Course work syllabus : PSYCHOLOGY

POSITIVE PSYCHOLOGY & RESILIENCE

Unit –I

INTRODUCTION, HISTORICAL OVERVIEW & IDENTIFYING STRENGTHS

Positive Psychology- Positive Prevention & Positive Therapy towards a Science of Mental Health: Positive Directions in Diagnosis and Interventions.

Unit II

Emotion – Focused Approaches


Cognitive – Focused Approaches

Creativity - Role of personal control in Adaptive Functioning - Well-Being: Mindfulness versus positive Evaluation - Optimism - Hope Theory - Self Efficacy - Problem Solving Appraisal and Psychological Adjustment - Setting Goals for Life and Happiness

Unit III

Self – Based Approaches

Reality Negotiation - Authenticity - Uniqueness seeking – Humility

Interpersonal approaches

Relationship Connection - Compassion - Forgiveness - Love - Empathy and Altruism - Sources of Moral motivation

Biological Approaches

From social structure to biology: Integrative science in pursuit of Human health and well being
Unit IV

Coping Approaches


Unit V

Special Population and Setting

Outlook for the 21st century - Putting positive psychology in a multicultural context
Positive Psychology at work

Book Reference


ii) Authentic Happiness – Martin E.P. Seligman – 2002
RECENT TRENDS IN PSYCHOLOGY

Unit - 1

The Principles of Pleasure and Mental Health


Unit - 2

Social Cognition

Mental Frameworks for Organizing and Using – Social Information – How we Reduce our Effort in Social Cognition? - Two Basic Models of Social Thought – Why Total Rationality is Rarer Than you Think? How Feelings Shape Thought and Thought Shapes Feeling?

Unit- 3

Sport Psychology

What do sport Psychologists do? Contentious issues within Sport Psychology – Attribution theory, Need for Achievement, Locus of Control, and Self – Concept.

Unit - 4

Intelligence and Personality

Vernon, Gardner’s Multiple Intelligence & Sternberg’s Triarchic theory- Allport, Cattell, Eysenck – 16 PF, NEO-P1 – Big – Five & EPQ – R.

Unit - 5

Forensic Psychology – Psychology and Law, Investigation, Confession, eyewitness, Testimony working with offenders, juvenile Delinquents, Drug addicts, sex offenders

Basic Reading:

Counselling Psychology

Unit: I

Perspectives of Counselling Psychology


Unit: 2

Psychological Interventions

Psychological Counselling of Children – Psychological Counselling with young Adults – Counselling Psychology and Mid – Life Issues – Psychological Therapy with Older Adults.

Unit: 3

Issues and Contexts in Psychological Counselling

Psychological Counselling in Primary Care Settings – Counselling Psychology at Work Place - Psychological Therapy in Groups – Enhancing Learning Skills – Stress Management and Prevention Programmes.

Unit: 4

Ethical Issues in Psychological Counselling

Ethics in Counselling Psychology – Ethical Relationships in Psychological Counselling – Training and Professional Development in the Context of Psychological Counselling.

Unit: 5

Counselling and the internet – Merits and Demerits

a) Basic Reading:


b) Additional Reading:


Clinical Psychology

Unit 1

Introduction to Clinical Psychology

Definition and Characteristics of Clinical Psychology – Activities and Work Setting of Clinical Psychologists – Clinical Psychology and other Related Professions – Training in Clinical Psychology – Ethics of Clinical Psychology – Clinical Psychology Vs Counselling Psychology

Unit 2

Clinical Neuropsychology


Unit 3

Clinical Health Psychology


Unit 4

Forensic Psychology

Unit 5

Health Psychology

Beliefs and Behaviour, Models of Health Psychology – Assessment and Intervention - Models of stress – Chronic and Terminal illness – Role of social support.

a) Basic Reading:

B) Additional Reading:
Industrial Psychology

Unit 1

Personal Management


Unit 2:

Employment and Development of Personnel


Unit 3

Introduction to Organizational Behaviour


Unit 4

Foundation of organizational Development

Definition & History of OD – Foundations of OD & Managing the OD Process – OD intervention – an Overview – various interventions used in contemporary OD efforts
Unit 5:
Organizational Psychology – Globalisation and the Virtual workplace – Internet based recruitment and Selection – Defining limits for online searches of personal information – Technology enabled training – Developing the top employees – coaching in the work place – Proactive approaches to improve employees health – Facilitating work – Life merge.

a) Basic Reading:


B) Additional Reading:

