

VANITA VISHRAM WOMEN'S UNIVERSITY

(Managed By: Vanita Vishram, Surat)

1st Women's University of Gujarat



VANITA VISHRAM
WOMEN'S UNIVERSITY
— SURAT —

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY M.A. CLINICAL PSYCHOLOGY SEMESTER 3

SYLLABUS AS PER **NEP-2020** W.E.F 2024-25



9 COURSE STRUCTURE – PAPER TITLES SEMESTER 3

Proposed Integrated (PG) Course structure for year – 2024									
Sem	Discipline Specific Course	Discipline Specific Elective	Multi-Disciplinary	Ability Enhancement Compulsory (AEC)	Skill Enhancement Course (SEC)	Value Added Courses (VAC)	Summer Internship/ Project/ Online Course	Dissertation	Total
1	Theories of Personality								24
	Psychopathology - I								
	Advanced Research Methodology								
		Psychotherapies - I							
							Practicum		



10 TEACHING AND EVALUATION SCHEME FOR MA CLINICAL PSYCHOLOGY ACADEMIC YEAR 2024-25

Semester	Course Code	Course Category	Course Title	Offering Department	Teaching Scheme			Examination Scheme														
					Contact Hour			Total Credit	Theory						Practical						Total Marks	Total Credits
					Theory	Practical	Total		Credit	CA		ESE		CA+ESE Passing Max.	Credit	CA		ESE		CA+ESE Passing		
										Max.	Passing	Max.	Passing			Max.	Passing	Max.	Passing			
3	PS21330	Core Course	Theories of Personality	Psychology	4	0	4	4	4	40	16	60	24	40	0	0	0	0	0	0	100	4
	PS21340	Core Course	Psychopathology - I	Psychology	4	0	4	4	4	40	16	60	24	40	0	0	0	0	0	0	100	4
	PS21350	Core Course	Advanced Research Methodology	Psychology	4	0	4	4	4	40	16	60	24	40	0	0	0	0	0	0	100	4
	PS24070	Discipline Specific Elective	Psychotherapies - I	Psychology	4	0	4	4	4	40	16	60	24	40	0	0	0	0	0	0	100	4
	PS21360	Project	Practicum	Psychology	16	0	16	8	0	0	0	0	0	0	8	40	16	60	24	40	100	8



EFFECTIVE FROM ACADEMIC YEAR 2024-25

11 SYLLABUS SEMESTER 3



**VANITA VISHRAM WOMEN'S UNIVERSITY, SURAT
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**Department of Psychology
M.A. Clinical Psychology Program**

M.A. II

Semester III

PS21330: Theories of Personality

Credit 4

Contact Hour per week 4

Outline of the Course:

Course type	Theory/Practical
Purpose of Course	Through a comprehensive exploration of the diverse perspectives, concepts, and empirical research within the field of personality psychology, this course aims to equip students with a deep understanding of the major theories that have shaped our understanding of personality, ranging from psychodynamic theories to cognitive, humanistic, and social-cognitive approaches. By engaging with foundational and contemporary theories, students will develop critical thinking skills, refine their analytical abilities, and gain insights into the complexities of human behavior and individual differences. Through theoretical discussions, empirical evidence, and practical applications, students will emerge with a nuanced understanding of the nature of personality and its implications for clinical psychology.
Course Objective	CO 1. To define personality and describe its nature, including its dynamic and multifaceted aspects. CO 2. To analyze the contributions of Sigmund Freud, Alfred Adler, Carl Jung, Karen Horney, and Erik Erikson to psychodynamic theory. CO 3. To analyze the contributions of Henry Murray, Gordon Allport, Eysenck and Kelly's Personal Construct to personality theory. CO 4. To analyze the contributions of Albert Bandura, Rollo May, Erich Fromm, Harry Sullivan to personality theory.
Minimum weeks per Semester	15 (Including Class work, examination, preparation, holidays etc.)



