impulse-control, and Conduct Disorder; ADHD; Substance-Use Disorders; Other externalizing behaviors: Pyromania, Kleptomania, and Truancy.

**Unit V- Interventions and Child Rights**

- A. Assessment and Referral of Children with Emotional and Behavioural Problem; School Based Remedial Programs for Children; Using Art and Play Therapy; Cognitive Behavioural Therapy and Interventions; Psychoeducation
- B. School based support system; Strengths-based Counselling in School; Child Rights; Right to Survival and Development; Right to Protection and Participation; Child Helpline

**REFERENCES AND FURTHER READING**

- Ramalingam, P. (2011). Prospects of School Psychology in India. Journal of the Indian Academy of Applied Psychology, 37(2), 201-211.
- School Psychology. Retrieved from <https://www.apa.org/ed/graduate/specialize/school> on 25 Feb. 2021.
- 20/09/the-new-education-policy-and-its-effecton-mental-health.html

**II M. A. Counselling Psychology**  
**APPLIED SOCIAL PSYCHOLOGY**

**SEM- 3****Syllabus****CPSY 303C****Unit I- Socio-Cultural Influences**

- A. Culture & Socialization- Theoretical Approaches; Cultural Variations in Socialization; Child- Rearing Practices; Features of Indian Socialization.
- B. Personality & Adjustment- Basic issues & Aspects; Comprehensive View on Personality; Adjustment.

**Unit II- Social Cognition**

- A. Definition; Domains; Goals; Schemas- Types & Functions; Priming; Social Thought.
- B. Prosocial Behavior- Basic Motives, Personal & Situational Determinants; Aggression- Theories, Causes & Management; Karma- Hinduism, Buddhism, Jainism & Sikhism.

**Unit III- Interpersonal Relationships**

- A. Cohesiveness; Resilience and Adaptation; Concept of Problem Solving; Common Sources of Conflicts; Techniques of Dealing with Conflicts; Conflict Resolution Process.
- B. Communication; Interpersonal Communication; Non-Verbal Communication; Effective Communication; Barriers; Work Life Impacting Family Life & Vice Versa.

**Unit IV- Human Sexuality**

- A. Gender and Sexuality; Sexuality at Personal Level; Interpersonal Dimensions of Sexuality; Changing Societal Attitude Towards Sexuality.
- B. Sex in Ancient India; Understanding Human Sexuality; Sexual Identity and Gender Identity; Sexual Behaviour & Orientation; Future Directions.

**Unit V- Couple Relationships**

- A. Family Ties; Love and Commitment; Cohabitation; Extramarital Sexuality; Concept of Marriage in India; Theories of Marriage and Family; Types of Marital Adjustment.
- B. Separation and Divorce in India; Factors & Issues Associated With Separation and Divorce; Adjusting and Coping After Separation and Divorce; Alternatives and Future Options After Separation and Divorce; Role of the Counsellor and Family Therapist.

**FURTHER READINGS AND REFERENCES**

- Cole, M., & Cole, S. (2001). The development of children. (4th ed.). New York: Worth Publishers.
- DeLoache, J. S. & Gottlieb, A. (2000). A world of babies: Imagined childcare guides for seven societies. Cambridge, UK: Cambridge University Press.
- Gardiner, H., Mutter, J., & Kosmitzki, C. (1998). Lives across cultures: Cross-cultural human development. Boston, MA: Allyn & Bacon.

**II M. A. Counselling Psychology**  
**INDIAN PSYCHOLOGY**

**SEM- 3****Syllabus****CPSY 304E****Unit I- Introduction**

- A. Indian Psychology- Meaning, Nature and Scope
- B. Historical Sources & Development- Sources for Indian Psychology, Development of Indian Psychology.

**Unit II- Indian and Western Psychology: Differences**

- A. Differences in the Worldview; Indian Worldview- Darsana and Dharma.
- B. Human Nature; Life & Death; Goals & Values of Life- Purushartha; State of Consciousness; Mind and Mental Activities.

**Unit III- Yoga, Meditation and Concept of Self**

- A. Contemporary Developments in the Psychology Discipline- Yoga, Meditation & Others.
- B. Self, Identity and Self- Concept- Introduction & In Western Psychology.

