

VANITA VISHRAM WOMEN'S UNIVERSITY
SCHOOL OF HUMANITIES & SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY



MASTER OF ARTS (M.A.) PSYCHOLOGY PROGRAMME
(Clinical Specialization)

SEMESTER 2
Core Courses
& Generic Elective

Syllabus applicable to the students seeking admission in the following programmes
M.A. Psychology
w.e.f. the Academic Year 2022-23

SEMESTER 2

CORE COURSE PAPER 5 PS21070

COGNITIVE PSYCHOLOGY

Course Objectives

The course aims to:

- acquaint students with processes involved in sensation and perception
- develop insight into one's own and others' behaviour and underlying mental processes
- enrich students' understanding of major concepts, theoretical perspectives, and empirical findings in cognitive psychology
- understand the importance of language and problem solving on mental health

Course Outcomes

At the end of the course, the students will be able to:

- apply the concepts in cognitive psychology to day to day behaviour.
- understand the development of language and its use in mental processes
- apply the critical thinking skills with problem solving methods
- differentiate between functions of higher mental processes.

COURSE CONTENTS

Unit 1 Nature & Importance of Cognitive Psychology

- Definition & history of Cognitive Psychology
- Theories of cognitive development – Piaget, Vygotsky
- Current paradigms of cognitive psychology – Information processing approach, ecological approach
- Cognitive style and cognitive map

Unit 2 Sensation, Attention & Perception

- Sensation & Attention: Types, Functions & Theories
- Perception-approaches: Gestalt, Bottom-Up (feature analysis, template matching, prototypes), Top-Down and Pandemonium
- Signal Detection

- Application: Subliminal perception, perceptual defence, and extra-sensory perception.

Unit 3 Language & Related Cognitive Phenomena

- Language Acquisition
- Language Processing (Comprehension and Language Expression)
- Multilingualism and Cognition
- Language and Speech Disorders

Unit 4 Problem Solving, Creativity & Decision Making

- Definition of problem, problem solving cycle, types, obstacles and aids
- Problem solving approaches – Algorithm, heuristics (means-end analysis computer simulation and analogy) creativity and measurement of creativity
- Reasoning and decision-making: Types of reasoning (Syllogistic and Conditional), factors influencing decision-making.
- Artificial intelligence

Suggested Readings

- Galotti, K. M. (2008). Cognitive psychology: In and out of the laboratory (2nd Ed.). Bangalore: Wadsworth, Cengage Learning.
- Goldstein, E.B. (2011/2014). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience. Belmont, CA: Wadsworth Cengage.
- Hunt, R. R., & Ellis, H. C. (2004). Fundamentals of cognitive psychology (7th Ed.). New Delhi: Tata McGraw-Hill.
- Riegler, B. R., & Riegler, G. R. (2008). Cognitive psychology: Applying the science of the mind (2nd Ed.). New Delhi: Dorling Kindersley.

**CORE COURSE PAPER 6
PS21080**

SOCIAL PSYCHOLOGY

Course Objectives

The course aims to:

- develop a detailed understanding of society in relation with behaviour
- analyse and appreciate group dynamics
- create awareness among students regarding social evil
- train students in order to work in a group set up by inculcating team building.

Course Outcomes

At the end of the course, the students will be able to:

- become well versed with concepts involved in social behaviour.
- apply concepts of social psychology in everyday life
- differentiate between propaganda and true news.
- become responsible citizens of society

COURSE CONTENTS

Unit 1 Introduction to Social Psychology

- Nature and Concept of Social Psychology
- Social Cognition: Attribution Theory
- Methods of Social Psychology
- Current Trends in Social Psychology and Ethical Issues

Unit 2 Process of Social Influence

- The Concepts of Social Influence
- Pro-social Behaviour and Factors Contributing to Pro-social Behaviour
- Interpersonal Attraction
- Aggression and Violence

Unit 3 Attitudes, Stereotypes, Prejudice and Discrimination

- Introduction to Attitude and Stereotypes

- Formation of Attitude and Attitude Change
- Prejudice and Discrimination
- Social Conflict and Its Resolution

Unit 4 Group Dynamics

- Introduction to Group, Formation and Types of Group
- Group Dynamics
- Social Identity, Crowding and Crowd Behaviour
- Cooperation, Competition and Conflicts

Suggested Reading

- Virginia E. O’Leary, Rhoda Kesler Unger, Barbara Strudler Wallston. (1985). *Women, Gender and Social Psychology*. Lawrence Erlbaum Associates Inc. Publishers: United States.
- Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th Ed.). New Delhi, India: Pearson.
- Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology*. Harlow: Pearson Prentice Hall. Husain, A. (2012). *Social psychology*. New Delhi, India: Pearson.
- Myers, D. G. (2008). *Social psychology*. New Delhi, India: Tata McGraw Hill.