Last Review /Revision	-
Prerequisite	Elementary knowledge of Schools of Psychology
Teaching Methodology	Class Room Teaching, Discussion and Assignment
Evaluation Method	40% Continuous Assessment (CA) 60% End Semester Examination (ESE)

Course Content

Units	Particulars	% Weight age of Unit	Hours
1	Introduction to Personality Theories Definition and Nature of Personality Components of Personality theory Basic Assumptions concerning Human Nature Role of Culture in shaping Personality	25%	15
2	Psychodynamic theories Sigmund Freud Alfred Adler Carl Jung Karen Horney and Erik Erickson	25%	15
3	Personality Structure Henry Murray Gordon Allport Eysenck Kelly's Personal Construct	25%	15
4	Other Eminent Theorists Albert Bandura Rollo May Erich Fromm Harry Sullivan	25%	15



REFERENCE

Core References

Schultz, (2013). Theories of Personality, 10th edition. Cengage Learning

Reference books

B, R. E. (2003, April 2). An Introduction to Theories of Personality. Psychology Press

Hall, C, S., Lindzey, G., and Campbell, J.B. (1997). Theories of Personality, fourth edition, Wiley Publication.

COURSE OUTCOMES:

Upon successful completion of the course,

CO 1	Students will be able to articulate a comprehensive understanding of personality, including its definition, dynamic nature, and multifaceted aspects, which will facilitate their ability to assess and conceptualize individual differences in clinical practice.
CO 2	Students will demonstrate advanced analytical skills by critically evaluating and synthesizing the contributions of key figures in psychodynamic theory, including Freud, Adler, Jung, Horney, and Erikson, thereby enhancing their capacity to recognize and interpret unconscious processes and interpersonal dynamics in therapeutic contexts.
CO 3	Students will develop a nuanced understanding of personality structure and its implications for clinical assessment and intervention, enabling them to integrate diverse theoretical perspectives into their clinical practice.
CO 4	Students will cultivate a deeper appreciation for the influence of social, existential, and interpersonal factors on personality development, equipping them with the knowledge and insight necessary to address the complex interplay between individual, social, and cultural factors.

COURSE OUTCOMES MAPPING

Unit No.	Unit Name	Course Outcomes			
		CO1	CO2	CO3	CO4
1	Introduction to Personality Theories				
2	Psychodynamic theories				
3	Personality Structure				
4	Other Eminent Theorists				



COURSE ARTICULATION MATRIX

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1							
CO2							
CO3							
CO4							



**VANITA VISHRAM WOMEN'S UNIVERSITY, SURAT
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**Department of Psychology
M.A. Clinical Psychology Program**

M.A. II

Semester III

PS21340: Psychopathology - I

Credit 4

Contact Hour per week 4

Outline of the Course:

Course type	Theory/Practical
Purpose of Course	This course aims to provide students with a comprehensive understanding of psychological disorders, their etiology, symptomatology, and treatment approaches. By exploring various theoretical perspectives and diagnostic frameworks, students will develop the knowledge and skills necessary to assess, diagnose, and treat a wide range of psychological disorders in clinical practice. Additionally, the course seeks to promote critical thinking, cultural sensitivity, and ethical awareness in the evaluation and management of psychopathology.
Course Objective	<p>CO 1. Understand the classification systems and diagnostic criteria used of the various psychological disorders, based on DSM-5 TR.</p> <p>CO 2. Identify the etiological factors contributing to the development and maintenance of psychopathology.</p> <p>CO 3. Apply theoretical knowledge to recognize and assess symptoms of mental health disorders in clinical practice.</p> <p>CO 4. Develop proficiency in formulating differential diagnoses and treatment plans based on evidence-based practices and client-specific needs.</p>
Minimum weeks per Semester	15 (Including Class work, examination, preparation, holidays etc.)