**Unit IV- Concept of Self in Indian Thought**

- A. Spiritual terms- Atman, Purusha, Jiva; Atman and Jiva- Distinction.
- B. Psychological Terms- Aham and Ahamkara; Psychological Terms Related to Experiences of Jiva.

**Unit V- Indian Tradition**

- A. Development of Self and Identity as per Indian Traditions.
- B. The Concept of Self in Relation to Indian Family and Culture.

**FURTHER READINGS AND REFERENCES**

- Akhilananda, S. (1948). Hindu psychology: It's meaning for the west. London: George Routledge & Sons.
- Akhilananda, S. (1952). Mental health & Hindu psychology. London: George Routledge & Sons.
- Aurobindo (1910). Eight essays on "system of national education". Karmayogin – Feb 12 – Apr 2.
- Colman, A. M. (2009). Oxford dictionary of Psychology. Oxford, UK: Oxford University Press.
- Erikson, E. H. (1951). Childhood and society. New York: Norton.
- Erikson, E. H. (1968). Identity: Youth and crisis. New York: Norton.

**II M. A. Counselling Psychology**  
**POSITIVE PSYCHOLOGY**

**SEM- 3****Syllabus****CPSY 305E****Unit: I: Introduction to Positive Psychology**

- A) Definitions, Nature and Emergence of positive psychology; Theoretical background of positive psychology: eastern and western perspectives;
- B) Critical psychology, challenges and scope of positive psychology

**Unit II: Happiness and Well-being**

- A) Positive emotions, happiness: theories; Subjective well-being; Optimism and hope: antecedents
- B) Theories and effects; Character strengths and virtues: classification and development

**Unit III: Positive Psychology Practices**

- A) Mindfulness: theory and practice; Flow and performance;
- B) Self-compassion, gratitude and forgiveness

**Unit IV: Applications of Positive Psychology**

- A) In relationships: attachment and love, interpersonal relationships;
- B) Positive schooling and work; Positive communities

**Unit V: Alternative Positive Practices**

- A) Spirituality and religiosity;
- B) Healing practices: energy healing, reiki, crystal healing and others

**TEXT BOOKS/REFERENCE BOOKS/OTHER READING MATERIAL**

- a. Synder, C.R., Lopez, S.J. & Pedrotti, J.T. (2018). Positive Psychology. 4th Ed. New Delhi: Sage Publishing House.
- b. Carr, A. (2011). Positive Psychology: The Science of Happiness and Human Strengths. London: Brunner Routledge.
- c. Boniwell, I. (2012). Positive Psychology In a Nutshell: The Science of Happiness (3rd edition). London: Mc Graw Hill.
- i. Anastasi, A. & Urbina, S. (1997). Psychological testing. N.D.: Pearson Education.

**II M. A. Counselling Psychology**  
**PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

SEM- 3

Syllabus

CPSY 306E

**Unit I- Introduction**

- A. Aspects of Personality; Individual Differences- Factors Contributing.
- B. Assessment of Personality- Concept; Methods- Observation, Interviews, Inventories.

**Unit II- Intelligence**

- A. Defining & Measuring Intelligence; Concept of Intelligence and Emotional Intelligence.
- B. Theories of Intelligence- Spearman's Two Factor, Thurstone, Cattell, Gardner.

**Unit III- Aptitude**

- A. Assessment of Intelligence; Individual & Group Tests; Verbal & Non Verbal Tests.
- B. Aptitude: Definition, Nature, Concept and Measurement; Advantages & Limitations.

**Unit IV- Indian Thoughts in Psychology**

- A. Indian Psychology- Meaning, Nature and Scope; Differences between Indian and Western Psychology.
- B. Concept of Self in Indian Thought- Self, Identity and Self-Concept

**Unit V- Motivation and Creativity**

- A. Motivation- Definition; Types- Primary & Secondary, Extrinsic & Intrinsic; Theories- Drive Reduction Theory, Optimal Arousal Theory, Maslow's Hierarchy of Needs.
- B. Creativity- Nature & Aspects; Approaches; Correlates of Creativity; Assessments.

