Integral University, Lucknow

Course Code	CP404	Title of the Course	Counseling Psychology	L	T	P	C
Year	I	Semester	II	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives			The Students will know the concepts, working, foundations and the therapeutic relationship of counseling and the various approaches (insight, action - oriented) to counseling				

Course Outcomes	
CO1	Know the application of counseling in educational and career setting.
CO2	Understand the counseling a workplace setting.
CO3	Learning different approaches to counseling.
CO4	To learn counseling skills.
CO5	Students will be able to learn to formulate personally meaningful questions that are critical for their own growth.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Counseling and its Working	Need to be a counselor; Characteristics of a counselor; Definitions of counseling; The working of therapeutic counseling; Licensing and regulations in counseling; The Therapeutic Relationship: Qualities of counseling relationship - Perspectives on helping relationships - Counselor as relationship specialists.	12	CO1
2	Oriented Approaches	Introduction to theory construction - Psychoanalytic counseling - Client- Centered counseling - Existential counseling - - Gestalt counseling - Honorable mentions. Action - Oriented Approaches : Behavioral counseling - Rational emotive behavior counseling.	12	CO2
3	Counseling Skills	Assessment, Testing and the Diagnostic Process : The meaning of assessment – The role of testing in the assessment process - Standardized measures - Non – standardized measures - Using assessment methods in counseling - Formal and functional diagnosis.	12	CO3
4	Group Counseling	Survey of groups - Some considerations in the use of group modalities – Counteracting potential limitations -Advantages of group work - Basic assumptions about groups – Group process stages - Cues for intervention - specialized skills of group work.	12	CO4
5	Counseling Diverse Populations	Multiculturalism - Influence of biases - Identity issues - Preferred clients – Counseling and gender –Counseling ethnic minorities - Counseling the aged - counseling lesbian women and gay men – Counseling -clients who are Physically challenged. Ethical and legal Issues: Professional codes - Our divided loyalties - Areas of –ethical difficulty - Making ethical decisions – Legal issues in counseling.	12	CO5

Reference Books:

Corey, G. Theory and Practice of Counseling and Psychotherapy (6th Edn). Singapore books / Cole, 2000.

Gelso, C.J. and Fretz, B.R., Counseling Psychology Bangalore: Prism books Pvt. Ltd., 1995.

Madhukar, I. Guidance and Counseling. New Delhi: Authors Press, 2000.

Bordin, E.S. Psychology of Counseling. New York: Appleton Centaury crafts. 1968.

e-Learning Source:

https://cpa.ca/sections/counsellingpsychology/counsellingdefinition/

https://egyankosh.ac.in/handle/123456789/4690

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
					Course Articulation Matrix: (Mapping of COs with POs and PSOs)					
CO1	3	2	2	3	3	2	3	1	2	2
CO2	3	2	2	3	2	2	2	2	3	1
CO3	3	2	2	2	2	2	1	2	2	3
CO4	3	2	2	2	3	3	2	2	2	3
CO5	3	2	2	3	3	2	3	1	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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Effective from Session: 2022-2023

Course Code	CP405	Title of the Course	Psychopathology -I	L	T	P	C
Year	I	Semester	II	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives			This course introduces students to mental health issues in clinical psychology by introducing psychopathologies. The use of diagnostic assessments using both DSM V and ICD 10 will be explored in this course. Students will also be encouraged to integrate the bio psycho social model of health and illness with clinical interventions for psychopathologies.				