Last Review /Revision	-
Prerequisite	Elementary knowledge of Abnormal Psychology
Teaching Methodology	Class Room Teaching, Discussion and Assignment
Evaluation Method	40% Continuous Assessment (CA) 60% End Semester Examination (ESE)

Course Content

Units	Particulars	% Weight age of Unit	Hours
1	Introduction to Mental Disorders and Paradigms Concept of normal, abnormal, mental health and mental disorder Diagnostic and Statistical Manual of Disorder -Introduction and History International classification of mental disorders - Introduction and History	25%	15
2	Neurodevelopmental Disorders, Schizophrenia Spectrum & Other Psychotic Disorders. Definition Types Causes Treatment	25%	15
3	Depression, Anxiety, Obsessive-Compulsive, Trauma and Stress-Related Disorders Definition Types Causes Treatment	25%	15



4	Dissociative Disorders, Somatic Symptom Related Disorders, Eating, Elimination and Sleep-Wake Disorders Definition Types Causes Treatment	25%	15
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REFERENCE

Core References

American Psychiatric Association: “Diagnostic and Statistical Manual of Mental Disorders”, DSM-5 (5th Edn)

Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.

Reference books

Sarason, I.G, & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behaviour (10th ed.). Delhi: Pearson Education.

Davison, G.C., Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th ed.). New York: Wiley. Comer, R.J. (2007). Abnormal psychology (6th ed.). New York: Worth Publishers.

COURSE OUTCOMES:

Upon successful completion of the course,

CO 1	Students will demonstrate a comprehensive understanding of the classification systems and diagnostic criteria outlined in DSM-5 TR.
CO 2	Students will be able to identify and evaluate the various etiological factors contributing to the development and persistence of psychopathology, enhancing their insight into the complexity of mental health issues.
CO 3	Students will be able to apply the biological mechanisms in psychological processes such as emotions, motivation, sleep, arousal etc.
CO 4	Students will be able to analyze and apply biological factors in various disorders.

COURSE OUTCOMES MAPPING

Unit No.	Unit Name	Course Outcomes			
		CO1	CO2	CO3	CO4
1	Introduction to Mental Disorders and Paradigms				
2	Neurodevelopmental Disorders, Schizophrenia Spectrum & Other Psychotic Disorders.				
3	Depression, Anxiety, Obsessive-Compulsive, Trauma and Stress-Related Disorders				
4	Dissociative Disorders, Somatic Symptom Related				



	Disorders, Eating, Elimination and Sleep-Wake Disorders				
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COURSE ARTICULATION MATRIX

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1							
CO2							
CO3							
CO4							



**VANITA VISHRAM WOMEN'S UNIVERSITY, SURAT
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**Department of Psychology
M.A. Clinical Psychology Program**

M.A. II

Semester III

PS21350: Advanced Research Methodology

Credit 4

Contact Hour per week 4

Outline of the Course:

Course type	Theory/Practical
Purpose of Course	<p>This course aims to equip students with the theoretical knowledge and practical skills necessary to conduct high-quality empirical research across diverse areas of psychology. Through a combination of theoretical lectures, hands-on workshops, and practical exercises, students will develop a deep understanding of advanced research methodologies, including experimental design, survey research, qualitative methods, and psychometric assessment. Additionally, students will learn how to critically evaluate existing research literature, formulate research questions, select appropriate methodologies, and apply statistical techniques to analyze data, thereby preparing them for careers in academia, research institutions, clinical practice, and other professional settings where research expertise is highly valued.</p>
Course Objective	<p>CO 1. To provide a thorough understanding of the basic concepts of research.</p> <p>CO 2. To acquire proficiency in the application and interpretation of inferential statistical techniques.</p> <p>CO 3. To develop advanced statistical skills through the exploration of statistical techniques.</p> <p>CO 4. To gain knowledge and skills necessary to engage in qualitative research methodologies.</p>
Minimum weeks per Semester	15 (Including Class work, examination, preparation, holidays etc.)