**TEXT BOOKS/REFERENCE BOOKS/OTHER READING MATERIAL**

- Anastasi, A. & Urbina, S. (2017). Psychological testing. 7th ed. Pearson India Education Services Pvt. Ltd.
- Bennet, G. K., Seashore, H. G., & Wesman, A. G. (1984). Differential Aptitude Tests: Technical Supplement. San Antonio, TX: Psychological corporation.
- Colman, A. M. (2009). Oxford dictionary of Psychology. Oxford, UK: Oxford University Press.
- Arieti, S. (1976). Creativity: The magic synthesis. New York: Basic Books.
- Barron, F., & Harrington, D. M. (1981). Creativity, Intelligence and Personality. Annual Review of Psychology, 32, 439-76

**II M. A. Counselling Psychology**  
**INTRODUCTION TO PSYCHOLOGY- I**

**SEM- 3****Syllabus****CPSY 3070****Unit I- Psychology Introduction:**

- A) Definition and Nature; Perspectives on behaviour; subfields of psychology; Historical Foundations and Evolution of Psychology; Development of Psychology in modern India.
- B) Methods of Enquiry- Nature and Goals; Research methods- Observational, Experimental, Correlation, Survey, Case Study; Analysis of Data- Quantitative & Qualitative; Limitations.

**Unit II- Biological Basis of Behavior:**

- A) Nervous System- Structure and functions of neurons; Organization CNS & PNS; neural conduction and synaptic transmission; Neurotransmitters- dopamine and serotonin.
- B) Endocrine System: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

**Unit III- Sensory Processes:**

- A) Sensory organ; General characteristics of senses; Sense Modalities; Limitations of sense organs.
- B) Human Eye- Visual Sensation and Theories of vision; Ear- Auditory Sensation and Theories of Audition.

**Unit IV- Attentional Processes:**

- A) Selective Attention- Theories (Filter, Filter-attenuation, Multimode) and Affecting Factors (External, Internal, Motivational and Cognitive).
- B) Types and determinants of Attention, Distraction, Division, Fluctuation and Span of attention; Divided Attention; Sustained Attention and its influencing factors.

**Unit V- Perceptual Processes:**

- A) Perception- Processing approaches; Principles of Perceptual Organization- Proximity, Similarity, Continuity, Smallness, Symmetry, Surroundedness and Closure.
- B) Psychological Cues- Monocular & Binocular; Perceptual constancies- Size, Shape and Brightness; Illusions- Geometrical and Apparent Movement ( $\phi$ -phenomenon); Socio-Cultural influences on Perception.

**Reference/ Readings:**

- Psychology NCERT textbook for XI
- S.K. Mangal's General Psychology
- Baron, R. & Misra. G. (2013). Psychology. Pearson.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

## **II M. A. Counselling Psychology INTERNSHIP**

**SEM- 3****Syllabus****CPSY 308I**

This internship is to be carried out for a minimum period of 120 hours (4 credits) by the learner depending on his/her specialization. The academic counsellors with the help of the agency staff/supervisor where the learners are placed for internship will supervise the learners. Variety of methods will be used to help the learner develop counseling skills, case conceptualization, develop the ability to self evaluate and develop into a full fledged professional

In the area of Clinical Psychology, the following organizations may be approached:

- 1) Government Hospitals
- 2) Government Psychiatric and Mental Health Institutions
- 3) Reputed Private Hospitals
- 4) Private Clinics (Psychiatrists/ Clinical Psychologists) functioning for minimum three years
- 5) Non Governmental Organizations (NGOs) registered and functioning for minimum three years.
- 6) Other organizations like rehabilitation centres and half way homes, registered and functioning for minimum three years.

In the area of Counselling Psychology, the following organizations may be approached:

- 1) Government Schools/ Colleges having school counsellors
- 2) Private Schools having School Counsellors
- 3) Guidance and Counselling Centres in the Universities
- 4) Government Hospitals and other organizations like, NACO and State AIDS Control Societies, dealing with counselling issues.
- 5) Non Governmental Organizations (NGOs), registered and functioning for minimum three years.
- 6) Private Counselling Centres registered and functioning for minimum three years.
- 7) Other organizations like orphanages, old age homes, rehabilitation centres, half way homes, registered and functioning for minimum three years.

