



Integral University, Lucknow

Effective from Session: 2019							
Course Code	HS506	Title of the Course	Relationship Processes	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To develop an understanding of the processes of decline and dissolution of relationship. To make the students understand the importance of social support, power and satisfaction in maintaining healthy relationships						

Course Outcomes	
CO1	Enable students to understand the concept of relationship and how relationships are maintained.
CO2	Enable them to know the importance of interpersonal communication, it's facilitators and barriers
CO3	Enhancing the Understanding of the meaning of social support.
CO4	Helping students to know the effect of power in close relationship, factors of conflict and satisfaction.
CO5	Helping students to learn the impact of chronic illness on relational partners, coping strategies and effect of aggression and violence.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	DECLINE AND DISSOLUTION OF RELATIONSHIP	Phases, Factors Contributing To Decline, Decline of Family Relationships and Friendships; Relationship Maintenance: Stability and Change, Strategies and Behaviors, Continuity Of Unhappy Relationships.	12	CO1
2	INTERPERSONAL PERCEPTION	Accounts and Perception of Relationship; Communication: Interpersonal Communication and Relationships, Patterns, Facilitatory Factors and Barriers.	12	CO2
3	SOCIAL SUPPORT	Concept, Social Support Networks, Perception of Social Support, Social Support Behaviors, Social Support, Mobilization, Social Support Satisfaction.	12	CO3
4	POWER AND SATISFACTION	Power, Influence and Control Types, Tactics, Power in Close Relationships. Conflict: Nature, Sources, Factors Related To Conflict Generation and Escalation, Tactics And Behaviors (Or Strategies) Satisfaction: Contributing Factors, Conceptual Models of the Bases of Satisfaction.	12	CO4
5	CHRONIC ILLNESS:	Impact on Relational Partners And The Relationships, Coping With Chronic Illness; Aggression And Violence: Determinants; Loss And Bereavement : Reactions and Coping	12	CO5

Reference Books:

1. Canary, D.J., Cupach, W.R. and Wessman, S.J. (1995). Relationship Conflict, Sage Publications
2. Devito, J.A. (1997). Human Communication of the Basic Course. VIIIth Edition. Deisow
3. Duck, S. (1993). Social Context and Relationships. Sage Publications
4. Duck, S. (1994). Dynamics of Relationships. Sage Publications
5. Duck, S. (1995). Confronting Relationship Challenges. Sage Publications
6. Hendrick, C. and Hendrick, S.S (Eds). (2000) Close Relationships-A Sourcebook, Sage Publications, Inc
7. Hinde, R.S (1997). Relations- A Dialectical Perspective Psychology. UK. Taylor and Francis. Wesley Educational Publisher

e-Learning Source: Egyankosh, NCERT, ePathshala

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	3	3	3	3	3	3	2	2	3	3	1	2	2	1	3
CO2	3	2	3	1	2	3	3	2	3	1	2	3	1	3	2
CO3	3	2	2	2	1	3	2	2	3	3	2	3	2	3	1
CO4	3	3	3	1	3	3	3	3	3	2	1	3	3	2	3
CO5	3	2	2	3	3	3	3	2	2	2	1	3	3	3	3

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

<p style="margin: 0;">Name & Sign of Program Coordinator</p>	<p style="margin: 0;">Head Humanities & Social Science Sign & Seal of HoD Integral University, Lucknow</p>
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Integral University, Lucknow

Effective from Session: 2019							
Course Code	HS507	Title of the Course	Clinical Psychology: Therapies	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaint students with various approaches of clinical psychology and their basic assumptions. To give a better understanding of the basic therapies involved in the field of clinical psychology						

Course Outcomes

CO1	Enable students to understand the Freudian Psychoanalysis, nature, basic principles and meaning of symptoms.
CO2	Enable them to the humanistic assumptions about human being, counseling and science.
CO3	Enhancing the understanding of Gestalt therapy i.e. eclectic treatment combination.
CO4	Helping students to Understand the effectiveness of behavioral approach to therapy.
CO5	Helping student to learn different types of therapy i.e. group therapy, marital counseling and therapy

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	PSYCHODYNAMIC PSYCHOTHERAPY	Freudian Psychoanalysis: Background and basic principles. The nature and meaning of symptoms. Metapsychology of repression, Techniques of Psychoanalysis.	12	CO1
2	EXISTENTIAL – HUMANISTIC APPROACH:	Humanistic assumptions about human being, counseling and science (in brief); Carl Roger's Person Centered Therapy: Psychopathology and the Therapeutic Process; Necessary and Sufficient Conditions; Essential Qualities of the counselor – acceptance, empathy and genuineness, paraphrasing and summarizing; Reflection of meaning and feeling	12	CO2
3	GESTALT THERAPY:	Eclectic Treatment Combinations: A three stage model of helping; Process – Experiential Therapy.	12	CO3
4	COGNITIVE – BEHAVIOURAL APPROACHES	Behavioural Approaches to Therapy: Principles of Learning: Development of abnormal behavior; Features common to all behavior therapies; Classical conditioning and Operant conditioning based methods of intervention, Social Learning methods; Behavioural Medicine; Beck's Cognitive Therapy; Ellis Rational Emotive Therapy	12	CO4
5	GROUP AND RELATIONAL APPROACHES:	Group Therapy (in brief); Marital Counseling and Therapy: Techniques to clarify communication; Virginia Satir and Dysfunctional communication; Behavioural Marital Therapy; Minuchin's Structural Family Therapy; Strategic and Systems Approach: Bowen and Personal Differentiation: Milton Erickson's techniques.	12	CO5

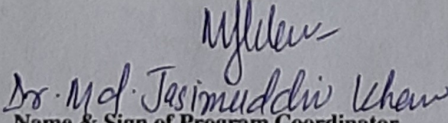
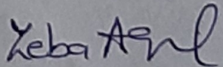
Reference Books:

1. Bohart A. C and Todd J. (1988). Foundations of Clinical and Counseling Psychology; Harper Collins Publishers
2. Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
3. Newmark C. S. (1985). Major Psychological Assessment Instruments. Allyn and Bacon, Inc
4. Nietzel, Michael T, Bernstein, Douglas A. and Milch Richard (1994). Introduction to Clinical Psychology, Prentice-Hall Inc
5. Phares, Jerry E. (1988). Clinical Psychology : Concepts, Methods & Profession, The Dorsey Pres

e-Learning Source: EGYANKOSH, NCERT, ePathshala

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	2	2	2	2	2	2	2	3	2	2	3	2	2	1	3
CO2	3	3	1	1	3	2	3	2	3	1	2	3	1	1	2
CO3	3	3	3	3	3	3	2	2	1	3	2	3	2	2	2
CO4	3	3	2	3	3	3	3	1	2	2	3	3	3	3	3
CO5	3	2	1	2	3	2	3	1	3	1	1	3	3	3	3

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Humanities & Social Science
Integral University, Lucknow



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Effective from Session: 2019							
Course Code	HS508	Title of the Course	Counseling Psychology: Approaches	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaint students with various approaches of counseling and related techniques. To provide a space for students to practice different approaches of counseling in a hands on way						

Course Outcomes	
CO1	Enable students to learn cognitive approach to counseling.
CO2	Enable them to understand Perl's Gestalt therapy: theoretical assumptions, organismic self-regulation.
CO3	Helping student to learn Beme's Transactional Analysis therapy.
CO4	Helping students to understand the person oriented approach to counseling
CO5	Developing an understanding of systematic approaches to counseling.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	COGNITIVE APPROACH TO COUNSELING:	Ellis Rational Emotive Therapy: Irrational Beliefs, The ABCDE Paradigm; Beck's Cognitive Therapy- Cognitive Distortions, Cognitive Therapy for Anxiety and Depression, Techniques: Decatastrophizing, Reattribution, Redefining, De-center	12	CO1
2	GESTALT APPROACH TO COUNSELING::	Perl's Gestalt Therapy: Theoretical assumptions, Organismic Self-Regulation, Exercises and Games	12	CO2
3	TRANSACTIONAL ANALYSIS	Philosophical Assumptions of Berne's Transactional Analysis Therapy, Ego state Analysis, Life positions, Transactions, Ego state, Pathology, Games and Script analysis.	12	CO3
4	PERSON ORIENTED APPROACH TO COUNSELING:	Roger's assumptions of Client Centered Therapy, Incongruence, Congruence and the Fully Functioning Person Experiential Knowing And Pre-Requisites Of Therapy, Therapeutic Process	12	CO4
5	SYSTEMIC APPROACHES TO COUNSELING	Wholeness and Interdependence Circular Causality, Homeostasis and Change, Techniques Congruent Communications, Structural Family Therapy, Strategic Approach	12	CO5

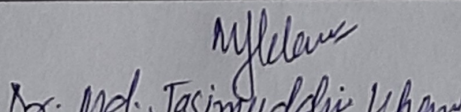
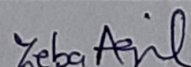
Reference Books:

1. McLeod, J.C. (1998): An Introduction to Counseling (2nd Ed.) Buckingham Philadelphia Open University Press
2. Patterson, C.H. (1986): Theories of Counseling and Psychotherapy
3. Richard, M.J. (1982): The Theory and Practice of Counseling Psychology, N Y Holt Rinehart and Winston

e-Learning Source: Ezyankosh, NCERT, ePathshala

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	3	2	2	2	2	2	2	1	2	2	1	2	2	3	3
CO2	3	3	1	1	3	2	3	2	3	3	2	3	3	1	2
CO3	3	3	3	3	3	3	2	2	1	1	2	3	2	3	3
CO4	3	3	3	2	3	3	3	1	2	2	3	3	3	2	2
CO5	3	2	2	3	3	2	3	1	2	1	1	3	1	3	3

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Integral University, Lucknow



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Effective from Session: 2019							
Course Code	HS509	Title of the Course	Personnel Psychology	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To give a better understanding about basic phenomenon of personnel selection and placement. To give an exposure to work motivation and job satisfaction.						

Course Outcomes	
CO1	Enable students to understand different job analysis techniques and selection methods
CO2	Enable them to the procedure of job evaluation, method, performance appraisal methods.
CO3	Helping students to learn different types of training at workplace.
CO4	Enhancing the understanding of the different theories of motivation at workplace.
CO5	Helping students to learn different style of supervision and benefits of supervision

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	PERSONNEL SELECTION AND PLACEMENT:	Job Analysis; Technique of Job Analysis, Selection Methods: Interview, Biographical Data, Application Blanks, Reference Reports, Psychological Tests in Personnel Selection, Basic Selection Model.	12	CO1
2	JOB EVALUATION:	Scope and Methods, Performance Appraisal Methods; Ratings and Behavioural Checklist	12	CO2
3	TRAINING:	Types and Methods of Training for Workmen, Supervisors and Higher Level Personnel.	12	CO3
4	WORK MOTIVATION AND JOB SATISFACTION	Theories of Work Motivation: Maslow, Alderfer, Herzberg, Vroom and Adams, Financial and Non Financial Incentives. Job Satisfaction; Determinants (Personal And Organizational), Employees Morale: Techniques Of Enhancing Employees Morale, Determinants.	12	CO4
5	SUPERVISION	Production Oriented vs Employee Oriented Supervision; Industrial Conflict: Causes and Control of Industrial Conflict; Occupational Stress and Health: Sources and Coping Strategies, Effect of Occupational Stress on Health	12	CO5

Reference Books:

1. Arnold, J. , Robertson , I.T. & Cooper, C.N.(1996), Work psychology: Understanding Human Behavior in the Work Place, McMillan India Ltd
2. Blum. M.L and Naylor, J.C (1984- Revised Edition). Industrial Psychology Its Theoretical and Social Foundation: New York: Harper & Row
3. Hersey, P. and Blanchard, K. (1986), Management of Organizational Behaviors: Utilizing Human Resources, Prentice Hall of India
4. Landey, F.J. and Trumbo, B.A. (1976); Psychology of Work Behaviors. The Dorsey Press, Homewood II Illinois
5. Maier, N. R.F (1965).Psychology in industry, Oxford and IBH publishing Co
6. Maier, N. R.F (1965).Psychology in industry, Oxford and IBH publishing Co
7. Vroom, V.H. (1964): Work Motivation: New York John Wiley Sons, Inc

e-Learning Source: EGYANKOSH, NCERT, ePathshala

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	3	2	2	3	2	2	2	1	2	2	1	2	2	3	3
CO2	3	3	1	3	3	2	3	2	1	1	2	3	3	3	2
CO3	3	3	2	2	3	3	2	2	1	1	2	3	3	2	3
CO4	3	3	3	2	3	3	3	1	2	2	1	3	2	3	3
CO5	3	2	2	2	3	2	3	1	2	1	1	3	3	3	3

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

<p>By: Md. Jasimuddin Khan Name & Sign of Program Coordinator</p>	<p>Sign & Seal of HOD Humanities & Social Science Integral University, Lucknow</p>
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Integral University, Lucknow

Effective from Session: 2019							
Course Code	HS510	Title of the Course	Organizational Change and Development	L	T	P	C
Year	II	Semester	IV	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To give an exposure to current issues, concerns, dilemmas in dealing with the change in organizations. To understand the complexities involved in organizational development (OD), role of Organizational Psychologists in OD and learn different approaches of OD.						

Course Outcomes

CO1	Enable students to understand the concept of Organizational change: different models of change and resistance to change.
CO2	Enable students to learn the meaning, history assumptions of organizational development.
CO3	Enhancing the capability of OD skills, knowledge, professional values and ethics..
CO4	Helping students to understand different types of interventions.
CO5	Enhancing the knowledge of organizational restructuring, Employee Involvement, power and politics.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	ORGANIZATIONAL CHANGE:	Forces for Change, Planned change, critique of planned change, Resistances to change, Lewin's and Kotter's model of Change, Managing, motivating and sustaining change	12	CO1
2	ORGANIZATIONAL DEVELOPMENT :	The field of OD, Definitions, History, Values, assumptions and beliefs, Action Research and OD.	12	CO2
3	THE OD PRACTITIONER :	Skills, knowledge, Professional values and ethics, The process of OD: The contract between consultant and client.	12	CO3
4	INTERPERSONAL AND GROUP INTERVENTIONS	T-Groups, Process consultation, 3rd party peacemaking interventions, Quality circles and team building interventions. Comprehensive Interventions: Confrontation meeting, Grid OD, Survey feedback and intergroup relations interventions.	12	CO4
5	ORGANIZATIONAL RESTRUCTURING	Techno-structural Interventions and applicability of OD, Restructuring Organizations, Employee Involvement. Power, politics and OD, Research on OD, Future of OD	12	CO5

Reference Books:

1. Cummings, T.G. & Worley, C. G. (1996). Organizational Development and Change, 6th Edition, International Thomson Publishing (South-Western College Publishing).
2. French, W. L. & Bell, C. H. (2004). Organization Development : Behavioral Science Interventions for Organizational Improvement, 6th Edition, New Delhi: Pearson
3. Robbins, S. P., & Judge, T. (2013). Organizational behavior (15th ed.). Boston: Pearson.

e-Learning Source: Egyankosh, NCERT, ePathshala

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7	PO8
CO1	3	2	2	2	2	2	2	1	2	2	1	2	2	3	3
CO2	3	3	1	1	3	2	3	2	1	1	2	3	3	3	1
CO3	3	2	2	3	3	3	2	2	2	2	2	3	3	3	2
CO4	3	3	3	2	3	3	3	1	1	2	1	3	3	3	3
CO5	3	2	2	2	3	2	3	1	2	1	1	3	3	3	3