Last Review/ Revision	-
Prerequisite	Elementary knowledge of Basic Research Methodology
Teaching Methodology	Class Room Teaching, Discussion and Assignment
Evaluation Method	40% Continuous Assessment (CA) 60% End Semester Examination (ESE)

Course Content

Units	Particulars	% Weight age of Unit	Hours
1	Introduction To Research Methodology Basic Concepts of Research Sampling Design Approaches and Types of Research Methods of Data Collection	25%	15
2	Inferential Statistics - I Chi-Square Test Correlation Regression & Multiple Regression Mediation & Moderation Analysis	25%	15
3	Inferential Statistics - II T-test One-way ANOVA Two-way ANOVA ANCOVA, MANOVA & MANCOVA	25%	15



4	Introduction to Qualitative Research Five Approaches to Qualitative Study Designing a Qualitative Study Data Analysis & Representation Case Studies	25%	15
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REFERENCE

Core References

Kothari, C. R. (2004, January 1). Research Methodology. New Age International.

Reference books

Singh, A. K. (1986, January 1). Tests, Measurements and Research Methods in Behavioural Sciences.

Creswell, J. W., & Poth, C. N. (2016, December 19). Qualitative Inquiry and Research Design. SAGE Publications.

COURSE OUTCOMES:

Upon successful completion of the course,

CO 1	Students will be able to demonstrate a thorough understanding of the basic concepts of research, including sampling design, approaches, and types of research, as well as various methods of data collection, enabling them to critically evaluate research literature and design methodologically sound research studies.
CO 2	Students will acquire proficiency in the application and interpretation of inferential statistical techniques, including the chi-square test, correlation, regression, and multiple regression, as well as the understanding of mediation and moderation analysis, enabling them to analyze relationships and make inferences from data in psychological research.
CO 3	Students will develop advanced statistical skills through the exploration of techniques such as the t-test, one-way ANOVA, two-way ANOVA, and ANCOVA, as well as MANOVA and MANCOVA, enabling them to conduct and interpret complex statistical analyses in psychological research with confidence and accuracy.
CO 4	Students will be equipped with the knowledge and skills necessary to engage in qualitative research methodologies, including familiarity with the five approaches to qualitative study, the ability to design a qualitative study, conduct data analysis and representation, and utilize case studies effectively.

COURSE OUTCOMES MAPPING

Unit No.	Unit Name	Course Outcomes			
		CO1	CO2	CO3	CO4
1	Introduction To Research Methodology				



2	Inferential Statistics - I				
3	Inferential Statistics - II				
4	Introduction to Qualitative Research				

COURSE ARTICULATION MATRIX

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1							
CO2							
CO3							
CO4							

**VANITA VISHRAM WOMEN'S UNIVERSITY, SURAT
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES****Department of Psychology
M.A. Clinical Psychology Program****M.A. II****Semester III****PS24070: Psychotherapies - I****Credit 4****Contact Hour per week 4****Outline of the Course:**

Course type	Theory/Practical
Purpose of Course	<p>The course aims to provide students with a comprehensive understanding of various therapeutic approaches and their applications in clinical practice. Through an exploration of different psychotherapeutic modalities, from traditional Western methods to Eastern philosophies, students will gain insight into the diverse theoretical frameworks, techniques, and ethical considerations within the field of psychotherapy. By examining the foundational concepts and principles of psychodynamic, humanistic-existential, and Eastern therapies, students will develop the necessary knowledge and skills to engage in ethical and culturally sensitive therapeutic practices. Additionally, by acquiring basic and advanced counseling skills, students will be equipped to establish therapeutic rapport, facilitate client-centered exploration, and address the multifaceted needs of individuals seeking psychological support. Ultimately, this course aims to prepare students for professional practice by fostering critical thinking, ethical decision-making, and a holistic understanding of the complex dynamics involved in the therapeutic process.</p>
Course Objective	<p>CO 1. To understand the definition and scope of psychotherapy.</p> <p>CO2. To analyze and differentiate between psychoanalytical therapy and Adlerian approaches to therapy.</p> <p>CO 3. To understand client-centered therapy and existential psychotherapy.</p>