**II M. A. COUNSELLING PSYCHOLOGY- SEM 4**

CODE	TITLE	MARKS			CREDITS
		Ext.	Int.	Total	
CPSY 401C	MARITAL & FAMILY THERAPY	60	40	100	4
CPSY 402C	CHILD & ADOLESCENT COUNSELLING	60	40	100	4
CPSY 403C	SUBSTANCE ABUSE COUNSELLING	60	40	100	4
CPSY 404E	ASSESSMENT IN COUNSELLING & GUIDANCE	60	40	100	4
CPSY 405E	MANAGING STRESS	60	40	100	4
CPSY 406S	SWAYAM PAPER (MOOC)	-	-	-	-
CPSY 407O	INTRODUCTION TO PSYCHOLOGY II	60	40	100	4
CPSY 408P	PROJECT			100	8*
<b>TOTAL</b>		<b>300</b>	<b>200</b>	<b>500</b>	<b>24</b>

*C- Core E- Elective O- Open Elective P- Project*

THEORY- 4 Papers (3 Core & 1 Elective) + Project

*\*Paper from SWAYAM (MOOC) to be added later\**

**II M. A. Counselling Psychology**  
**MARITAL & FAMILY THERAPY**

SEM- 4

Syllabus

CPSY 401C

**Unit I- Interview Methods & Essential Skills for Family Assessment**

- A. Concept and Guidelines; Useful Techniques; Initial Contact versus Intervention Stage; Difficulties.
- B. Assessment Skills; Terminating Sessions; Attitudes and Styles of a Successful Counsellor/Family Therapist; Additional Aspects to Keep in Mind.

**Unit II- Self Report Scales & Research Tools in Family Therapy**

- A. Concept of Self Report Scales; Characteristics and Utility of Self Report Scale; Ethics; Some Self Report Scales; Use of Self Report Scale in Intervention.
- B. Introduction; Research and Clinical Practice; Goals of Therapy Research; Methodology; Assessment Tools Used; Analysis, Presentation and Discussion of the Results.

**Unit III- Emotion Focused Couples Therapy**

- A. Introduction; Dyadic Nature of Emotions; Types of Emotions; Theoretical Foundations of Emotion Focused Therapy (EFT) - Attachment, Experimental Humanistic, Systemic.
- B. Process of Therapy, Tasks and Specific Intervention Techniques of EFT; Contraindications for EFT with Couples.

**Unit IV- Cognitive Behavioural Sex Therapy**

- A. Introduction; Sexual Dysfunctions; Cognitive Behaviour Therapy for Premature Ejaculation (PE)
- B. Cognitive Behavior Therapy for Vaginismus; Case Illustrations; Precautions to be taken in Sex Therapy.

**Unit V- Marital Enrichment Techniques**

- A. Need for Marital Enrichment- Marital Difficulties of Asian Couples, Field of Marital Enrichment, Marital Enrichment and Prevention.
- B. Conducting Marital Enrichment- Guidelines for Conducting Marital Enrichment, Common Areas of Marital Enrichment, Counsellor Guidelines for Marital Enrichment.

**FURTHER READINGS AND REFERENCES**

- Ables, B.S. (1977). *Therapy for Couples*. Jossey-Brass Publishers, California.
- Brown, J. (1997). Circular questioning: An introductory guide. *Australian and New Zealand Journal of Family Therapy*, Vol 18 (2), 109-114.
- Fleuridas, C., Nelson, T.S. & Rosenthal, D.M. (1986). The evolution of circular questions: Training family therapists. *Journal of Marital and Family Therapy*, Vol 2 (12), 113-127

**II M. A. Counselling Psychology**  
**CHILD & ADOLESCENT COUNSELLING**

SEM- 4

Syllabus

CPSY 402C

**Unit I- Social System and Impact of Media**

- A. Microsystems & Social Systems; Influential Social System- Family (premier), School (learning), Peer Group; Influences and Self.
- B. Sources of Media- Newspaper, TV, Computer, Cell Phones etc; Effects of Media on- Physical, Psychological & Social Functioning; Strategies to Regulate Effects of Media.