**CORE COURSE PAPER 7
PS21090**

PSYCHOLOGICAL TESTING

Course Objectives

The course aims to:

- explain on the principles of psychological testing and challenges in testing
- elaborate on tests used in clinical, counselling, industrial and educational setting
- acquaint students with the process of psychometric testing
- analyse the various psychometric tests and their properties

Course Outcomes

At the end of the course, the students will be able to:

- administer psychological tests in different set ups
- score different psychometric tests
- interpret and analyse various psychological tests
- write reports based on the analysis of psychological tests.

COURSE CONTENTS

Unit 1 Principles of Test Construction

- Psychological testing: principles, applications and issues
- Categories of tests & ethical standards
- Test Construction, Administration and Interpretation: aim, construction, items and item characteristics, administering a test, interpretation, norms, reliability, validity
- Challenges to Testing: issues of faking, role of computers in testing, testing behaviour and environment

Unit 2 Testing: Clinical & Counselling Setting

- Interviewing techniques, Case history Mental Status Examination
- Intelligence tests for children & adults: MISIC/WISC, Bhatia battery of performance intelligence test, RPM
- Tests of personality & psychopathology
- Neuropsychological tests

Unit 3 Testing: Industrial Setting

- Employment Interview
- Johari Window & MBTI
- FIRO – B & SWOT Analysis
- 16 PF & NEO PI

Unit 4 Testing: Educational Setting

- Aptitude Tests
- Learning Disability Test
- Issues in educational testing
- Assessment issues in special education

Suggested Reading

- Domino, G. & Domion, M. 2nd Ed. (2006) Psychological Testing: An introduction. Cambridge University Press
- Kaplan, M & Saccuzzo, D 6th Ed. (2005) Psychological Testing: Principles, Applications and Issues. Wadsworth Cengage Learning.
- Singh, A.K. (1987). Tests, Measurement & Research Methods in Behavioural Sciences. Tata McGraw Hill. Bombay

**CORE COURSE PRACTICAL (CCP3)
PS21100**

TEST CONSTRUCTION (PRACTICAL)

Test Construction: Administration and Interpretation

- Aim
- Construction
- Items and item characteristics
- Administering the test
- Interpretation
- Norms
- Reliability
- Validity

CORE COURSE PRACTICAL (CCP4)

**PSYCHOMETRIC TESTING II (PRACTICALS)
PS21110**

- NEO - PI
- Sentence Completion Test
- Self Directed Search
- Clinical Analysis Questionnaire

VANITA VISHRAM WOMEN'S UNIVERSITY
DEPARTMENT OF PSYCHOLOGY

Psychological First Aid

Semester	II
Subject Code	PS32010
Credits	4 (4 Theory)

Course Learning Outcomes:

- Understanding the importance of Mental Health.
- Recognizing the requirement of help during a crisis.
- To build the capacity of helpers in crisis situations.
- To prepare helpers to support people recently affected by very stressful events.
- To provide opportunity for participants to develop and practice Psychological First Aid and Skills for Psychological Recovery skills.

1. Psychology and Mental Health

- 1.1. Concept of Mental Health
- 1.2. Importance of mental health, Identifying mental health challenges to help reduce the stigma of mental illness
- 1.3. Issues of mental health in India and the globe: Some common conditions and their epidemiology
- 1.4. Anxiety, Depression and Post-traumatic Stress Disorder.

2. Psychological First Aid: Definition And Framework

- 2.1. Introduction to Psychological First Aid
- 2.2. Applying Psychological First Aid Action Principles: Look, Listen and Link
- 2.3. Utilizing the RAPID model
- 2.4. Adapting to the local cultural context

3. Psychological First Aid Role Plays, Vulnerable People, Psychological First Aid Review, Self and Team Care, Evaluation

- 3.1. Identifying people needing special attention
- 3.2. Ethical do's and don'ts
- 3.3. Self and team care
- 3.4. Evaluation and closing

4. Skills for Psychological Recovery

- 4.1. Introduction to Psychological Recovery
- 4.2. Core Skills for Psychological Recovery
- 4.3. Applying Skills for Psychological Recovery skills
- 4.4. Enhancing motivation and Preventing setbacks

Reference Books:

World Health Organization. (2013). Psychological first aid: Facilitator's manual for orienting Field workers (PDF).

Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzek, J., Steinberg, A., Vernberg, E., & Watson, P. (2010). The National Center for PTSD & the National Child Traumatic Stress Network, Skills for Psychological Recovery: Field Operations Guide.

Butcher, J.N., Hooly, J. M, Mineka, S. & Dwivedi, C.B (2017). Abnormal Psychology. New Delhi: Pearson.

Muir-Cochrane, E., Barkway, P. & Nizette, D. (2018). Pocketbook of Mental Health (3rd Edition). Elsevier

Morgan, C T., King, R., Weisz, J. & Schopler, J. (2017) .Introduction to Psychology (7th Ed). McGraw Hills.