	CO 4. To examine the teachings of the Bhagavad Gita, integral yoga, Sufism, and Buddhism, and evaluate their implications and applications in psychotherapy.
Minimum weeks per Semester	15 (Including Class work, examination, preparation, holidays etc.)
Last Review / Revision	-
Prerequisite	Elementary knowledge of counselling psychology
Teaching Methodology	Class Room Teaching, Discussion and Assignment
Evaluation Method	40% Continuous Assessment (CA) 60% End Semester Examination (ESE)

Course Content

Units	Particulars	% Weight age of Unit	Hours
1	Introduction to Psychotherapies Definition and Scope of Psychotherapy Basic counselling Skills Ethics in Counseling Metaphors to Understanding Counseling	25%	15
2	Psychodynamic Therapies Introduction to Psychoanalytical Therapy Applications of Psychoanalytical Therapy Introduction to Adlerian Therapy Applications of Adlerian Therapy	25%	15



3	Humanistic – Existential Therapies Introduction to Client-Centered Therapy Applications of Client-Centered Therapy Introduction to Existential Psychotherapy Applications of Existential Psychotherapy	25%	15
4	Eastern Therapies Integral Yoga and Vedic Philosophy Sufism Zen Buddhist Philosophy Implications and Applications	25%	15

REFERENCE

Core References

Wedding, D., & Corsini, R. J. (2013, February 3). *Current Psychotherapies*. Cengage Learning.

Reference books

Conte, C. (2009, June 15). *Advanced Techniques for Counseling and Psychotherapy*. Springer Publishing Company.

COURSE OUTCOMES:

Upon successful completion of the course,

CO 1	Students will be able to articulate a comprehensive understanding of the definition and scope of psychotherapy, demonstrate proficiency in basic and advanced counseling skills, and critically evaluate ethical considerations in psychotherapy practice, preparing them for ethical and effective engagement in therapeutic settings.
CO 2	Students will be able to analyze and differentiate between psychoanalytical therapy, Adlerian therapy, Analytical/Jungian therapy, and Neo-Freudian approaches to therapy, enabling them to comprehend the underlying principles and techniques of psychodynamic therapies and their application in clinical practice.
CO 3	Students will possess a thorough understanding of client-centered therapy, existential psychotherapy, gestalt psychotherapy, and multicultural therapy, empowering them to integrate humanistic and existential principles into their therapeutic approach and effectively address the diverse needs and experiences of clients.
CO 4	Students will be able to examine the teachings of the Bhagavad Gita, integral yoga, Sufism, and Buddhism, and evaluate their implications and applications in psychotherapy, enabling them to integrate Eastern principles and practices into therapeutic interventions and enhance their cultural competence and sensitivity in working with diverse populations.

**COURSE OUTCOMES MAPPING**

Unit No.	Unit Name	Course Outcomes			
		CO1	CO2	CO3	CO4
1	Introduction to Psychotherapies	■			
2	Psychodynamic Therapies		■		
3	Humanistic – Existential Therapies			■	
4	Eastern Therapies				■

COURSE ARTICULATION MATRIX

	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7
CO1	■			■	■		■
CO2		■	■				
CO3		■	■			■	■
CO4		■	■	■			■



**VANITA VISHRAM WOMEN'S UNIVERSITY, SURAT
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**Department of Psychology
M.A. Clinical Psychology Program**

M.A. II

Semester III

PS21360: Project Work

Credit 8

Contact Hour per week 16

1. Introduction:

The project work is an integral part of the postgraduate curriculum in Clinical Psychology, designed to provide students with hands-on experience in the application of theoretical knowledge and practical skills acquired during their academic coursework. Through supervised clinical placements, students have the opportunity to engage in real-world clinical practice, conduct case discussions, and report on their experiences, thereby bridging the gap between academic learning and professional practice.

2. General Objectives:

The general objective of the project work is to facilitate the development of clinical competence and professional identity among postgraduate students in Clinical Psychology. By immersing themselves in supervised clinical settings, students will gain practical experience in conducting psychological assessments, formulating diagnoses, implementing interventions, and collaborating with multidisciplinary teams to provide comprehensive mental health care to clients.