Course Outcomes	
CO1	Know the causes and criteria of abnormal behavior.
CO2	Understand the major theoretical models of psychopathology.
CO3	Know the psychological factors.
CO4	Identify the classification of the symptoms of Anxiety disorder.
CO5	Identify the symptoms and etiology of personality disorders.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Abnormal Psychology	Abnormal behavior - Meaning of abnormal behavior - The epidemiology of maladaptive behavior -Seeking help for abnormal behavior - Research in abnormal psychology. The Historical Background; The historical views of abnormal behavior - Psychological and organic views of abnormal behavior.	12	CO1
2	Theoretical Perspective on Maladaptive Behavior	The role of theory in abnormal psychology- TW biological perspective - The psycho dynamic perspective Behavioral perspective - The cognitive perspective – The humanistic -Existential perspective - The community -Cultural perspective -An integrative approach. Classification and Assessment; Categories of maladaptive behavior - The basis of classification.	12	CO2
3	Psychological Factors and Physical symptoms	Psychological, Social and bodily interactions - Psycho-physiological disorder - Somatoform disorder -Factitious disorders and malingering.	12	CO3
4	Anxiety Disorder	Generalized anxiety disorder – Panic disorder -Obsessive - compulsive disorder - Interpreting and treating anxiety disorders. Sexual Variations and Disorders; Changing views of sexual behavior - Surveys of sexual behavior - Homosexuality -Sexual dysfunction - Gender identity disorder - The paraphillias - Sexual victimization.	12	CO4
5	Personality Disorder	Classifying personality disorders - Odd or Eccentric behavior - Dramatic, emotional or erratic behavior -Anxious or fearful behavior - Treatment of personality disorder – The outlook for the personality disorder classification.	12	CO5

Reference Books:

Carson, Butcher & Mineka, Sarason, I.G.& Sarason, B.R. Abnormal Psychology. The Problem of Maladaptive Behaviour (8th Edn). New Delhi: Prentice- Hall of India Private Ltd., 2000.

American Psychiatric Association (2013). Diagnostic and statistical manual of mental disorders: DSM-5. American Psychiatric Pub.

World Health Organization (2018). The ICD-11 Classification of Mental and Behavioral Disorders.

Buss. A. H. (1999). Psychopathology. New York: John Wiley.

e-Learning Source:

https://egyankosh.ac.in/handle/123456789/4594

https://egyankosh.ac.in/handle/123456789/23625

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	3	2	3	3	3	3	3	2	2	2
CO2	3	2	3	3	2	3	3	2	2	3
CO3	3	2	2	2	2	2	3	2	3	3
CO4	3	2	2	2	3	3	2	2	2	3
CO5	3	2	2	2	2	3	2	3	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Mfilaw	*Zeba Aqil*
Dr. Md. Jasimuddin Khan Name & Sign of Program Coordinator	Sign & Seal of HoD

Integral University, Lucknow

Effective from Session: 2022-2023								
Course Code	CP406	Title of the Course	Statistical Analysis		L	T	P	C
Year	I	Semester	II		3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None					
Course Objectives								

Course Outcomes	
CO1	Understanding of the basics of statistics.
CO2	Learning of test construction and standardization of testing.
CO3	Knowledge of parametric and non-parametric tests.
CO4	Learning to find the underlying relationship between two variables.
CO5	Overall understanding of the quantitative analysis.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Statistics	Inferential statistics - Parametric and nonparametric; univariate, bivariate and multivariate statistics; Data screening and perpetration for statistical analysis.	12	CO1
2	Test Construction & Standardization	Reliability, Validity, Norms, Scale Construction: Item Writing.	12	CO2
3	Analysis of group differences	Analysis of Variance- One way and factorial with two or more variables and repeated measures, Post-hoc comparisons; Multivariate Analysis of Variance; Discriminate function analysis.	12	CO3
4	Relationship and Prediction	Correlation product moment, Rank difference, Biserial, Point Biserial, Multivariate Correlation, Regression Analysis.	12	CO4
5	Parametric and Non-parametric statistics	Chi-Square, Median test, Mann-Whitney U-test, ANOVA, ANCOVA Kruskal-Wallis H test, Friedman two-way analysis of variance, Kendall's coefficient of concordance.	12	CO5

Reference Books:

Garrett, H. E. (1966). *Statistics in Psychology and Education*. Paragon International Publishers.

Broota, K.D. (1992). Experimental design in behavioral research. ND: New Age International Pub.