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

<p>Dr. Md. Tasimuddin Khan Name & Sign of Program Coordinator</p>	<p>Sign & Seal of HoD</p>
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Head
Humanities & Social Science
Integral University, Lucknow



Integral University, Lucknow

Effective from Session: 2019-2020							
Course Code	HS597	Title of the Course	Tests and Experiments	L	T	P	C
Year	II	Semester	IV	0	0	4	2
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The course will help students to know the relationship pattern and practical knowledge of case study						

Course Outcomes

CO1	Students will be able to understand the concept of family relationship
CO2	Enhancing the understanding of the standard steps of case study and therapeutic modalities

No. of practical	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1		Family Relationship Inventory by G. P. Sherry and J. C. Mishra	15	CO1
2		Case Study based on Therapeutic Modalities	15	CO2

Reference Books:

1. Canary, D.J., Cupach, W.R. and Wessman, S.J. (1995). Relationship Conflict, Sage Publications
2. Duck, S. (1993). Social Context and Relationships. Sage Publications
3. Duck, S. (1994). Dynamics of Relationships. Sage Publications
4. Hinde, R.S (1997). Relations- A Dialectical Perspective Psychology. UK. Taylor and Francis. Wesley Educational Publisher

e-Learning Source:

e-Learning Source: Egyankosh, NCERT, ePathshala

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	3	1	2	3	2	3	2	2	2	2	2	3	2	2	1
CO2	2	3	3	2	2	2	1	2	3	1	3	2	2	2	2

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

 Name & Sign of Program Coordinator	 Sign & Seal of HoD
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Humanities & Social Science
Integral University, Lucknow



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Effective from Session: 2019-2020							
Course Code	HS599	Title of the Course	Educational Excursion-IV	L	T	P	C
Year	II	Semester	IV	0	0	0	3
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	The aim of the Education excursion is to provide student firsthand knowledge of the patients having mental illness..						

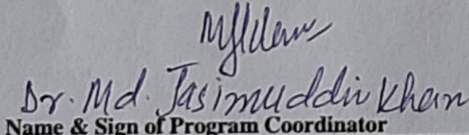
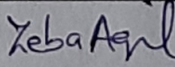
Course Outcomes	
CO1	To help student get the real life (practical) knowledge of the clinical setup.
CO2	Enhancing the understanding of the standard steps of case study and therapeutic modalities

No. of practical	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
		A Visit to a Psychiatric Centre (1 week) Activities to be conducted during visit Study of the history and present situation of the institute • Study of the facilities and provisions for patients • Interview with the head of the institute • Making rapport with the individual • Studying the symptoms and disorder diagnosed • Studying the medical treatment given for that disorder • Case study of one patient at psychiatric centre • Exercise with the individual about his behavior/personality • Meeting with Relatives of patients • Giving suggestions for the same • Report writing of the whole duration		CO1 CO2

Reference Books:	
1.	Bohart A. C and Todd J. (1988). Foundations of Clinical and Counseling Psychology; Harper Collins Publishers
2.	Nelson, G. and Arkoff, A. (2006). Psychology and Personal Growth. Pearson Publishing Co
3.	Patterson, C.H. (1986): Theories of Counseling and Psychotherapy
4.	Richard, M.J. (1982): The Theory and Practice of Counseling Psychology, N.Y Holt Rinehart and Winston
e-Learning Source: Egyankosh, NCERT, ePathshala	

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	3	2	2	1	3	3	2	2	1	2	2	3	2	2	1
CO2	2	3	3	2	2	2	1	2	2	1	3	2	2	3	2

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

 Dr. Md. Tasimuddin Khan Name & Sign of Program Coordinator	 Zeba Aqil Head Humanities & Social Science Sign & Seal of HoD Integral University, Lucknow
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