**Unit II- Children in Vulnerable Situations & Assessment of Psychopathology**

- A. Identifying & Dealing with Vulnerabilities; Importance of Resilience; Downward Spiral of Child Vulnerability; Rehabilitation Vs. Prevention.
- B. Assessment Types- Cognitive, Intelligence, Attention, Memory, Perceptual Motor, Questionnaires, Projective Techniques; Ethics; Training in Psycho Diagnostics.

**Unit III- Life Skills Training**

- A. Introduction; Core Life Skills; Categories of Life Skills; Steps in Learning Thinking Skills.
- B. Steps in Learning Negotiation Skills; Methods of Imparting and Implementing Life Skills Training in India; Benefits of Life Skills.

**Unit IV- Play Therapy and Training Parents**

- A. Play and Child Development; Stages of Play; Benefits of Play; Historical Development of Play Therapy; Suggested Playroom Materials; Child-Centered with Indian Children.
- B. Need for Training Parents of Disabled Child; Models of Parent Training; Procedure; Evaluation of Parent Training Programmes.

**Unit V- Counselling for Trauma and Abuse in Childhood & CBT**

- A. Trauma in Children; Casual Factors of Trauma; Impact of Child Abuse, Neglect and Trauma; Prevention and Management of Child Abuse & Trauma.
- B. Cognitive Behaviour Therapy- Definition and Concept; Cognitive Behavioural Assessment; CBT Process; CBT- Research Evidence; Conclusions & Future Directions.

**FURTHER READINGS AND REFERENCES**

- Beck, J.S. (1995). Cognitive therapy: Basics and beyond. New York: Guilford Press.
- Kroenke, K. (2007). Efficacy of treatment for somatoform disorders: a review of randomized controlled trials. Psychosomatic Medicine, 69, 881-8.
- Silva, R.R. (2003). Psychopharmacology news. Journal of Child and Adolescent Psychopharmacology, 13, 409-410.

**II M. A. Counselling Psychology**  
**SUBSTANCE ABUSE COUNSELLING**

SEM- 4

Syllabus

CPSY 403C

**Unit I- Substance Abuse: Family Issues & HIV/AIDS**

- A. Family- Definition, Family Roles, Family as a System; Substance abuse as a Family problem; Family Issues in Substance Abuse- Life Span approach & Biopsychosocial.
- B. Substance Abuse and HIV- Sexual Risk Behaviors & Injecting Risk Behaviors; Preventing HIV among Substance Users: Harm Reduction.

**Unit II- Substance Abuse among Women, Adolescents, Mentally Ill, and Prisoners.**

- A. Epidemiology; Factors Associated with Substance Abuse in Women; Initiation and Course of Illness in Women; Issues Specific to Women.
- B. Assessment and Treatment; Risk & Protective Factors in Case of Adolescents; Prevention intervention; Special Population Groups: Mentally Ill and Prisoners.

**Unit III- Principles of Treatment of Substance Use & Tobacco Cessation**

- A. Goals of Treatment; Assessment; Treatment Settings; Personnel Required at Various Level; Phases/ Stages of Treatment; Treatment Modalities; Relapse Prevention; treatment Resistance; Other Approaches to Treatment; Laboratory services; outcome Measures.
- B. Introduction; Tobacco Dependence; Treatment; Tobacco Cessation in Special Situations.

**Unit IV- Motivation Enhancement and Relapse Prevention Therapy**

- A. Introduction; Motivation Enhancement Therapy (MET); Transtheoretical Model of Change; Approach of MET; Strategies for Supporting Change.
- B. Relapse Prevention Therapy (RPT) - Principles & Components; Cognitive Behavioural Model; Potential High Risk Situations; Assessment & Treatment; Efficacy of RPT.

**Unit V- Family Interventions & Psychosocial Rehabilitation and Lifestyle Management**

- A. Family Therapy; Approaches- Behavioural Contracting, Bepko & Krestan, Multifamily Groups, Solution-Focused, Stanton, Wegscheider- Cruse; Advantages and Limitations.
- B. Consequences of Substance use; Psychosocial rehabilitation & Need for Lifestyle Change; Carrying out Psychosocial rehabilitation.