3. Specific Objectives:

After completion of the Project work, the student will be able to:

- To apply theoretical knowledge and evidence-based practices in the assessment, diagnosis, and treatment of individuals with diverse psychological presentations.
- To develop effective communication and interpersonal skills necessary for establishing therapeutic rapport, conducting clinical interviews, and delivering psychotherapeutic interventions.
- To demonstrate proficiency in conducting case discussions, synthesizing clinical information, and formulating comprehensive case reports that adhere to professional standards and ethical guidelines.
- To cultivate self-awareness and reflective practice through ongoing supervision, feedback, and critical reflection on clinical experiences, with the aim of enhancing professional growth and competence.

4. Specific Guidelines:

Students are expected to abide by following guidelines:

- Obtain written permission from the university before commencing their internship placement.



- Maintain a detailed log sheet documenting their activities, including client interactions, assessments conducted, interventions implemented, and supervision sessions attended, with regular updates throughout the duration of the internship.
- Secure an experience letter from the institute or organization where the internship was completed, confirming the duration and nature of the placement.
- Submit all required documentation, including the permission letter, updated log sheet, and experience letter, to the university by the specified deadline at the end of the semester for evaluation and assessment.

5. Evaluation Scheme:

1. External Evaluation Scheme (60%):

Project Journal	Presentation	Viva	Total
40 Marks	10 Marks	10 Marks	60 Marks

2. Internal Evaluation Scheme (40%):

Case Discussion	Assignment/ Case Report	Viva	Attendance	Total
10 Marks	10 Marks	10 Marks	10 Marks	40 Marks



12 TEACHING METHODOLOGY

A teaching method comprises the principles and methods used by teachers to enable student learning. In order to achieve its objective of focused process- based learning and holistic development, the teacher/faculty may use a variety of knowledge delivery methods:

12.1 LECTURES/CLASS WORKS:

Lectures should be designed to provide the learners with interesting and fresh perspectives on the subject matter. Lectures should be interactive in a way that students work with their teachers to get new insights in the subject area, on which they can build their own bridges to higher learning. Classwork has the ability to enhance relationships between teachers and students. Create goal- oriented tasks for students to prepare and enable self-learning.

12.2 DISCUSSIONS/ SEMINARS/PRESENTATION:

Discussions / seminars / presentation are critical components of learning and can be used as a platform for students to be creative and critical with old and new ideas. Besides developing critiquing skills, arriving at consensus on various real-life issues and discussion groups lead to innovative problem-solving and ultimately to success.

12.3 CASE STUDIES/ SELF-STUDY:

Real case studies, wherever possible, should be encouraged in order to challenge students to find creative solutions to complex problems of individual, community, society and various aspects of knowledge domain concerned. Technology is transforming higher Education learning and teaching through various case studies to improve overall standards.



12.4 PRACTICAL/PROBLEM SHEET:

Practical ability is the essential requirement for computer science undergraduates' ability structure, and it emphasizes that computer science undergraduates should have a good grasp of theory from practice and then apply the theory to practice, improving their own software developing skills and employability.

12.5 ASSIGNMENTS:

Computer science assignments not only help students overcome their fear and stress but also help them learn more interesting facts about the subjects of computer science which are part of their syllabus and also out of curriculum.

12.6 INDUSTRIAL TOURS:

Computer Science students have to know the things practically through interaction, working methods and employment practices. Moreover, it gives exposure from an academic point of view. The main aim of an industrial visit is to provide an exposure to students about a practical working environment.

12.7 TEAM WORK:

Teamwork-based projects challenge the student to apply the technical knowledge they gain in college to solve meaningful and complex problems. Positive collaboration in the form of team work is critical in the classroom environment, for which it is necessary to transcend one's prejudices and predilections so as to achieve the desired outcomes. In the process of team work, learners will acquire the skills of managing knowledge acquisition and other collaborative learners, thereby understanding how to incorporate and balance personalities.



13 KEYWORDS

- Master of Arts (M.A.) Psychology Programme
- Theories of Personality
- Advanced Research Methodology
- Psychopathology I
- Psychotherapies I
- Project
- Practicum