Chadha, N. K. (1998). Statistical methods in behavioral and Social Sciences. ND: Reliance Pub. House.

Field, A. (2005).Discovering statistics using SPSS. London: Sage Publications

e-Learning Source:

https://youtu.be/dyGjxBi4-qo

https://youtu.be/3bcYLj11uME

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	2	2	3	3	2	2	3	2	3
CO2	3	2	1	3	1	2	2	3	2	2
CO3	3	1	2	2	2	3	1	3	1	1
CO4	3	2	2	1	3	2	2	3	1	2
CO5	3	1	1	1	2	1	2	3	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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Effective from Session: 2022-2023

Course Code	CP407	Title of the Course	Physiological Psychology	L	T	P	C
Year	I	Semester	II	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives		Each unit would deliberate on psycho physiological correlates accounting for general phenomena, individual differences, and abnormal functions of human behavior. It will also help in making the student understand the links between behavior, mental processes and biological processes.					

	Course Outcomes
CO1	To learn the basic concepts and nature of Physiological Psychology.
CO2	Understand the evolutionary basis of the human brain and behavior.
CO3	Analyze how brain helps to regulate the internal environment.
CO4	Analyze the effects of specific brain damage on conscious processing.
CO5	It will help in making the student understand the links between behavior, biological processes and mental process.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	The Foundations of Physiological Psychology	Nature and scope of physiological psychology, Mind Brain relationship; Methods of study of research in physiological psychology anatomical methods, lesion techniques, chemical methods, stereotaxic surgery, polygraph, scanning methods, Recording and Stimulation methods, Neuro-chemical methods.	12	CO1
2	Study of the Nervous System	Basic features of the Nervous System, Meninges, Ventricular System, Cerebrospinal Fluid, Blood Brain Barrier. Peripheral Nervous System: Cranial Nerves, Spinal Nerves, Autonomous Nervous System. Major structures and functions of the Spinal Cord and the Brain: Fore Brain, Mid-brain, Hind-brain. Cerebral cortex: frontal, temporal, parietal and occipital lobes.	12	CO2
3	Bio-psychology of Consciousness	Physiological correlations of Arousal: consciousness and sleep; Factors affecting consciousness. Sleep: Stages of sleep, brain mechanisms of sleep and dreaming, physiological mechanisms of sleep and waking, disorders of sleep.	12	CO3
4	Bio-psychology of Emotion, Stress & Health	Physiological correlates of emotions, anxiety and aggressive behavior. Physiology of Stress and related diseases (Headache, Cardiovascular diseases, Hypertension, Diabetes, Asthma, Rheumatoid Arthritis) Stress related Psychological Disorders.	12	CO4
5	Behavior Genetics	Nature and scope; Gene mutation disorder - albinism, phenylketonuria and brachydactylic; Chromosomal anomalies – Down's syndrome, Edward's syndrome, Cri du chat syndrome; Sex chromosomal anomalies - Klinefelter's syndrome and Turner's syndrome; Neurological disorders- Tremors and Seizures, Parkinson's disease, Alzheimer's disease, Multiple Sclerosis.	12	CO5

Reference Books:

Carlson, N.R. (2009). Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.

Hall, J.E. (2011). Guyton & Hall Textbook of medical physiology. Elsevier.

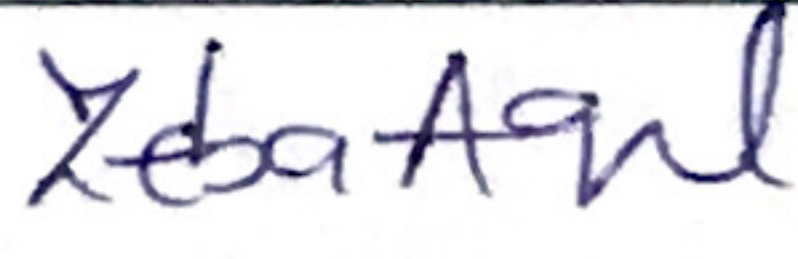Kalat, J.W. (2012). Biological psychology. CA: Wardsworth/Thomson Learning.