**FURTHER READINGS AND REFERENCES**

- Berg, I.K., and Miller, S.D. (1992). Working with the Problem Drinker: A Solution-Focused Approach. New York: W.W. Norton.
- Bepko, C., and Krestan, J.A. (1985). The Responsibility Trap: A Blueprint for Treating the Alcoholic Family. New York: Free Press
- Barnard, M (2005) Substances in the Family - The Impact on Parents and Siblings. University of Glasgow.

**II M. A. Counselling Psychology**  
**ASSESSMENT IN COUNSELLING & GUIDANCE**

SEM- 4

Syllabus

CPSY 404E

**Unit I- Introduction to Assessment**

- A. Meaning & Objectives of Psychological Assessment; Assessment- Purpose, Principle, and Process; Methods of Assessment.
- B. Meaning & Purpose of Psychological Testing; Characteristics of a Good Psychological Test; Types of Psychological Tests.

**Unit II- Interview and Case History**

- A. Introduction & Objectives of Interview; Definition of Interview; Characteristics of Interview; Types of Interview.
- B. Case History Interviews- Basic Issues in Case History, Case History Taking (format), and Mental Status Examination.

**Unit III- Counseling Setting & Characteristics of an Effective Counsellor**

- A. Definition of Guidance and Counseling; Difference between Guidance and Counseling; Counseling Setting- Physical, Sitting Arrangement, Proximity b/w Counselor and Client
- B. Characteristics: Self-Awareness, Empathy, Positivity, Genuineness, Attentiveness, Objectivity, Open Mindedness, Sensitivity, Confrontation, Sense of Humor.

**Unit IV- Counseling Goals & Role of Counselors in Guidance & Counseling**

- A. Counselling Goals: Developmental, Preventive, Enhancement, Remedial, Cognitive, Exploratory, Reinforcement, Cognitive, Physiology, and Psychological.
- B. Function of Counseling Goals; Role of Counselors: Establishing Relationship, Problem Identification, Problem Solving, Solution Application, and Termination.

**Unit V- Developing Guidance and Counselling Programme**

- A. School Guidance Programme: Structured & Unstructured, Need, Role, Various Services; Need for Assessment; Setting up a Guidance Committee; Arranging Infrastructure.
- B. A Comprehensive Guidance and Counselling Programme: Meaning, Characteristics, and Components; Setting up a School Guidance Resource Centre.

**SUGGESTED READINGS**

- Aggrawal, J. C. (1991). Educational and Vocational Guidance and Counselling. Doaba House, Booksellers and publishers, Nai sadak, Delhi - 06.
- Anderson, S.B. & Ball, S. (1978). The Profession and Practices of Program Evaluation. San Francisco. Jossey-Bass.
- Bhatnagar, A. and Gupta, N. (Eds.) 1999. Guidance and Counselling : A Theoretical Approach (Vol. I). Vikas Publishing House, New Delhi

**II M. A. Counselling Psychology**  
**MANAGING STRESS**

SEM- 4

Syllabus

CPSY 405E

**Unit I- Stress: An Introduction**

- A. Concept of Stress; Nature of Stress; Sources of Stress
- B. Measurement of Stress; Models of Stress

**Unit II- Factors Contributing to Stress & Effect of Stress**

- A. Factors Contributing to Stress Proneness; Moderators of Stress.
- B. Effect of Stress on: Health, Performance & Productivity, and Relationship.

**Unit III- Coping with Stress**

- A. Definition and Nature of Coping.
- B. Coping Styles.

**Unit IV- Stress Management Techniques I**

- A. Relaxation Techniques; Meditation; Yoga.
- B. Mindfulness; Biofeedback.