Kolb, B. & Whinshaw, I.Q. (2013). An introduction to brain and behavior. New York: Worth Publishers.

e-Learning Source:

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO / CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	3	2	3	3	3	2	2	3	3
CO2	3	2	2	3	1	3	2	2	2	3
CO3	2	2	2	2	2	3	3	2	2	3
CO4	3	2	2	2	3	3	3	3	3	3
CO5	3	1	2	1	2	3	2	2	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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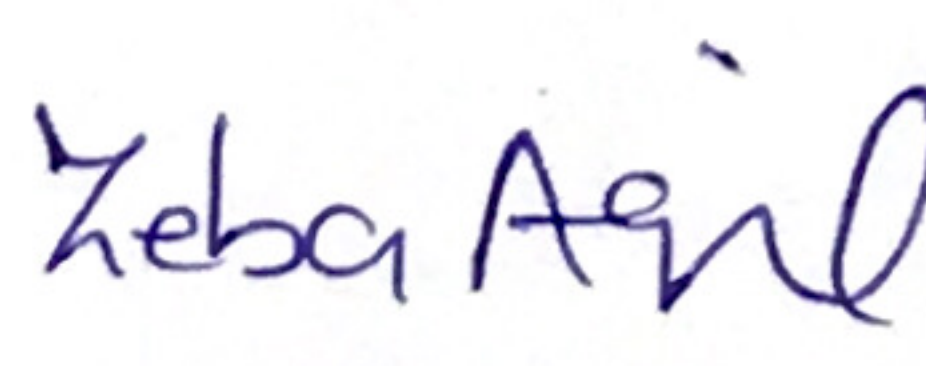Integral University, Lucknow

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Effective from Session: 2022-2023							
Course Code	CP408	Title of the Course	Practicum II	L	T	P	C
Year	I	Semester	II	0	0	4	2
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	Students will be able to develop the psychological methods and exposure to clinical methods with assessment criteria and findings of scientific psychological studies to solve the practical problems.						

Course Outcomes	
CO1	To give the practical experience to the students in administering and scoring psychological tests and interpreting the scores.
CO2	Students would be able to analyze the results of MMPI and WAIS.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1		Minnesota Multiphasic Personality Inventory (MMPI).	15	CO1
2		Wechsler Adult Intelligence Scale (WAIS).	15	CO2

Reference Books:

Mohsin, S. M.: Experiments in Psychology. Motilal Banarasidas.

Woodworth, R.S.: Experimental Psychology. Oxford & IBH & Schlosberg, H. Publishing.

e-Learning Source:

https://pubmed.ncbi.nlm.nih.gov/836483/

https://www.verywellmind.com/what-is-the-minnesota-multiphasic-personality-inventory-2795582

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	1	3	2	2	3	2	3	2	3
CO2	2	1	2	1	2	2	2	1	2	1

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Effective from Session: 2022-2023							
Course Code	CP409	Title of the Course	Field Practice	L	T	P	C
Year	I	Semester	II	0	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.						

Course Outcomes	
CO1	Provide students with opportunities to apply the concepts learnt in the class-room to real-life situations.
CO2	Enable students to understand Research and its importance in experiential learning through Case study.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
		• Visit to an organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues. • Student will present their findings in the form of paper for seminar discussions.	60	CO1 CO2

e-Learning Source:

http://155.0.32.9:8080/jspui/bitstream/123456789/1123/1/Practicum%20and%20Internship%20Textbook%20and%20Resource%20Guide%20for%20Counseling%20and%20Psychotherapy%20%28%20PDFDrive%20%29.pdf

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	1	1	2	1	2	3	3	1	2	2	2	2	2	2	1
CO2	2	1	2	2	2	2	2	2	2	1	1	2	3	2	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

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