**Unit V- Stress Management Techniques II & III**

- A. Cognitive Restructuring; Time Management.
- B. Interpersonal Skills; Problem Solving

**SUGGESTED READINGS**

- Crannage, A. (2018). Stress and Our Mental Health - What is the Impact & How Can We Tackle It? retrieved from [https://www.mqmentalhealth.org/ posts/stress-and-mental-health](https://www.mqmentalhealth.org/posts/stress-and-mental-health) on 22nd November at 10:00 pm.
- Ghosh, M. (2015). Health Psychology: Concepts in Health and Wellbeing. New Delhi: Dorling Kindersley (India) Pvt. Ltd.
- Kavanagh, J. ( 2005). Stress and Performance: A Review of the Literature Effect of Stress and Its Applicability to the Military retrieved from [https://www.rand.org/ content/dam/rand/pubs/technical\\_reports/2005/RAND\\_TR192.pdf](https://www.rand.org/content/dam/rand/pubs/technical_reports/2005/RAND_TR192.pdf) on 22nd November, 2019 at 8:00 pm.
- Lazarus, R. S. & Folkman, S. (1984). Stress, Appraisal and Coping. New York: Van Nostrand.
- Lutz, J. (2019). How to Manage Stress If You Have Autoimmune Thyroid Disease retrieved from [https://www.endocrineweb.com/conditions/thyroid/ how-manage-stress-if-you-have-autoimmune-thyroid-disease](https://www.endocrineweb.com/conditions/thyroid/how-manage-stress-if-you-have-autoimmune-thyroid-disease) at 10:00 pm.

**II M. A. Counselling Psychology**  
**SWAYAM PAPER (MOOC)**

**SEM- 4**

**Syllabus**

**CPSY 406S**

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\*Paper to be selected Online from Swayam.

**II M. A. Counselling Psychology**  
**INTRODUCTION TO PSYCHOLOGY II**

**SEM- 4****Syllabus****CPSY 4070****Unit I- Learning:**

- A) Nature and Paradigms of Learning; Classical Conditioning and its determinants; Operant/Instrumental Conditioning and its determinants; key learning processes and learned helplessness.
- B) Types of Learning- Observational, Cognitive, Verbal, Concept and Skill; Transfer of learning; Factors facilitating learning; learning styles; learning disabilities; application of learning principles.

**Unit II- Memory:**

- A) Nature of Memory; Information Processing Approach- The Stage Model; Memory Systems- Sensory, Short-term and Long-term; Working Memory; Types of LTM.
- B) Nature of Forgetting; Forgetting due to Trace Decay, Interference and Retrieval Failure; Repressed Memories; Enhancing Memory- Mnemonics using Images and Organization.

**Unit III- Thinking:**

- A) Nature of Thinking; Building Blocks of Thought, Culture and Thinking; The Processes of thinking; Problem Solving; Reasoning; Decision-making.
- B) Nature and process of Creative thinking; Lateral thinking; Developing Creative Thinking; Barriers and strategies for Creative Thinking; Development of Language and Language Use- Bilingualism & Multilingualism.

**Unit IV- Motivation:**

- A) Nature of Motivation; Types of Motives- Biological/ Physiological (hunger, thirst, sex etc) and Psychosocial (need for- affiliation, power, achievement)
- B) Maslow's Hierarchy of Needs; Freud's Unconscious Motivation Theory; Frustration and Conflict; Frustration-aggression Hypothesis; Need-Conflict-Frustration Route.

**Unit V- Emotion:**

- A) Nature of Emotions; Bases of Emotion- Physiological, Cognitive, Cultural; Expression of Emotions; Managing Negative Emotions; Enhancing Positive Emotions.
- B) Theories of Emotions- Evolutionary Theory, James-Lange Theory, Cannon-Bard Theory, Schachter-Singer Theory, Cognitive Appraisal Theory, Facial-Feedback Theory.

**REFERENCE BOOKS:**

1. Morgan, T., King, A., & Schopler, J. (2002) Introduction to Psychology (7th ed.) Tata McGraw-Hill edition.
2. Passer, M. W., & Smith. R. E. (2009). Psychology: The Science of Mind and Behavior (4th ed.). New York, NY: McGraw-Hill Higher Education.
3. Coon, D., & Mitterer, J.O. (2013). Introduction to Psychology: Gateways to Mind and Behavior (13th ed.). Wadsworth, Belmont, CA.

**II M. A. Counselling Psychology**  
**COUNSELLING PSYCHOLOGY PROJECT**

**SEM- 4****Syllabus****CPSY 408P**

The student shall have to undertake a research project with a sample of at least 50 subjects.

The project report should include an introduction to the topic, review of related literature, the methodology adopted (sample, tools, design and analysis of data) and the results of the project.

*Scheme of evaluation:*

Internal assessment (Presentation)	25 marks
Project report	50 marks
Viva-voce	25 marks
Total	100 marks

**BLUE PRINT**  
(Common for all theory papers)

<b>Unit</b>	<b>Short questions</b>	<b>Essay questions</b>
Unit-I	2	2
Unit-II	2	2
Unit-III	2	2
Unit-IV	2	2
Unit-V	2	2
<b>Total</b>	<b>10</b>	<b>10</b>

**SRR & CVR GOVT. DEGREE COLLEGE (A), VIJAYAWADA****MODEL QUESTION PAPER**

(Common for all theory papers)

**Time: 3 Hour****PAPER: CODE: NAME****Max Marks: 60****Section-A****Answer any FIVE Questions****5x4=20**

1. Question from Unit I
2. Question from Unit I
3. Question from Unit II
4. Question from Unit II
5. Question from Unit III
6. Question from Unit III
7. Question from Unit IV
8. Question from Unit IV
9. Question from Unit V
10. Question from Unit V

**Section-B****Answer All Questions****5x8=40**

11. Question from Unit I- A  
(OR)  
Question from Unit I- B
12. Question from Unit II- A  
(OR)  
Question from Unit II- B
13. Question from Unit III- A  
(OR)  
Question from Unit III- B
14. Question from Unit IV- A  
(OR)  
Question from Unit IV- B
15. Question from Unit V- A  
(OR)  
Question from Unit V- B

**SRR & CVR GOVT. DEGREE COLLEGE (A), VIJAYAWADA****Department of Psychology****Scheme of Examination**

The scheme of examination shall be divided into 2 parts.

1. Internal assessment.
2. External assessment.

1. **Internal assessment:** Internal assessment includes midterm exams, assignments/ project/group discussion, seminar, and viva-voice, etc.

S No.	Evaluation type	Marks
1	Best of two mid-exams	10
2	Assignment	10
3	Project/Group Discussion	10
4	Seminar	5
5.	Viva-voice	5

**Note:-**Each semester consists of two mid-term examinations the best of two examinations shall be taken as internal assessment.

2. **External assessment:-**External assessment, for 60 marks, comprises semester and examination of 3hrs duration.

I Year & II Year pattern is internal 40,external 60

**SRR & CVR GOVT. DEGREE COLLEGE (A), VIJAYAWADA****Department of Psychology****Scheme of the Evaluation**

**The scheme of examination shall be divided into two parts.**

**Internal assessments**

Internal assessment includes assignments, peer evaluation, logical tests etc.  
The internal assessment of 40 for each course will be as follows.

S No.	Evaluation type	Marks
1	Best of two mid-exams	10
2	Assignment	10
3	Project/Group Discussion	10
4	Seminar	5
5.	Viva-voice	5

**Note : There is minimum 16 (40%) pass mark out of 40 marks in internal evaluation.**

**Note: There is minimum pass mark 24 (40 %) marks in external out of 60 marks for students of I, II, III, IV semesters.**

**Note: To pass in a single paper, student should get overall 40 marks out of 100 marks (both internal and external).**

**External assessment**

External assessment will be the semester end examination. This assessment for 60 marks for each semester will be as follows.

- ✓ Written examination is designed with duration 3hours.
- ✓ Blue print and question pattern is enclosed
- ✓ Model question paper is enclosed.

**SRR & CVR GOVT. DEGREE COLLEGE (A), VIJAYAWADA****Department of Psychology****List of Paper Setters and Examiners**

1. Dr. P. Srinivas, Ph.D., Principal, Govt. Degree College, Pamarru.
2. Dr. T. D. Vimala M.A., M.Sc (guidance and counseling), Ph.D. Lecturer in Psychology (Rtd) GCW, Guntur.
3. Dr. G. Sumathi, Ph.D. Associative Professor, Dept. of Psychology, KL University, Guntur.
4. Sri. B. Yesopu, Lecturer in Psychology Andhra Christian College, Guntur.
5. D. Naga Chandrika, Lecturer in Psychology, GCW, Guntur.